

# “Pre-experimental study to assess the effectiveness of structured teaching programme on knowledge and attitude regarding episiotomy care among primi postnatal mothers in selected hospital of Ujjain in the year 2012-13”

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## Abstract

A pre experimental one group pre test post test approach was adopted in the study. The Population consisted of primi postnatal mothers in C.R.Gardi Hospital of Ujjain. 60 Primi Postnatal Mothers were selected purposively. Structured knowledge questionnaire and likert scale to assess attitude was used by the investigator for data collection. Structured teaching programme was given regarding episiotomy care. Reliability of the tool was assessed by using karl pearson's coefficient test. The result showed that mean post test knowledge score  $20.62 \pm 3.37$  which is higher than pre test knowledge score  $14.40 \pm 3.28$ . Computed paired 't' Value ( $t_{59}=16.90$ ) is more than tabulated value ( $t_{59} = 2.00$ ) at the level of  $P < 0.001$ . Hence the 't' value is highly significant and showed that structured teaching programme was effective in increasing the knowledge of women regarding episiotomy care. The result depicted that mean post test attitude score 11 which is higher than the pre-test score 6.6. Pre test SD 4.00 was more than that of their post test SD 2.98. Computed paired 't' value ( $t_{59}= 10.62$ ) is more than tabulated value ( $t_{59}=2.00$ ) at the level of  $p < 0.001$ . Hence the 't' value is highly significant and shows that structured teaching programme was effective in improving the attitude of women regarding episiotomy care.

## Background

A surgically planned incision on the perineum and the posterior vaginal wall during the second stage of labour is called episiotomy ( perineotomy) ( **D.C.Dutta 2004**)<sup>1</sup>

An episiotomy is a cut made in the back of the vagina to enlarge it for birth. With midline or median episiotomy, (type usual in the U.S and Canada) cut is made from the back of the vaginal openings straight towards the anus. With medio-lateral episiotomy ( usual type in most of the rest of the world), the cut is made off to one side. (**Childbirth connection 1981**)<sup>2</sup>

Pregnancy and child birth are special events in women's lives. the mother suffer much distress after child birth due to painful perineum. Perineal pain is most commonly associated with child birth by vaginal delivery. Pain following episiotomy appears to be universal. The mother undergoing episiotomy is characterized by greater blood loss in conjunction with delivery, and there is risk of improper wound healing increased pain during early puerperium. Various interventions are found to aid the healing process, which include cleanliness, applying ice pack and topical application by dry heat (infrared therapy), sitz bath, Performance of Kegel's exercise and perineal care. Inferred radiation is generally an effective means of relieving pain. When the heating is mild, the relief of pain is probably due to the sedative effect on the superficial sensory nerve endings. Stronger heat stimulates the superficial sensory nerve endings. (**Jeny Thomas 2012**)<sup>3</sup>

## Need of the study

The situation might be different in other countries, regions or hospitals. Women interviewed in a population based maternal morbidity study from southern India reported that an episiotomy was performed in 9% of deliveries an

episiotomy rate lower than 1% has been reported in a small secondary care facility in Jamaica (Doherty and Cohen1993).however a study from the university Hospital of the west indies showed overall episiotomy rates of 13.5% among low birth weight infants delivered vaginally ( **Bhatia J C 1995**)<sup>4</sup>

Episiotomy rates vary considerably. They have been reported to be 83% in the primigravida. The hospital based deliveries in united states gives a rate of 50%, 30% in Sweden and 53% in England and Wales. The maternal advantages of an episiotomy are supposed reduction in third and fourth degree of perineal tears and preservation of muscles of the perineal floor. Although no large benefits is quoted for the baby but it is suggested that it reduces the risk of cerebral trauma. ( **Nudrat Sohail 2005**)<sup>5</sup>

## Statement of the problem

“Pre experimental study to assess the effectiveness of structured teaching programme on knowledge and attitude regarding episiotomy care among primi postnatal mothers in selected hospital of Ujjain.

## Objectives

1. To assess the knowledge of primi postnatal mothers regarding episiotomy care.
2. To assess the attitude of primi postnatal mothers regarding episiotomy care.
3. To evaluate the effectiveness of structured teaching programme in terms of gain in knowledge among primi postnatal mothers regarding episiotomy care.
4. To find out the effectiveness of structured teaching programme in terms of improvement of attitude among primi postnatal mothers regarding episiotomy care.
5. To find out association between knowledge and attitude score with selected demographic variables.

## Hypothesis

**H1** – There is significant difference in the pre test and post test mean knowledge scores among primi postnatal mother regarding episiotomy care at the level of  $p < 0.05$ .

**H2** – There is significant difference in the pre test and post test mean attitude scores among primi postnatal mother regarding episiotomy care  $P < 0.05$ .

**H3** – There is significant association between knowledge and attitude mean scores with selected demographic variables  $P < 0.05$ .

## Conceptual Framework

Based on the modified Imogene King’s Goal attainment Model. The Investigator developed the conceptual framework of the present study.

## Research Methodology

**Research Design:** - The study adopted one group pre test post test design.

**Population:** - Primi postnatal mothers admitted in selected hospitals of Ujjain.

**Sample Size:-** The Sample size was 60 primi Postnatal Mothers.

**Settings:-** Obstetrics units of Chandrikaben Rashmikant Gardi Hospital,Ujjain.

**Tools:-**The tools used in the study consisted of three sections:

- **Section A Socio Demographic Variables (8 items).**
- **Section B Knowledge Questionnaire (18 items).**
- **Section C Attitude likert Scale (12items).**

**Validity:** - The prepared tools were given to seven experts for establishing content validity. Necessary changes were made as per their suggestions.

**Reliability:** - The test retest method was used and reliability of the tool was calculated by using Karl Pearson's formula which showed that tool was reliable.

**Pilot Study:** - The pilot study was conducted in selected hospitals of Ujjain. The sample size was 10 primi postnatal mothers. Based on the information, the investigator proceeded with actual data collection for the main study.

## Data Collection Procedure

The investigator collected data of 60 primi postnatal mothers who fulfilled the inclusion criteria. Ethical consideration was fulfilled by taking written permission from the administrative authority of the hospital and by taking an informed consent from the primi postnatal mothers after explaining the importance and purpose of the study. Confidentiality was assured to all the subjects to get their cooperation. Pre test questionnaire was administered to primi postnatal mothers. Data was collected by structured questionnaire. Average time taken for pre test was 10-15 minutes. Structured teaching programme was given regarding episiotomy care and its importance. Post test was obtained on seventh day after the pre test by administering the same knowledge questionnaire and Likert scale.

## Findings & Discussion

The data was analyzed according to the objectives of the study using descriptive and inferential statistics.

### Socio demographic variables

The findings of the study shows that most of the subjects (60%) were in age group between 20-25 Years, religion Hindus (41%), (66.7%) were having nuclear family (33.33%) of the subjects were illiterate (25%) having Monthly income 1501 to 2000 per month, about (58.33%) subjects were house wife, (66%) of subjects were from residential area rural and source of health information about episiotomy care show that (41.67%) subjects were informed from relatives and (23.33%) from friends.

### Effectiveness of structured teaching programme in terms of gain in knowledge regarding episiotomy care among primi postnatal mothers

The results showed that mean post test score  $20.62 \pm 3.37$  which is higher than the pre test score  $14.40 \pm 3.28$ . Computed paired 't' Value ( $t_{59} = 16.90$ ) is more than tabulated value ( $t_{59} = 2.00$ ) at the level of  $p < 0.001$ . Hence the 't' value is highly significant and thus research hypothesis H1 is accepted. This indicates that structured teaching programme was effective in increasing knowledge score of primi postnatal mothers regarding episiotomy care.

The above findings is supported by the study conducted by **B.Savitha (2013)**<sup>6</sup> at Mangalore on knowledge of episiotomy care among postnatal mothers. The study revealed that the total mean percentage of pre-test was 45.30% and the mean post test score was 80% showing an effectiveness of 34.7%. Significance difference between pre test and post test was statistically test using paired 't' test and it was found significant ( $t = 22.512, P < 0.05$  and  $t = 20, P < 0.05$ ) respectively.

The above finding is supported by the study conducted by **Sharma M (2011)**<sup>7</sup> at Gwalior on knowledge of episiotomy care among primi postnatal mothers. The study revealed that the total mean score of pre-test was 12.02 (SD-1.94) and the mean post test score was 26.9 (SD-2.83) showing an effectiveness of 13.98. Significance difference between pre-test and post test was statistically tested using paired 't' Value of 22.05. This showed that the planned teaching module was effective in enhancing the knowledge of the sample regarding episiotomy.

### Effectiveness of structured teaching programme on attitude regarding episiotomy care among primi postnatal mothers.

The result depicted that mean post test score  $11 \pm 2.98$  which is higher than pre test score  $6.6 \pm 4.00$ . Computed paired 't' value ( $t_{59} = 10.62$ ) is more than tabulated value ( $t_{59} = 2.00$ ) at the level of  $p < 0.001$ . Hence the 't' value is highly significant

and hence research hypothesis H2 is accepted. This indicates that structured teaching programme was effective in improving attitude of primi postnatal mothers regarding episiotomy care.

The researcher regrets that there is no study found to support the findings of the present study.

### **Association between knowledge and attitude score with selected demographic variables:**

In order to find relationship between pre test knowledge and attitude scores with selected demographic variables chi-square was used. The findings revealed that there was no significant relationship established between pre test knowledge score and most of demographic variables i.e. religion, family income and residential area. Significant relationship was established with age ( $\chi^2 = 12.14$ , d.f=3), education ( $\chi^2 = 16.02$ , d.f=3), type of family ( $\chi^2 = 7.91$ , d.f = 2), occupation ( $\chi^2=10.78$ ,d.f=3) and source of information (  $\chi^2=12$ ,d.f=3) at the level  $P<0.05$  of primi postnatal mothers.

These findings were consistent with the findings of study conducted by **S Mukesh (2012)**<sup>8</sup> to assess the effectiveness of planned teaching programme on knowledge regarding episiotomy care for mothers in selected areas of Himachal Pradesh findings of the study is supported by this study that there is association found between the pre test knowledge score with selected variables ( age, education, type of family, source of information).

Regarding pre test attitude score also there was no significant relationship established between pre test score most of demographic variables i.e., religion, family income and residential area. Significant relationship was established with age ( $\chi^2 = 12.14$ ,d.f=3,education ( $\chi^2=16.02$ ,d.f=3), type of family ( $\chi^2=7.91$ ,d.f=2),occupation ( $\chi^2=10.78$ ,d.f=3) and source of information ( $\chi^2=12$ ,d.f=3) at the level  $p<0.05$ .The reason for non significant relationship of pre test knowledge and attitude score with selected variables may be limited sample size i.e., sixty and purposive sampling technique.Hence the research hypothesis H3 is partially accepted.

The researcher regrets that there is no study to support the findings of the present study.

### **Conclusion**

Educational programme through structured teaching programme are effective measure in improving the knowledge and attitude of mothers as well as other family members. Nurses should consider that it is their prime duty to educate the primi postnatal mothers regarding episiotomy care in hospital. Nurses play an important role in the educational programme as they have more contact with the patients and family members compared to other health professionals. Educational programme in the hospitals as well as in OPD or houses in the community should become part of patient care.

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