



A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING EPISIOTOMY AND ITS CARE AMONG FINAL YEAR NURSING STUDENTS IN SELECTED NURSING COLLEGE AT BANGALORE

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ABSTRACT

Episiotomy is a surgical procedure for widening the outlet of the birth canal to facilitate delivery of the baby and to avoid a jagged rip of the area between the anus and the vulva (perineum). An evaluate approach with pre experimental, one group pre-test post-test Research design was selected for this study and a convenient sampling technique was used to select the samples for evaluating the effectiveness of Structured teaching programme on knowledge regarding episiotomy and its care, among 60 final year nursing student at selected college Bangalore. The study findings showed that there was adequate knowledge among the final year nursing students about episiotomy and its care in the pre-test. After the standard teaching programme, there was a significant improvement in knowledge of final year nursing students. The study also concluded a significant association between knowledge on episiotomy and its care and demographic variables of educational status, occupation, and educational status of parents any previous information episiotomy and its care.

KEYWORDS : Structured teaching programme, Episiotomy and its care among final year nursing students

INTRODUCTION

Episiotomy during vaginal delivery was first recommended in 1920 as a way to protect the pelvic floor from lacerations and protect the fetal head from trauma. It was rapidly adopted as a standard practice and has been widely used since then. The origin of episiotomy is difficult to determine, but one of the first to describe it was a midwife, Sir Fielding Ould. In 1742, in his Treatise of Midwifery in Three Parts, he recommended the procedure for those cases in which the external vaginal opening is so tight that labor is dangerously prolonged. The indications for episiotomy are based largely on clinical opinion.

An episiotomy is an incision made between the vagina and the rectum in order to increase the size of the opening of the vagina and facilitate the delivery of the baby. The usual cut (incision) for an episiotomy goes straight down and typically does not involve the muscles around the rectum or the rectum itself. Anesthesia in the form of nerve blocks or local injections of anesthetic are given if the patient has not received regional anesthesia (such an epidural) for the delivery.

Episiotomy is indicated when the baby does not have enough oxygen (fetal distress), complicated birth, such as when the baby is positioned bottom or feet first (breech) or when the baby's shoulders are trapped (shoulder dystocia), long pushing stage of labor forceps or vacuum delivery, large baby and, preterm baby.

In various countries, routine episiotomy has been accepted medical practice for many years. Since about the 1960s, routine episiotomies have been rapidly losing popularity among obstetricians and midwives in almost all countries in Europe, Australia, Canada, and the United States. A nationwide U.S. population study suggested that 31% of women having babies in U.S. hospitals received episiotomies in 1997, compared with 56% in 1979. In Latin America it remains popular, and is performed in 90% of hospital births.

In India, the birth rate is very high. 56% of Indian women had an episiotomy compared to the 46% of White women. The difference between these percentages (10%) is a measure of the excess frequency in Indian women. A study was conducted to calculate the percentage of episiotomy performed in the US. Out of all vaginal deliveries, it was found to be 19.4%. Episiotomy rate was higher among white women (32.4%) than African American women (11.2%). The episiotomy rate in Tamil Nadu is very high that is, about 88% in women who are undergoing difficult labour.

Statement Of The Problem

"A study to assess the effectiveness of structured teaching programme on knowledge regarding episiotomy and its care among final year nursing students at selected nursing colleges in Bangalore"

OBJECTIVE OF THE STUDY

1. To assess the existing knowledge regarding episiotomy and its care among final year nursing students.
2. To evaluate the effectiveness of structured teaching programme on knowledge regarding episiotomy and its care among final year nursing students.
3. To find the association between selected demographic variables and post-test knowledge scores.

HYPOTHESIS

- H1** - There will be significant difference between mean pretest and post-test knowledge scores regarding episiotomy and its care among final year nursing students at selected nursing colleges in Bangalore at $p < 0.05$ level of significance.
- H2** - There will be significant association between post-test knowledge scores regarding episiotomy and its care among final year nursing students with selected demographic variables at $p < 0.05$ level of significance.

MATERIALS AND METHODS

- **Research approach:** An evaluative approach was used for this study
- **Research design:** One group pre-test post-test, pre experimental research design was used for this study.
- **Research setting:** This study was conducted at KNN college of Nursing, Yelahanka, Bangalore.
- **Sample size:** The sample size for the study was 60 nursing students in KNN College of nursing Bangalore.

Inclusion criteria:

Final year nursing students who are:

- Willing to participate in the study.
- Both male and female nursing students.
- Present at the time of data collection.

Exclusion criteria:

- Final year nursing students who are absent during the time of data collection.
- Final year nursing students who are not willing to participate in the study.

Development And Description Of Tool:

The tool consisted of 13 socio-demographic items and 25 knowledge questionnaires regarding purpose of episiotomy, types, suturing of episiotomy wound, care of episiotomy

wound etc. The reliability of the tool was obtained by using test-retest method and the "T" value was $r = 0.08$. It shows that the tool was highly reliable.

Plan For Data Analysis:

The data obtained were analyzed in terms of objectives of the study using descriptive and inferential statistics. Descriptive statistical methods like mean, mode, median and standard deviation were used to evaluate the pre and post interventional level of Structured Teaching Programme. Paired 't' test was used to determine the effectiveness of Structured Teaching Programme on knowledge among final year nursing students. Chi-square test was used to associate the selected variables with the effectiveness of structured teaching programme.

RESULT AND DISCUSSION:

The collected data were calculated, analyzed using descriptive and inferential statistics and interpreted as per the objectives of the study, under the following headings.

Section- A: Frequency and percentage distribution of demographic variables

The study result showed that about 47(78.3%) belongs to the age group of 22 to 23 years, 6(10%) belongs to the age group of 23 to 24 years, 5(8.3%) belongs to the age group of 24 to 25 years. Majority of the students 41(68.3%) are female and 19(31.7%) are male. About 45(68.3%) are from urban area and 15(25%) are from rural area. Majority of them 44(73.3%) stayed in hostel, 12(20%) of them stayed in parent's house, 3(5%) of them stayed as paying guest and 1(1.7%) of them stayed in relative's house. About 38(63.3%) of them belongs to nuclear family, 22(36.7%) of them belongs to joint family. About 28(46.7%) are Muslims, 25(41.7%) are Hindus, 5(8.3%) are Christians and 2(3.3%) are others. Regarding knowledge on episiotomy and its care, 45(75%) are aware of episiotomy and management and 15(25%) are not aware of episiotomy and management. Most of the students 35(58.3%) have not assisted in performance of episiotomy and 25(41.7%) have assisted in performing episiotomy.

Section- B: Comparison between pre test and post test knowledge score regarding episiotomy and its care among final year nursing students

Table 1: Pre Test and post-test Mean Knowledge Scores of respondents on episiotomy and its care among final year nursing students

No	Statements	Max. Score	Knowledge score			
			Mean	SD	Mean%	SD%
1	Pre	25	14.7000	6.21453	58.80	24.86
2	Post	25	21.6500	2.62210	86.60	10.49

It is seen that the participants pre mean score percentage is (58.80%) and post-test mean percentage is (86.60%).

Table 2: Comparison of mean, SD, Paired 't'-value of pre-test and post-test knowledge score regarding episiotomy and its care among final year nursing students.

No	Statements	Max. Score	Knowledge score				Paired t-test
			Mean	SD	Mean%	SD%	
1	Pre	25	14.70	6.21	58.80	24.86	10.252
2	Post	25	21.65	2.62	86.60	10.49	
3	Enhancement	25	6.95	5.25	27.80	21.00	

* Significant at 5% level DF (59) Table value=1.96

The mean pre-test knowledge was 58.80% with SD 24.86%. The mean post-test knowledge found to be 86.60% with SD 10.49%. However, the enhancement was proved as mean (27.80%) and SD of (21%). Further, the paired t-test value (10.252*) shows statistical significance at level of $p < 0.05$ with

df (59), establishing the effectiveness of training program.

Section-C: Association between Demographic Variables and Pre Test Knowledge regarding episiotomy and its care among final year BSc Nursing students

Chi-square values were calculated to find out the association between the knowledge regarding episiotomy and its care among final year nursing students. There is significant association between education of mother ($\chi^2 = 16.058$), income ($\chi^2 = 21.24$), awareness of episiotomy ($\chi^2 = 11.534$) and assistance of episiotomy ($\chi^2 = 11.641$) with pre knowledge score. Therefore in thesis cases we accept H2. Rest of the demographic variables does not show significant association between the knowledge regarding episiotomy and its care among final year nursing students.

RECOMMENDATIONS:

- A similar study can be done on larger sample to validate and generalize the findings.
- A similar study can be conducted and evaluated using alternative teaching strategies like structured teaching program, video assisted teaching etc.
- A similar study can be done on knowledge of nurses in the hospital setting.

CONCLUSION:

The study showed that the standard teaching programme was very effective in improving the knowledge level of final year nursing students on episiotomy and its care. The standard teaching programme had enhanced the knowledge of final year nursing students and it will help them in prevention and effective management of episiotomy and its care.

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