

A Study to Develop and Evaluate the Effectiveness of an Information Booklet on Self-Perineal Care Management and Prevention of Complications after Episiotomy Suturing in Terms of Gain in Knowledge and Practice of Post-Natal Mothers in Selected Hospitals of Agra

Seema Jangid¹, Bal Kishan Jangid²

¹Ravi School of Nursing, Agra (Ph.D in nursing)

²Ravi School of Nursing, Agra (Ph.D in nursing)

Corresponding Author : Dr. Bal Kishan Jangid, ¹Ravi School of Nursing, Agra (Ph.D in nursing)

Corresponding Email : bkrishnajj88@gmail.com

Abstract

Introduction : The empowerment of women has been recognized through many international, regional and national conferences as a basic human right- and also as imperative for national development and global well-being. Reproductive, sexual health and rights are essential for the empowerment of women and to all quality of life issues concerning social, economic, political and cultural participation by women.

Methodology : Experimental research approach was found to be most appropriate by the researcher. "True experimental pretest, post test control group design was used for this study. The present study was planned to conduct in Selected Hospitals, Agra. In the present study the selection of setting was done by purposive sampling technique. The present study population comprised post-natal mothers with episiotomy suturing stitches from 6 hours to 18 hours of duration period in post-natal ward after delivery of the baby in selected hospitals of Agra. The sample was post natal mothers and selection of postnatal mothers was done by simple random technique. 60 post-natal mothers with episiotomy suturing were selected as sample. Thirty post-natal mothers were in experimental group and 30 post-natal mothers were in control group.

Results : The mean post-test practice score of post-natal mothers in experimental group was 9.46 and mean post-test practice score of the control group was 6.93 with a mean difference of 2.53, which was found to be statistically significant as evident from 't' value of 8.43 for df (58) at 0.05 level of significance.

Conclusions : The information booklet developed by the researcher was found to be effective in enhancing the knowledge and improving the practice of post-natal mothers.

Keywords : Effectiveness; information booklet; self-perineal care management; episiotomy suturing

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Introduction

Childbirth is a physical and emotional experience. It is also an irrevocable event that changes a woman forever. The more realistic a woman's expectations about the birth are, the more likely she is to have a positive experience. Nursing measures that increase a sense of control and mastery during birth help women perceive the birth as a positive event. Nursing measures to empower their choice by teaching in an unbiased way and supporting the choice they make globally. The state of women's health is often reflected in pregnancy-related morbidity and mortality. {Daftary S. N., 2005}.

Unicef report on state of the world's children (2009) reported

that in India, more than two-thirds of all maternal deaths occur in the states of Uttar Pradesh, Uttarakhand, Bihar, Jharkhand, Orissa, Madhya Pradesh, Chattisgarh, Rajasthan and Assam. The report found that health services were most effective in an environment supportive of women's empowerment, protection and education. Both mothers and infants are vulnerable in the days and weeks after birth - this is a critical time for life-saving interventions.

The WHO, UNICEF and UNFPA (1990 - 2015)

Mortality: Globally, there has been significant progress in reducing maternal and newborn mortality. Maternal mortality declined by 44% between 1990 and 2015, and neonatal mortality declined by 49% between 1990 and 2015. Despite this progress, each year more than 300,000 women die due to complications of pregnancy and childbirth and 2.5 million babies die during the first month of life.

National Rural Health Mission (NRHM, 2007) was launched by the Central Government in 2005 to provide effective healthcare to rural population throughout the country. Various health schemes under the National Rural Health Mission (2005-12) are being implemented with an aim to promoting institutional delivery in the countryside, improved facilities for institutional delivery through provision of referral, transport, escort and improved hospital care subsidized under the Janani Suraksha Yojana (JSY) for the Below Poverty Line families. The mission has several projects - Janani Suraksha Yojana (save the mother project) and Accredited Social Health Activists (ASHAs) - to promote safe delivery, prevention of complications before and after delivery and newborn safety.

WHO (2010) The major causes of maternal death are bacterial infection, variants of gestational hypertension

including pre-eclampsia and HELLP syndrome, obstetrical hemorrhage, ectopic pregnancy, puerperal sepsis, amniotic fluid embolism, and complications of unsafe or unsanitary abortions. Lesser known causes of maternal death include renal failure, cardiac failure, and hyperemesis gravidarum. Figure 2 shows the major causes of maternal mortality are: severe bleeding/hemorrhage (25%), infections (14%), unsafe abortions (13%), eclampsia (12%), obstructed labour (8%), other direct causes (8%), and indirect causes (20%). Indirect causes such as malaria, anaemia, HIV/AIDS and cardiovascular disease, complicate pregnancy or are aggravate it.

Department of Reproductive Health and Research, Family and Community Health (2003) In modern time, improvements in knowledge and technological advances have greatly improved the health of mother and children, Recognizing the larger burden of maternal and neonatal ill health on the development capacity of individuals, communities and societies, world leaders reaffirmed their commitment to invest in mothers and children by adopting specific goals and target to reduce maternal and childhood infant mortality as part of the Millennium Declaration.

Methodology

The purpose of the present study was to accomplish research objectives that are to develop and evaluate of an information booklet on self-perineal care management and prevention of complications after episiotomy suturing in terms of gain in knowledge and practice of post-natal mothers. The investigator was also interested in determining the acceptability and utility of the informational booklet with the help of a structured opinionnaire.

Research approach : The primary objective of the study was to determine the effectiveness of the information booklet. So the experimental research approach was found to be most appropriate by the researcher.

Research design : The research design selected for this study is a "True experimental pretest, post test control group design",

Variables : In the present study, the dependent variables were structured knowledge questionnaire for knowledge and observation checklist for practice in terms of self-perineal care management and prevention of complications after episiotomy suturing. The independent variable was an information booklet.

Setting of the Study : The present study was planned to conduct in Selected Hospitals, Agra. In the present study

the selection of setting was done by purposive sampling technique.

Population : The present study population comprised post-natal mothers with episiotomy suturing stitches from 6 hours to 18 hours of duration period in post-natal ward after delivery of the baby in selected hospitals of Agra.

Sample and sampling technique : In the present study, the sample was post natal mothers and selection of postnatal mothers was done by simple random technique.

Sample size : For the final study a total of 60 post-natal mothers with episiotomy suturing were selected as sample. Thirty post-natal mothers were in experimental group and 30 post-natal mothers were in control group.

Data collection tools and techniques : To obtain necessary data for the study, the tools developed and used for data collection were a structured knowledge questionnaire, structure observation checklist and an opinionnaire.

1. **Structure knowledge questionnaire :** The structured knowledge questionnaire had two sections Section I consisted of items seeking information about demographic Section III consisted 38 items related to knowledge of post-natal mothers regarding self-perineal care management and prevention of complication after episiotomy suturing.
2. **Structure Observation Checklist :** The observation checklist had 14 items regarding self- perineal care management. The opinionnaire consisted of 10 items.
3. **Prepare an Opinionnaire Validity :** The content validity of the data collection tools and information booklets were established by 13 experts who included nine nursing experts in various fields and four gynecologists and obstetricians. Try out of the tools were done on 10 post- natal mothers at Selected Hospitals, Agra. The tools were found to be clear and feasible.

Reliability

- v The reliability of the structured knowledge questionnaire was computed by **KR-20 formula and reliability was found to be .82**
- v The reliability of the structured observation checklist was established by inter- observer reliability and **there was .92 reliability.**
- v Reliability of opinionnaire was established by **Cronbach's alpha and the reliability was found to be .88.**

Results : Major findings are summarized as follows:-

1. Finding regarding sample characteristics :

- v As regard to age, 23.33% of sample in experimental group were in age group of below 20 years as compared to 20% in the control group. Forty percentage post-natal mothers in the experimental group and in the control group 26.66% were in the age group of 21-25 years followed by 20% of post-natal mothers in experimental group and 33.33% of postnatal mothers in control group were in the age group of 26-30 years.
- v In experimental group, majority of (73.33%) post-natal mothers were primi while 26.66% were multipara. In control group, 56.66% of post-natal mothers were primi and 43.33% were multipara.
- v In experimental group, majority (60%) of the postnatal mothers were having secondary education {from 6th -10th} while in control group 33.33% of post- natal mothers were having secondary education (from 6th -10th.)
- v In experimental group, 13.33% of the post-natal mothers were having senior secondary education while in control group, 36.66% of post-natal mothers was having senior secondary education.
- v In experimental group, 56.66% of post-natal mothers belonged to Hindu religion and in control group; majority of post-natal mothers 83.33% belonged to Hindu religion.
- v In experimental group, 40% of post-natal mothers belonged to Muslim religion and in control group, 16.66% belonged to Muslim religion.
- v Majority 60% of post-natal mothers belonged to joint family.

2. Finding regarding effect of information booklet in terms of gain in knowledge score

- v Initially, the experimental and control group did not differ in their knowledge score as evident from the 't' value of 0.17 for df (58) at 0.05 level of significance.
- v The mean post-test knowledge score of experimental group was higher as compared to the mean pre-test knowledge score.
- v The mean post-test knowledge scores of post-natal mothers in experimental group was 30.26

and mean pre-test knowledge score 20.2 with a mean difference of 10.06, which was found to be statistically significant as evident from 't' value of 15.62 for df (29) at 0.05 level of significance.

- ✓ The mean post-test Knowledge score of experimental group was higher as compared to the mean post-test knowledge score of the control group.
- ✓ The mean post-test knowledge score 30.26 of post-natal mothers in experimental group was higher than the mean post-test knowledge score 20.2 of control group with a mean difference of 10.06. This obtained mean difference was found to be statistically significant as evident from the 't' value of 13.59 for df (58), at 0.05 level of significance.

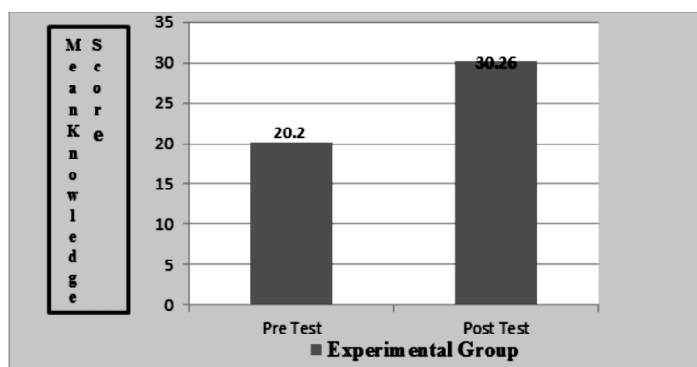


Fig.1 -Bar Graph Comparing the Mean Pre-Test and Post - Test Knowledge Score of Post Natal Mothers in Experimental Group

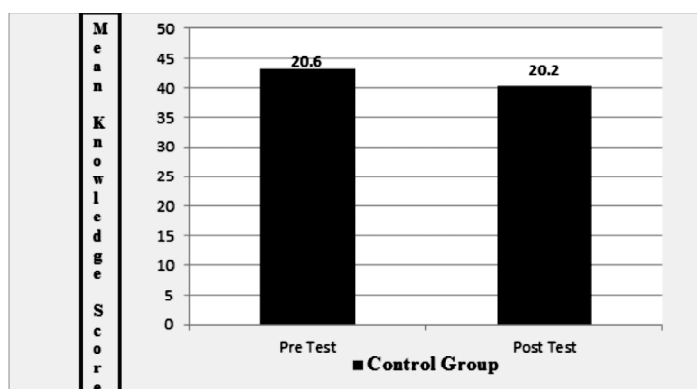


Fig.2 -Bar Graph Comparing the Mean Pre-Test and Post - Test Knowledge Score of Post Natal Mothers in Control Group

3. Finding regarding effect of information booklet in terms of gain in practice score

- ✓ Initially, the experimental and control group did not differ in their practice scores as evident from the 't' value of 0.2 for df (58) at 0.05 level of significance.
- ✓ The mean post-test practice score of experimental group was higher as compared to the mean pre-test practice score.
- ✓ The mean post-test practice score of the experimental group post-natal was 9.46 and mean pre-test practice score was 6.93 with a mean difference of 2.53, which was found to be statistically significant as evident from 't' value of 9.5 for df (29) at 0.05 level of significance.
- ✓ The mean post-test practice score of experimental group was higher as compared to the mean post-test practice score of the control group.
- ✓ The mean post-test practice score of post-natal mothers in experimental group was 9.46 and mean post-test practice score of the control group was 6.93 with a mean difference of 2.53, which was found to be statistically significant as evident from 't' value of 8.43 for df (58) at 0.05 level of significance.

4. Findings regarding relationship between the mean post-test knowledge scores and practice score

Coefficient of correlation value was found to be statistically significant relationship between the mean post-test knowledge score 30.26 and practice score 9.46 of post-natal mothers after the administration of information booklet as evident from 'r' value of 0.58 for df (28) at 0.05 level of significance.

5. To acceptability and utility of findings related information booklet by postnatal mothers

The scores on acceptability and utility of information booklet ranged 24-30.

The mean scores of post-natal mothers i.e. 27.63 are close to the maximum score of 30. This indicates high level of acceptance of the informational booklet by the post-natal mothers.

Regarding to information booklet, 79.66% of the post-natal mothers expressed their utility and acceptability of informational booklet as 'Fully Agree', 16.99% as 'Partially Agree' and only 3.29% as 'To some extend'.

Conclusions

On the basis of the findings of the present study, the following conclusions can be drawn:

- v The post-natal mothers in both groups did not differ initially in their knowledge and practice regarding self-perineal care management and prevention of complications after episiotomy suturing.
- v The information booklet was found to be an effective strategy in enhancing the knowledge and practice of post-natal mothers in the experimental group.
- v There was significant relationship between the knowledge and practice of post-natal mothers in experimental group after post-test.
- v The informational booklet was well accepted and was found to be useful by the post-natal mothers regarding self-perineal care management and prevention of complication after episiotomy suturing.
- v The findings conclude that the information booklet developed by the researcher was found to be effective in enhancing the knowledge and improving the practice of post-natal mothers regarding self-perineal care management and prevention of complications after episiotomy suturing.

Discussions

The study revealed that post-natal mothers had low level of knowledge and practice related to self-perineal care management and prevention of complication after episiotomy suturing as evident from the pre-test knowledge and practice scores. The findings of the present study indicated that the post-natal mothers who were exposed to informational booklet had more knowledge and practice skill than the post-natal mothers who were not exposed to information

booklet.

Implications

The findings of the present study have implications for nursing practice, nursing administration, nursing education and nursing research.

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Conflict of Interest : There are no conflicts of interest

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