

Research Paper

Medical Science

A Study to Assess the Effect of Structured Teaching
Programme on the Prevention and Management of Anemia
in Pregnancy Among the Antenatal Mothers Attending
Obstetric and Gynecological Outpatient Department in
a Selected Tertiary Hospital, Kanchipuram District, Tamil
Nadu, India.

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ABSTRACT

A study to assess the effect of structured teaching programme on the prevention and management of anemia in pregnancy was carried out among the antenatal mothers in a selected tertiary hospital, TamiNadu, India. . A convenience sampling technique was used to select 30 antenatal mothers . A structured questionnaire was used to

assess the knowledge on the prevention and management of anemia in pregnancy

The mean pre test score was 8.10 ± 1.647 and the mean post test score was 19.73 ± 1.015 . The difference between the pre and post test scores was highly significant at P < 0.05 level (2 tailed). Thus the study revealed that the structured teaching was effective in improving the level of knowledge on the prevention and management of anemia in pregnancy.

The study also demonstrated a significant association between the educational status and dietary pattern of the antenatal mothers with the pre test level of knowledge at P < 0.05.

KEYWORDS: Anemia in pregnancy, Structured Teaching Programme.

INTRODUCTION

Anemia in pregnancy is one of the important public health problems not only in India but also in most of the southern countries. Anemia in pregnancy has a deleterious effect on the mother and the fetus. Anemia ranks as the eighth leading cause of death among pregnant women in developing countries. It also leads to low birth weight which in turn is an important risk factor for neonatal and infant mortality.

WHO 1992, reported that 35% to 75% of pregnant women in the developing countries, and 18% of women from the industrialized countries are anemic. It is estimated that nearly 1.62 billion (24.8%) people are affected by anemia globally of which nearly 42 % is prevalent among the pregnant women (WHO 2008).

Anaemia affects over 800 million women worldwide. In India, it is classified as a major public health problem as it is estimated that 52% of non pregnant women of reproductive age are anaemic (WHO 2008) Anu Rammohan Anu et al 2012 quotes WHO report estimatation that around 70-90 % prevalence of nutritional anemia among pregnant women in India. Similarly it was also estimated by National family health survey (NFHS) 2005-2006 that the prevalence of anemia is around 70% during pregnancy.

TITLE

A study to assess the effect of structured teaching programme on the prevention and management of anemia in pregnancy among the antenatal mothers attending obstetric and gynecological outpatient department in a selected tertiary hospital, kanchipuram district, Tamil Nadu, India.

OBJECTIVES OF STUDY

- Assess the pretest level of knowledge on the prevention and management of anemia in pregnancy among the Antenatal mothers.
- Assess the post test level of knowledge on the prevention and management of anemia in pregnancy among the antenatal

mothers.

- Evaluate the effectiveness of structured teaching programme on prevention and management of anemia in pregnancy among antenatal mothers.
- Associate the pretest level of knowledge on the prevention and management of anemia in pregnancy with selected demographic and gynecological variables of the antenatal mothers.

METHODOLOGY RESEARCH APPROACH

The research approach was Quantitative and Evaluative in nature as it evaluated the effect of structured teaching programme on prevention and management of anemia in pregnancy.

RESEARCH DESIGN

One group pre-test and post-test design was used in the study.

01 x 02

Pretest intervention posttest

- **01:** Pretest level of knowledge on the prevention and management of anemia in pregnancy, assessed during the initial contact with the antenatal mothers
- X: The intervention was structured teaching on prevention and management of anemia in pregnancy given individually to the antenatal mothers
- **02**: Post test level of knowledge on the prevention and management of anemia in pregnancy, assessed after 15 days following the structured teaching.

RESEARCH SETTING:

The study was conducted in the Obstetrical and Gynaecological Outpatient Department, Chettinad Hospital and Research Institute, kelambakkam, kanchipuram district, Tamil Nadu, India.

POPULATION:

All the antenatal mothers attending out patient department, chettinad hospital, kelambakkam, kanchipuram district, Tamil Nadu, India.

The antenatal mothers with the following inclusion criteria were selected for the study.

INCLUSION CRITERIA

- **Antenatal Mothers**
- Who were willing to participate in the study Who could speak and understand Tamil or English
- Who were in their 2nd or 3rd trimester of pregnancy
- Irrespective of their gravida and parity.
- Irrespective of HB%.

SAMPLE SIZE: 30 SAMPLING TECHNIQUE:

Convenience sampling technique was used to select the samples.

TOOL FOR THE STUDY **TOOL DESCRIPTION:**

I. A structured interview was carried out to elicit the demographic and Gynaecological data

The demographic data elicited were age, religion, education, occupation, income of the family, type of family, dietary pattern, exposure of information on the prevention and management of anemia in pregnancv.

The Gynaecological data such as gestational age, gravida, parity and Hb%. were also elicited .

II. A Structured questionnaire was used to elicit knowledge on the prevention and management of anemia in pregnancy. It contained 20 questions with 3 options out of which one is the correct answer.

SCORING AND INTERPRETATION:

S.NO	LEVEL OF KNOWLEDGE	PERENTAGE %	
1	Inadequate knowledge	0-50	
2	Moderate knowledge	51-75	
3	Adequate knowledge	76-100	

ETHICAL CLEARANCE

Ethical clearance for the study was obtained from the Institutional ethical committee, Chettinad Academy of Research and Education.

RESULTS & DISCUSSION

- The study reveals that majority of antenatal mothers, nearly 43% are in the age group of 25-30 years, Almost 66% of antenatal mothers were Hindus, 43.% of the antenatal mothers were undergraduates. With regard to occupation, majority of the antenatal mothers, nearly 70% were unemployed, 43% of the antenatal mothers had a monthly income Rs. <10,000, 50% of the antenatal mothers belonged to joint family, and with regard to food pattern, majority of the antenatal mothers, nearly 80% were Non -vegetarians.
- The mean pretest knowledge score is 8.10 ± 1.647 and the mean post test knowledge score 19.73± 1.015. This reveals a significant increase in the mean post test knowledge score which is statistically significant at P < 0.05.
- A significant association between the educational status and dietary pattern of the antenatal mothers with the pre test level of knowledge at P < 0.05.

Figure 1: Frequency and percentage distribution of pretest and post test level of knowledge on prevention and management of anemia in pregnancy

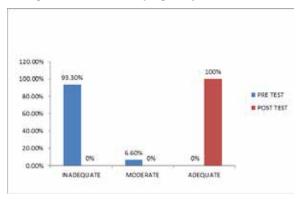


Figure 1, describes that in the pre test, a majority of antenatal mothers; nearly 93% had inadequate level of knowledge. Only 7% of the antenatal mother had moderate level of knowledge and 100% of antenatal mothers had adequate level of knowledge in the post test. There was a significant difference in the Post test level of knowledge on the prevention and management of anemia in pregnancy, which was statistically significant at P < 0.05.

CONCLUSION

The result of the study reveals that the antenatal mothers lack an awareness on the prevention and management of anemia during pregnancy. This observation is quite significant considering the fact that anaemia during pregnancy has a deleterious effect both on the mother as well as foetus. A one time teaching given to the mothers was significant in improving their Knowledge on the prevention and management of anemia and this will go a long way in helping the mothers to be responsible for their general health and the health of the newborn, thus indirectly contributing to reduction in maternal and neonatal morbidity and mortality.