

**“ A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMME
ON KNOWLEDGE REGARDING POSTOPERATIVE SELF CARE AMONG
PRIMIPARA MOTHERS UNDERGONE L.S.C.S IN SELECTED HOSPITALS, JAIPUR”**

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ABSTRACT :

Introduction: There are opportunities to obtain quality post natal care service and education to the mother about its potential. Life saving importance, post natal care services may continue to be regarded by many as having little value. So proper guideline and knowledge should be given regarding the outcomes and complications. Post natal care is life saving and essential for improving the health and survival of both mother and babies.

Materials and methods : Preexperimental one group pretest-post test research design used in this study. Purposive sampling technique was used to select the samples. 60 primipara mothers who have undergone L.S.C.S were included in this study. The data was collected and organized for data analysis.

Results : The effectiveness of planned teaching programme among primipara mothers on postoperative self care shows a highly significant difference between mean pre-test ($X_1=12.82$) and post-test ($X_2=23.16$) knowledge scores.

There was no significant association of pre-test knowledge score with selected demographic variables except in variable of additional information received at 0.05 level of significance.

Conclusion : The study had shown that majority of the primipara mothers had inadequate knowledge on postoperative self care. However, the knowledge has significantly improved after the administration of PTP; hence it is concluded that planned teaching programme is an effective strategy in improving the knowledge of primipara mothers regarding post-operative self care.

Keywords : Effectiveness, planned teaching programme, primipara mothers, postoperative self care, knowledge

INTRODUCTION :

Background Of The Study

In philosophy, the woman symbolizes the mother's natural feminine characteristics in the universe. A birth of a child is generally viewed as a time of rejoicing, despite the physical pain and exhaustion experienced by many women during childbirth. Usually pregnancy is a normal pathway. Some go with struggle, yet couldn't achieve normal delivery. Such types of mothers are considered for operative. Child birth is a universally celebrated event, an occasion for dancing, flowers, fireworks and gifts. Yet everyday for thousands of women child birth is experienced not as a joyful event as it should be, but as a private hell that may even end in death. The postpartum period is longer and

hospitalization is longer with caesarean births. Primipara mothers who have given birth to only one child or who are to give birth for the first time.

Caesarean section is a surgical procedure in which incision is made through a mother's abdomen and uterus to deliver one or more babies. It is usually performed when a vaginal delivery would put a baby's or mother's life or health at risk. A mother who has undergone caesarean delivery has a dual role in both Post-operative care as well as maternal care. LSCS mothers need more care and attention than vaginal delivery mothers.

The average woman who had delivered her child by caesarean section will remain in the hospital for 4-7 days in the Indian scenario. During this period a number

of interventions are necessary to promote healing, prevent post operative complications and establish bonding with the new child. Common concerns of the mother include pain, fatigue, interference with gastrointestinal functioning, reduced activity level etc. It is in this time that the midwife is to be with the mother as a constant support and encouragement and helping her and her family in their needs.³ Self care is an integral part of holistic living of one's life. Self care approach is a challenge in post operative period in the health care system. Post operative period after caesarean section is a time of transition during which the mother must care for herself and for her newborn. Educating the mother preoperatively on post operative self care will help them to practice it as early as possible after the delivery; there by improving the self care practices and preventing measures.

Post operative self care include diets, pelvic floor and deep breathing exercises, care of wound, breasts and nipple care and perineal care for early recovery. It is important for mothers to spend time everyday caring for mothers self both physically and emotionally. Body will begin healing itself and getting rid of excess water. Uterus will shrink back to its non-pregnant size. . It is very important that mother take good care of breasts. Breast care includes keeping breasts clean and free from infection and skin problems. Several common problems that may arise during the breastfeeding period, such as breast engorgement, plugged milk duct, breast infection and insufficient milk supply, originate from conditions that lead the mother to inadequate empty the breasts. Good nutrition is needed to speed healing after cesarean and give needed energy. Eat foods high in protein, vitamin C, and iron. It is important to drink plenty of fluids. Fluids help Preventing infection in lungs, incision, uterus, and urinary tract is very important. Proper hand washing is the best thing do for a cesarean birth. Do not put ointment, creams, or oils on incision until it heals completely. Circulation and breathing exercises are important for the L.S.C.S mothers. Perineal care is important in a cesarean. Keep the perineum clean and free from caked or dried blood.

Until there are opportunities to obtain quality post natal care service and education to the mother about its potential. Life saving importance, post natal care

services may continues to be regarded by many as having little values. So proper guideline and knowledge should be given regarding the outcomes and complications.

Post natal care is life saving and essential for improving the health and survival of both mother and babies.

NEED OF THE OBJECTIVES :

1. To assess the level of knowledge regarding post operative self care among primipara mothers undergone L.S.C.S
2. To identify the effectiveness of planned teaching program in terms of gain in knowledge among primipara mothers undergone L.S.C.S.
3. To determine the association between pre-test knowledge regarding post- operative self-care among primipara mothers undergone L.S.C.S. with selected socio-demographic variables.

MATERIALS AND METHODS :

An evaluatory approach with pre-experimental one group pre-test post -test design was used for this study. The study was carried out in government and private hospitals, Jaipur. The sample comprised of 60 primipara mothers who met the inclusion criteria and were chosen by purposive sampling technique. Formal written permission was obtained from the authorities to conduct the study. Data was collected by administering a structure knowledge questionnaire before and after the administration of planned teaching programme. A post-test was conducted on the 7th day using the same tool. The data was analysed using descriptive and inferential statistics to find the effectiveness of planned teaching programme and chi-square was used to find the association of pre-test knowledge score with selected demographic variables.

RESULT :

Over all significance difference between pre-test and post-test knowledge scores

N-60

S.No	Score	Mean	S.D	Std. error	Mean difference	D.F	„t“table	
							Calculated value	Tabulated value
1	Pre-test	12.82	4.25					
2	Post test	23.16	1.16	0.98	10.34	59	37.83	2

BIBLIOGRAPHY :

describe the comparison of pre-test and post-test knowledge scores. The calculated' value (37.83) is greater than the tabulated value (2) which represents the highly significant gain in knowledge of t score at 0.05 level of significance and 59 degrees of freedom.

Hence the research hypothesis H1 – there will be significant difference between pretest and post test knowledge score of primipara mothers undergone L.S.C.S regarding postoperative self care at 0.05% is accepted which indicates that PTP is effective on improving knowledge regarding post-operative self care.

CONCLUSION :

The study had shown that majority of the primipara mothers had inadequate knowledge on postoperative self care .however the knowledge has significantly improved after the administration of PTP; hence it is concluded that planned teaching programme is an effective strategy in improving the knowledge of primipara mothers regarding post-operative self care.

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