



A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING EFFECTS OF GESTATIONAL WEIGHT GAIN ON DELIVERY AND NEONATAL HEALTH AMONG PRIMIGRAVIDA MOTHERS AT SELECTED HOSPITALS, BENGALURU.

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ABSTRACT

Pregnancy is a unique, exciting and often joyous time in women's life. The amount of weight the women gains during pregnancy is called gestational weight gain. Sufficient gestational weight gain is very much important to the mother to maintain healthy weight during pregnancy, excessive gestational weight gain or inadequate gestational weight gain has important maternal and infant health implications like gestational diabetes, gestational hypertension, cesarean delivery, macrosomia, prematurity, neural tube defects and still birth. **Objective:** To assess the pretest knowledge on effects of gestational weight gain on delivery and neonatal health among primigravida mothers., To determine the effectiveness of structured teaching programme on knowledge regarding effect of gestational weight gain on delivery and neonatal health among primigravida mothers., To determine the association between the pretest knowledge score and selected demographic variables of primigravida mothers at selected hospitals Bengaluru. **Methodology:** An evaluative approach with pre-experimental one group pre test post test design was selected and a purposive sampling technique was used to select the samples. 60 primi gravida mothers were selected. The tool consisted of a questionnaire with two parts, part-I had items regarding sociodemographic variables and part-II had items regarding knowledge on effect of gestational weight gain on delivery and neonatal health. **Result:** the result showed that primi gravida mothers 20% primi gravida mothers had gained moderately adequate knowledge and 80% of primi gravida mothers had gained adequate knowledge. **Conclusion:** Primi gravida mothers lacked the knowledge regarding effects of gestational weight gain on delivery and neonatal health.

KEYWORDS : primi gravida mothers, gestational weight gain, neonatal health.

INTRODUCTION

- Maternal weight gain during pregnancy can offer a good means of assessing the wellbeing of the pregnant mother and her baby.
- Inadequate prenatal weight gain is a significant risk factor for intrauterine growth retardation, preterm delivery, and low birth weight among infants.
- Obesity and excessive weight gain on the other hand can lead to Gestational diabetes mellitus, Hypertension, Caesarean section.

Need for the study

A Prospective population-based cohort study was conducted on 'Effects of gestational weight gain and body mass index on obstetrical outcomes' at Sweden. A total of 248526 singleton term pregnant women were grouped in 3 gestational weight gain categories ; < 8kg (low weight gain), 8-16kg and > 16kg (high weight gain). Obstetrical neonatal outcomes were evaluated after adjustment for maternal age, parity, smoking, year of birth. The results showed that that obese women with low gestational weight gain had a decreased risk for; pre-eclampsia, caesarean section, instrumental delivery. During the maternity clinical posting, the researcher has seen that inadequate or increased weight gain in pregnancy led to poor labour and fetal outcome. The researcher also noticed that studies were few in the Indian setting, and this study will help to get information regarding the gestational weight gain of Indian mothers and its effect on delivery and neonatal health. Thus the researcher decided to do the research on the topic 'A study to assess the effectiveness of STP on effect of gestational weight gain on delivery and neonatal health among primigravida mothers in selected hospitals of Bengaluru'.

OBJECTIVES

- To assess the pretest knowledge on effects of gestational weight gain on delivery and neonatal health among primigravida mothers.
- To determine the effectiveness of structured teaching programme on knowledge regarding effect of gestational weight gain on delivery and neonatal health among primigravida mothers.
- To determine the association between the pretest knowledge score and selected demographic variables of primigravida mothers at selected hospitals Bengaluru.

METHODOLOGY:

Research approach: Quantitative approach

Study design: pre-experimental design that is one group pre test and post test design was applied

Sampling technique: purposive sampling

Sample size: a sample of 60 primigravida mothers of selected hospital at Bangalore

Tool: the instrument used for the data collection was self-structured knowledge questionnaire

Part-I socio demographic profile: investigator constructed the tool to collect the socio demographic data of the study subjects.

Part-II : the multiple choice knowledge questionnaire used in this study was prepared by the researcher to measure the knowledge regarding effects of gestational weight gain on delivery and neonatal health.

Self-administered structured questionnaire contains 37multiple choice questions related to the knowledge.

RESULTS

1. Aspect wise pre test knowledge scores regarding effects of gestational weight gain on delivery and neonatal health among primi gravida mothers

Sl no	Area wise	No of items	Mean	SD	Mean%
1	General information	5	1.8333	1.16687	36.67
2	Maternal, fetal and placental physiology	5	1.5500	0.89110	31.00
3	Effects of excessive gestational weight gain	11	3.3000	2.06094	30.00
4	Effects of inadequate gestational weight gain	4	1.2333	1.06352	30.83
5	Prevention of excessive and inadequate gestational weight gain	12	4.9667	2.26967	41.39

Overall knowledge	37	12.8833	5.28859	34.82
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The above table depicts the distribution of aspect wise mean knowledge score the overall mean was 12.88 and mean percentage 34.82 with SD of 5.28. the study shows that primi gravida mothers had inadequate knowledge on effects of gestational weight gain on delivery and neonatal health.

2. Aspect wise post test knowledge scores regarding effects of gestational weight gain on delivery and neonatal health among primi gravida mothers

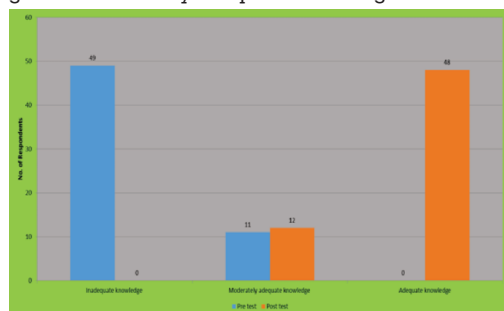
Sl no	Area wise	No of items	Mean	SD	Mean%
1	General information	5	3.95	0.98	79.0
2	Maternal, fetal and placental physiology	5	3.93	1.13	78.67
3	Effects of excessive gestational weight gain	11	8.66	1.83	78.79
4	Effects of inadequate gestational weight gain	4	3.55	0.59	88.75
5	Prevention of excessive and inadequate gestational weight gain	12	10.20	1.38	85.00
	Overall knowledge	37	30.30	3.86	81.89

The above table depicts the distribution of aspect wise mean knowledge post test score the overall mean was 30.30 and mean percentage 81.89 with SD of 3.86. the study shows that primi gravida mothers had gained adequate knowledge on effects of gestational weight gain on delivery and neonatal health.

3. Comparison of pretest and post test level of knowledge regarding effects of gestational weight gain on delivery and neonatal health.

Knowledge	Pre test		Post test	
	frequency	%	frequency	%
Inadequate knowledge	49	81.7	0	0.0
Moderately adequate knowledge	11	18.3	12	20.0
Adequate knowledge	0	0.0	48	80.0
Total	60	100.0	60	100.0

The above table shows that in pre test 81.7%(49) were having inadequate knowledge where as after structured teaching programme 80% had gained adequate knowledge and 20% had gained moderately adequate knowledge.



DISCUSSION:

The present study was conducted to evaluate the effectiveness of STP on knowledge regarding effects of gestational weight gain on delivery and neonatal health among primi gravida mothers at selected hospitals at Bangalore A pre experimental design was adopted for the present study. Purposive sampling technique was used to select the samples. A structured knowledge questionnaire used to collect the data. A structured teaching programme was implemented to find out the effectiveness. Association of posttest knowledge score with demographic variables was done using chi-square test. Overall posttest mean knowledge score was 30.30 standard deviation is 3.86 and percentage was 81.89 . This indicates that primi gravida mothers have adequate knowledge regarding effects of gestational weight gain on delivery and neonatal health after administration of STP.

CONCLUSION:

The study concludes that, the pretest showed that knowledge of primi gravida mothers regarding effects of gestational weight gain on delivery and neonatal health was inadequate in all areas.

The structured teaching programme tested in this study was found effective in improving the knowledge of primi gravida mothers participated in the study. The structured teaching programme is an effective method in improving the knowledge of primi gravida mothers.

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