

EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING MANAGEMENT OF MINOR AILMENTS IN PREGNANCY

*Anusha Mary Francis, Babitha B., Flemy Joe Philip, Jinta Jose, Tini S. Tomy, Gertrude Koikkaramparambil, Athira S. Vijayan, Dona Sunny and Ann Xavier

Kerala India 691571.

*Corresponding Author: Anusha Mary Francis

Kerala India 691571.

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ABSTRACT

Minor ailments are more common in the antenatal period during first and second trimester. Effective management of that particular ailment is modifying the lifestyle and also using home care remedies. Providing a good teaching to the mothers will help them to manage the minor ailments effectively in first and second trimester. In order to know about the importance of management of minor ailments in pregnancy a study was conducted to know the knowledge regarding the management of minor ailments in pregnancy among antenatal mothers in selected hospital at Kollam district. Research design used was one group pre-test post-test design using a purposive sampling method, 30 samples were selected and participants were given a knowledge questionnaire and data was analyzed and interpreted using inferential and descriptive statistics. The study result shows that there is a significant association between age, family, income, education, occupation and symptoms with the selected demographic variables.

KEYWORDS: Education, occupation and symptoms.

INTRODUCTION

Antenatal period is a very crucial period for both mother and foetus. To get a healthy baby from a healthy mother, management of minor ailments in pregnancy is very important. Minor ailments are minor in as much as they are not life threatening. A minor disorder may escalate and become a serious complication of pregnancy.

Nausea and vomiting of pregnancy commonly known as "morning sickness" affect approximately 80% of pregnant women. The exact cause is unclear. Minor ailments are common in the antenatal period during first and second trimester, inadequate knowledge regarding management of minor ailments will leads to some complications. Providing a good teaching to the mothers will help them to manage the minor ailments effectively in first and second trimester.

Pregnancy is a wonderful mile stone in the life of a woman. It is the origin of human life. Pregnancy is a time of physical and hormonal changes and of emotional and psychological preparation for motherhood. During pregnancy most of the women experiences some common minor ailments such as nausea, vomiting, back pain, heartburn, constipation, leg cramps etc that are spontaneously subside after delivery. A randomized double blind controlled study conducted on nausea and vomiting of pregnancy by Jeffery D, Ahley H, in Naval hospital, Jackson Villei Floreda, result shows that 33

found no hospital readmission for recurrent vomiting. In women with hyperemesis gravidarum who were treated orally administered Methyl Prednisolone compared with 5 readmission in those who received oral Promethazine therapy. The author of the study suggested that monthly/Prednisolone in a dosage of 16 mg 3 times daily followed by tapering over 2 weeks is a worthwhile treatment for women with refractory hyperemesis gravidarum.

STATEMENT OF THE PROBLEM

A study to assess the effectiveness of structured teaching program on knowledge regarding management of minor ailments of pregnancy among antennal mothers in selected hospital at Kollam district

OBJECTIVES

- To assess the knowledge regarding management of minor ailments among antenatal mothers
- To assess the effectiveness of structured teaching program regarding management of minor ailments
- To find out the association between pretest knowledge scores with selected demographic variables

HYPOTHESIS

H₁: There is a significant increase in knowledge of management of minor ailments among antenatal mothers after structured teaching programme.

H₂: there is a significant association between pretest knowledge level regarding management of minor ailments and selected demographic variables.

Research Design

One group pre-test post-test design.

METHODOLOGY

Research Approach

Quantitative pre experimental approach.

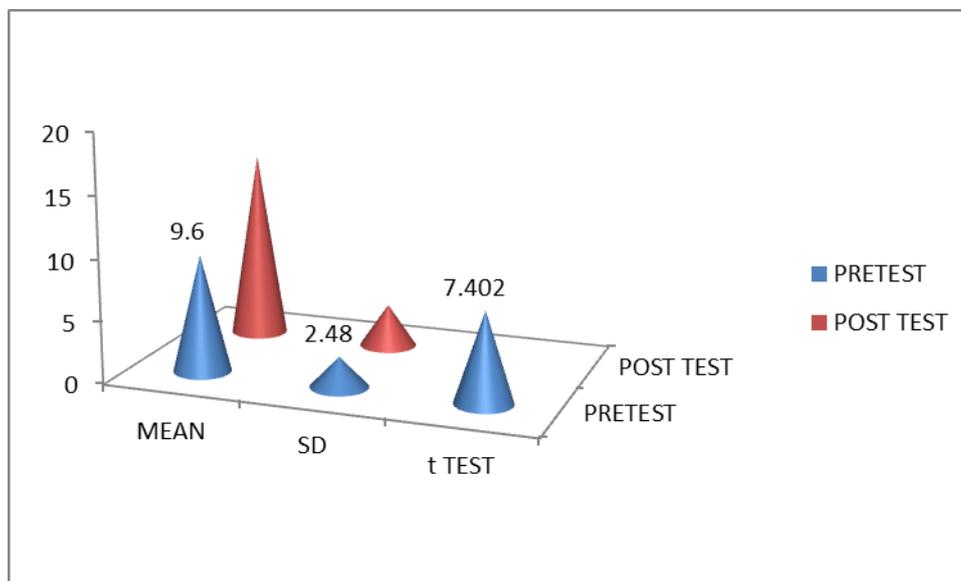


Figure 1: Mean Standard Deviation, t Value of Pretest and Posttest Knowledge Scores of Samples.

Table 1: Mean Standard Deviation, t Value of Pretest and Posttest Knowledge Scores of Samples.

Sl no.	Knowledge	Mean	Standard deviation	t value
1	Pretest	9.6	2.48	7.402
2	Posttest	15.3	3.48	

Research settings

Gynaec op of Holy Cross Hospital Kollam.

Sample

30 antenatal mothers in gynaec op of Holy Cross Hospital Kollam.

Sampling technique

Purposive sampling technique.

Data collection technique

Tool consist of 2 parts

Part 1: Base line Proforma which includes age, education, previous knowledge, occupation, place and symptoms.

Part 2: structured knowledge questionnaire on presentation and management of minor ailments consist of 30 questions. It was formulated in different aspect each item has 4 option with one appropriate answer.

Data analysis

Descriptive: Frequency, mean, percentage and standard deviation.

Inferential: Correlation, t test, used for analysis and interpretation.

RESULT

The study shows that in pre-test 6% of antenatal mothers having poor level of knowledge regarding management of minor ailments in pregnancy and majority 40% of antenatal mothers having average level of knowledge regarding management of minor ailments in pregnancy. In posttest 70% antenatal mothers having average level of knowledge and 30% having good level of knowledge regarding management of minor ailments in pregnancy. The present study reveals the effectiveness of structured teaching program on knowledge regarding management of minor ailments in pregnancy among antenatal mothers.

DISCUSSION

The data collected and subjected to statistical analysis and was interpreted using descriptive and inferential statistics. In pre-test 6% of antenatal mothers having poor level of knowledge and 40% of antenatal mothers having average level of knowledge regarding management of minor ailments in pregnancy. In post-test 70% antenatal mothers having average level of knowledge and 30% having good level of knowledge regarding management of minor ailments in pregnancy. The present study reveals the effectiveness of structured teaching program on knowledge regarding management

of minor ailments in pregnancy among antenatal mothers.

The study shows that mean pre-test was 9.6 with standard deviation 0.36 mean post-test was 0.6 with standard deviation 0.61 which shows effectiveness of structured teaching program, as the table value 2.05 is less than calculated t value 7.402 at degree of freedom 29 at 0.05 level of significant. The calculated chi square value is 3.73 which is more than tabulated chi square value 2.05 at $p < 0.05$ significant at degree of freedom 29. There is a significant association between pre-test level of knowledge scores with age, family, income, education, occupation and symptoms. And there is no significant association between pre-test knowledge scores with religion and place.

NURSING IMPLICATION

Nursing education

1. The nurse educator and student must understand the areas of needs for education of antenatal mothers for management of minor ailments.
2. The student nurse should be able to identify the learning needs of the antenatal mothers and provide need based education.

Nursing administration

1. The finding helps to formulate certain guidelines in the field of nursing administration.
2. Nurse administrator should initiate to conduct community programs in order to enrich knowledge regarding management of minor ailments in pregnancy.

Nursing research

1. The study provides nurse researchers to conduct more researches based on the knowledge regarding management of minor ailments in pregnancy.
2. The study helps in evidence based practice.

Limitation of the study

1. The study was confined to antenatal mothers in a selected hospital Kollam district.
2. A short period of 7 days duration cannot give proper effect of the study.
3. The sample size was limited to 30.

Recommendation

1. Similar study can be replicated on a large sample in a different setting.
2. Similar study can be conducted in a community setting.
3. A study can be carried out to evaluate the effectiveness of various teaching strategies like video assisted teaching program and self instructional module regarding management of minor ailments in pregnancy.

CONCLUSION

Research is a systematic inquiry that uses orderly methods to answer questions or solve problems. Through this research the knowledge regarding management of

minor ailments in pregnancy was greatly affected by structured teaching program. In a hopeful perspective, the researcher has conducted this study to implement changes in behavioral outcome of antenatal mothers to provide knowledge that can be of use. It is an imperative demand of antenatal mothers to manage the incidence of minor ailments, and nurses can play a pivotal; role in management of minor ailments.

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