



"IMPACT OF INSTRUCTIONAL MODULE ON KNOWLEDGE REGARDING SELF MANAGEMENT SELF MANAGEMENT TECHNIQUE OF MANAGING HYPERTENSION DURING PREGNANCY."

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ABSTRACT

Some women have high blood pressure during pregnancy. This can put the mother and her baby at risk for problems during the pregnancy. High blood pressure can also cause problems during and after delivery. The good news is that high blood pressure is preventable and treatable. This study aim to assess the effectiveness of instructional module on knowledge of mothers regarding self management self management technique of hypertension during pregnancy. A pre –experimental research design was chosen were one group pre test post design was adopted. A total of 40 sample were selected through convenient sampling self management technique. The study result outlines that a significant improvement in knowledge scores after the implementation of the module.

KEYWORDS : Self instructional module, knowledge, managing of hypertension, pregnancy

BACKGROUND OF THE STUDY

Hypertensive disorders of pregnancy (HDP) encompass chronic hypertension, gestational hypertension, preeclampsia/eclampsia, and preeclampsia superimposed on chronic hypertension. The World Health Organization (WHO) recommends self-monitoring of blood pressure (SMBP) for hypertension management. In addition, during the COVID-19 response, WHO guidance also recommends SMBP supported by health workers although more evidence is needed on whether SMBP of pregnant individuals with hypertension (gestational hypertension, chronic hypertension, or pre-eclampsia) may assist in early detection of pre-eclampsia, increase end-user autonomy and empowerment, and reduce health system burden.

Need of the study

Disorders of pregnancy induced hypertensive are a major health problem in the obstetric population as they are one of the leading causes of maternal and prenatal morbidity and mortality. The World Health Organization estimates that at least one woman dies every seven minutes from complications of hypertensive disorders of pregnancy. Some of the articles reported that the incidence of HDP the Indian population is 6.9%. The incidence of preeclampsia in hospital practice in India varies from 5% to 15%, and that of eclampsia is about 1.5%. The prevalence of pregnancy-associated hypertension increased from 10.8% in 2017 to 13.0% in 2019, while the prevalence of chronic hypertension increased from 2.0% to 2.3%.

Objective of the study

- To assess the pre-test and post-test knowledge score regarding self management technique of managing Hypertension during pregnancy.
- To assess the effectiveness of instructional module regarding self management technique of managing hypertension during pregnancy.
- To find out association between pretest knowledge score regarding self management technique of managing hypertension during pregnancy.

Hypothesis

- RH_{01} - There will be no significant difference between pretest and posttest knowledge score regarding self management technique of managing hypertension during pregnancy with selected demographic variable.
- RH_{1-} There will be significant difference between pretest and posttest knowledge score regarding self management technique of managing Hypertension during pregnancy with selected demographic variable.
- RH_{02} - There will be no significant association of pretest knowledge score regarding Self management technique

of managing Hypertension during pregnancy with their selected demographic variable

- RH_{2} – There will be significant association of pretest knowledge score regarding Self management technique of managing hypertension during pregnancy with their selected demographic variable

METHODOLOGY

The researcher adopted quantitative research approach were pre-experimental research design was used. The study consists of 40 pregnant mothers who were visiting at Sanwar hospital, Indore. The researcher prepared two set of questionnaire one to collect the demographic information of the samples and the other include a set of 20 items questionnaire to determine the knowledge regarding Self management technique of managing hypertension during pregnancy

RESULT

The analysis reported that among pregnant mothers, 17(42.5%) were graduate, 13(32.5%) were higher secondary and 10(25%) had completed primary education. Overall, it was highlighted, out of 40, in the pretest, 21 (52.5%) mothers found to have poor knowledge, 11 (27.5%) mothers belongs to average knowledge, 8 (20%) mothers got to have good knowledge score. Relatively, in the post-test, 25 (62.5%) mothers reported good knowledge, 15 (37.5%) had average knowledge and none of them found in the poor knowledge.

INTERPRETATION AND CONCLUSION

After administration of the instructional module at day seven the average (Mean \pm Standard Deviation) score to judge the knowledge (14.0 \pm 3.51points) among mothers found to be significantly greater and improved as compared to average score of knowledge (5.83 \pm 3.07 points) at baseline stage. However, it was estimated that the difference of 8.17 points in mean score, showed that knowledge of mothers were statistically improved after imparting instructional module.

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