Original Research Paper

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A STUDY ON PERCEPTION OF NURSING SUPPORT DURING LABOUR AMONG THE POSTNATAL WOMEN OF SELECTED HOSPITAL AT MANGALURU.

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ABSTRACT   A descriptive explorative design was carried out among 376 postnatal women who were recruited by purposive sampling technique with the purpose of determining their perception of nursing support during labour by using Bryanton Adaptation of the Nursing Support in Labour Questionnaire. The findings shows overall nursing support of the postnatal mothers was very helpful(84.72%) and domain wise nursing support tangible(84.95%) emotional (84.64%) and informational(84.49%)corresponding to it. Among 25 nursing support behaviours 24 of them had mean percentage above 4 and 1 had below 4(3.93).The present study shows nurses are helpful in every way, but the nurses are supposed to spend more time with the women in labour. So 1:1 nurse patient ratio is recommended to provide quality care during labour.

KEYWORDS : Perception, Nursing Support in Labour, Postnatal Women

Introduction

Pregnancy and birth are physiologic process, unique to each woman that usually proceeds normally (Atiya K M., 2016). Birthing experience throughout the labour process can provide description on their perception of the labour support of nurses in the hospitals (Fleming S E , Smart D & Eide P., 2011). If perceived coping with labour is significant predictor of a positive birth experience, then nurses have responsibility to enhance these coping efforts by providing individualized care (Bryanton J, Freser-Davey H & Sullivan P., 1994).

Objectives of the study:

1. To determine the perception of postnatal women towards nursing support during labour.
2. To find association of perception towards nursing support with selected demographic variable

Literature Review

A descriptive study using quantitative qualitative approach 16 adolescents mothers completed the Bryanton Adaptation of the Nursing Support in Labour Questionnaire (BANSILQ-A) Mean scores for all 25 supportive behaviours ranged from 4.67 to 2.11. The top three most helpful behaviours were "praised me" (M = 4.67, SD = 0.82), "gave me pain medication" (M = 4.64, SD = 0.50), and "accepted what I said and did so without judgment" (M = 4.53, SD = 0.83) Findings indicated that adolescents' needs focus on pain relief, nonjudgmental nursing care, and emotional support (Sauls D J., 2004).

A retrospective study using quantitative and qualitative approaches 88 postnatal women, 34 primipara and 46 multipara completed the Bryanton Adaptation of the Nursing Support in Labour Questionnaire (BANSILQ-A)The sixteen of the 25 behaviours were considered helpful with the most helpful behaviours being making the woman feel cared about as an individual, appearing calm and confident and treating the woman with respect. Findings were consistent with those of a previous study and suggest that regardless of the pain management used; nurses supporting childbearing women must not only be competent but also use a high degree of interpersonal skills in providing nursing care(Corbett C A & Callister L C., 2000).

A descriptive study 12 nurses observed over six non consecutive days on a birthing unit of a teaching hospital in a birthing unit of a Canadian teaching hospital in Quebec. A total of 404 observations were made .Results shown that Nurses spent only 12.4% of their total time providing supportive care to labouring women. Barrier in providing support identified by nurses included lack of time and insufficient staff. However, further content analysis of the interview data revealed that health care providers had a pervasive sense of control over labouring women and their partners (Hodnett E D et al., 2002)

A study was conducted in the maternity wards of four selected hospitals (three tertiary care level hospitals and one specialized maternity hospital) of Karnataka on 60 postnatal mothers, India, using a validated Labour Support Need Assessment Tool. Findings indicated that women perceived all types of support such as physical, emotional and informational as significant factors in their care during labour, regardless of their parity and gestation. The major findings of the study suggested that there was a slightly higher need for support among women for informational (90.33%) and emotional support (88.78%) compared to physical support (80.19%) (Panda J D & Rao A C., 2016). In general all three categories of social support by nurses were identified as helpful. So the literature reviews are consistent with the results of the present study.

Research Methodology

This descriptive explorative study was conducted in a selected hospital, at Mangalore, Karnataka India by selecting 376 Postnatal Women in 3 months time using purposive sampling technique from the Post partum unit.
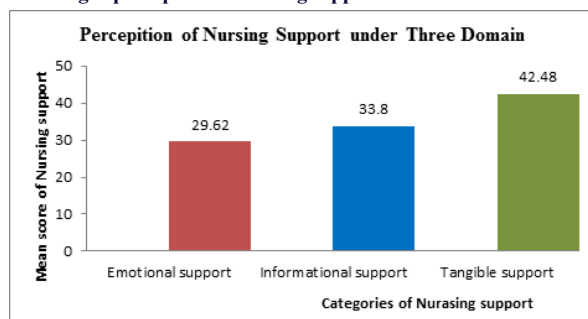
Instrumentation

The instrument was an adaptation to. Bryanton Adaptation of the Nursing Support in Labour Questionnaire (BANSILQ)-A. The BANSILQ-A integrates the three categories of social support psychometric testing demonstrates a high level of reliability (Emotional, Informational, and Tangible) to examine coping resources during childbirth (Bryanton et al., 1994).

Results

 The 376 participant rated the nursing support behaviour according to their perceived helpfulness. Most of the postnatal mothers (250,66.5%) reported that nurses support during labour was very helpful. The two open ended questions also depicts the positive response of the postnatal women regarding Nursing Support during labour

Grading of perception of Nursing support

Figure.No:1 Perception of Nursing support under Domain

Perception of Nursing support under Domain illustrates that tangible

support was highest (42.48±7.69) in comparison to the informational (33.8± 6.16) and emotional support (29.62 ±5.42) keeping in view that in each category emotional, informational and tangible nursing supports question includes 7,8,10 items consecutively.

Table 1 Mean and SD of the Perception of postnatal women towards nursing support during labour

Number of Items	Range	Mean± S.D	Mean Percentage
376	37-125	105.90± 18.218	84.72

Maximum score=125

Table 1 shows Overall nursing support received by the postnatal mothers was within the range of score from 37 to 125(84.72%). So that over all nursing support was considered as very helpful.

Table 2: The twenty Five Nursing Support behaviours in descending rank according to mean

n =376

Sl No	Nursing Behaviour	Mean± S.D	Support Category
1	Instructed me in breathing and relaxation	4.45±.884	I
2	Assisted me in breathing and relaxation	4.39±.899	T
3	Answered my questions truthfully	4.38±.927	E
4	Made me feel cared about as individual	4.36±1.005	E
5	Tried to carry out my wishes	4.34±.944	T
6	Provided sense of security	4.34±1.013	E
7	Communicated my needs and wishes	4.33±.964	T
8	Familiarized with my surroundings	4.31±1.049	I
9	Treated me with respect	4.31±.977	E
10	Encouraged my caregivers involvement	4.31±.947	I
11	Appeared calm & confident giving care	4.25±1.118	T
12	Praised me	4.25±1.005	I
13	Spent time in the room with me	3.93±1.405	E
14	Gave me pain medication	4.24±1.141	T
15	Provided for my partners physical needs	4.24±1.141	T
16	Made me physically comfortable	4.22±1.106	T
17	Recognized when I was anxious & listened	4.21±1.093	T
18	Supported the way caregiver and I worked together	4.20±1.086	I
19	Attempted to lessen the demands placed on me	4.16±1.142	T
20	Explained hospital routines	4.16±1.214	I
21	Touched me	4.11±1.240	T
22	Included me in making decisions	4.09±1.214	I
23	Accepted what I said without judging	4.05±1.270	E
24	Kept me informed about my progress	4.03±1.325	I
25	Spent time in the room with me	3.93±1.405	E

E= emotional support, I= informational support, T = Tangible support
Table2 shows all the 25 nursing support behaviours had mean ratings above 4.00 and one of the items had mean below 4 and above 3. So each nursing support was considered as helpful. The best Nursing support behaviour perceived by the woman was "Instructed me in breathing and relaxation"(I) and the least was "Spent time in the room with me"(E).

To find association of perception towards nursing support with selected demographic variable
The study showed that there was no association of nursing support with age, educational states, monthly income, occupation, geographical distribution, period of gestation and parity of postnatal women.. But there was an association of nursing support with religion
Calculated p value was less than 0.05 (p<0.005).

Discussion
Findings regarding Baseline variables shows

The highest percentage of women belonged to the age group of 21 to 25 years. Most of the women finished education grading from1-7std, It shows that majority of women were Muslims 272 (72.3%) and very few Christians and Hindus Most of the women were homemaker 335 (89.1%) and few of them were engaged with professional 15 (4%) and non professional 26 (6.9%) works. Most of the women's family income

Rs ≤10000 some of them were above Rs 10,001 to Rs 20,000, Geographical distribution shows that postnatal women were the residents of both village 187 (49.7%) and city 189 (50.3%) equally. Among 376 women, 261 (69.4%) of them were within 36 weeks of gestation and115 (30.6%) of them, somewhat one by third of the total population were ≥ 37week. Parity showed that both primy, 182 (48%) and multy 194 (51.6%) mothers, were somewhat close in numbers. These findings are supported by a descriptive study conducted to investigate mother's satisfaction with quality of nursing care during labour and delivery in Sulimany teaching hospital, Iraq. The results of the study showed that only 5% of mothers belongs to <20 years of age, and majority of mothers between 20-25 years of age is 34.5%, and between 25-30 years of age 30.5% and most of the mothers with primary education 40.5% and 25.5% of mothers completed secondary high school(Atiya K M., 2016)

The data regarding Perception of Nursing support under 3Domains the tangible support was highest (42.48±7.69) in comparison to the informational (33.8± 6.16) and emotional support (29.62 ±5.42) keeping in view that in each category emotional, informational and tangible nursing supports question includes 7,8,10 items consecutively and all 3 domain has mean score 84.That is tangible support was 84.96% emotional support 84.64% informational support 84.49% This study findings different from the study findings of Panda, J D'Sa, AC Rao which was conducted in the maternity wards of four selected hospitals (three tertiary care level hospitals and one specialized maternity hospital) of Karnataka on 60 postnatal mothers, India , using a validated Labour Support Need Assessment Tool. The major findings of the study suggested informational support 90.33% emotional support 88.78% and to tangible support 80.19% .Here tangible support was the lowest(Panda J D & Rao A C., 2016)

The data regarding twenty-Five Nursing Support Behaviours in Descending Rank According to mean shows all the 25 nursing support behaviours had mean ratings above 4.00 and one of them had above 3. So every one of them were considered as helpful except the one which have got mean below 4 that item is "Spent time in the room with me". These study findings similar to the findings of the Brynton J "Women's perceptions of nursing support during labour" where all the 25 nursing support behaviours had mean ratings above 4.00(Bryanton J, Freser-Davey H & Sullivan P., 1994).

In general present study findings were consistent with those of other studies, even when different methods, samples and terminology used. These findings provide further evidence of the helpfulness of nursing behaviours for labouring women.

Conclusion
The women perceived that nurses were helpful in every way, but the nurses are supposed to spend more time with the women in labour. So 1:1 nurse patient ratio is recommended to provide quality care during labour

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