Original Research Paper

Volume - 11 | Issue - 02 | February - 2021 | PRINT ISSN No. 2249 - 555X | DOI : 10.36106/ijar

Nursing

A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAM ON KNOWLEDGE REGARDING NESTING OF PRE-TERM ON POSTURE AND MOVEMENT AMONG STAFF NURSES, IN SELECTED HOSPITAL OF INDORE, (M.P)

Ms. Leena Martin* M.Sc. Nursing Final Year, (Child Health Nursing)SAIMS College of Nursing, Indore, Madhya Pradesh. *Corresponding Author

Dr. Sumit Padihar Assistant Professor, cum HOD of Child health Nursing, SAIMS College of Nursing, Indore, Madhya Pradesh.

ABSTRACT The current study has been undertaken to assess knowledge score regarding nesting of pre-term on posture and movement among staff nurses by planned teaching programme in SAIMS Hospital, Indore. The research design used for study was pre- experimental in nature. The tool for study was self-structured knowledge questionnaire which consists of 2 parts-PART- I consisted questions related to Socio-demographic data, PART-II consisted of self -structured knowledge questionnaire to assess knowledge score regarding nesting of pre-term on posture and movement among staff nurses. The data was analyzed by using descriptive & inferential statistical methods. The most significant finding was that 71.7% of staff nurse were having average knowledge regarding nesting of pre-term on posture and movement where as 23.3%staff nurse were having Good and 5.0% staff nurses were having poor knowledge after post-test.

KEYWORDS : (planned Teaching Programme, Nesting On Pre-trem Etc.)

Preterm is characterized for those infants brought into the world alive prior to 37 weeks of pregnancy. There are sub-categories of preterm birth, based on gestational age: extremely preterm (<28 weeks),very preterm (28 to<32 weeks),moderate to late preterm (32 to <37 weeks). Preterm birth occurs due to variety of reasons. Most preterm births happen immediately, however some of them because of early enlistment of work or cesarean birth, regardless of whether for clinical or non-clinical reasons. Regular reasons for preterm birth incorporate different pregnancies, diseases and persistent conditions, for example, diabetes and hypertension, but mostly the reason is not identified.

Nesting refers to an instinct or urge in pregnant animals caused by the increase of estradiol (E2) to prepare a home for the upcoming newborn(s). This behavior is found in varieties of animals such as birds, fish, squirrels, mice and pigs and also in humans**.** Nesting refers to a temporary course of action where guardians keep on sharing their family home and alternate being "on the job" with their kids. Nesting generally top in the third trimester, yet the inclination to clean, arranges, and set up your home can begin as ahead of schedule as 5 months along

NEED OF THE STUDY

The first 28 days of life is known as the neonatal period. The neonatal period is viewed as hazardous on the grounds that it represents a huge extent of kid passing. Consistently around 4 million children bite the dust around the world. Out of the 4 million passings.

million passings (27.5%) are expected to preterm birth. In this manner preterm births remain the single greatest reason for neonatal passings worldwide.

OBJECTIVES OF THE STUDY

- To assess the pretest knowledge score regarding nesting of pre term on posture and movement among staff nurses.
- To assess the effectiveness of planed teaching program on knowledge regarding nesting of pre term on posture & movement among staff nurses in selected hospital Indore.
- To find out association of pretest knowledge score regarding nesting of pre term on posture and movement among staff nurses with their socio-demographical variable.
- To find out association of posttest knowledge score regarding nesting of pre term on posture and movement among staff nurses with their socio-demographical variable

HYPOTHESIS OF THE STUDY

H_{01}: There will be no significance difference between the mean pretest and mean post-test knowledge score regarding nesting of pre-term on posture and movement among staff nurses.

- **H_{02}:** There will be no significance association between pre- test knowledge score of staff nurses regarding nesting of pre term on posture and movement with their selected socio-demographic variables.
- **H_{A2}:** There will be a significant association between pre- test knowledge score of staff nurse regarding nesting of pre term on posture and movement with their selected socio-demographic variables.

RESEARCH METHODOLOGY

A quantitative evaluative research approach was used for the study. Pre-Experimental one group pre-test post-test Research Design was selected for the study. The samples were recruited by non–probability convenient sampling technique. The total number of samples was 60 staff nurses with 24 self-structured knowledge questionnaires.

SECTION – I – Demographic data of staff nurses age in year, gender, professional qualification, working experience in NICU, previous knowledge related to nesting of newborn , sources of previous knowledge).

SECTION – II – self structured knowledge questionnaires of nesting of the nesting of preterm on posture and movement. Each question 4 option, total question are 24.

RESULTS

1. Frequency and percentage distribution of selected sample characteristics.

Parameter	Sampling Stage	Scatterings of knowledge scoring Mean ± SD	Z-Statistic	p-value (LOS)
Knowledge about nesting of pre-term on posture and movement	Pre-test	7.60±2.06	12.61	p<0.001 #
	Post-test	12.77±3.86		
	Mean Difference	5.17 points		

II. Comparison between pre- and post-test knowledge score of nesting of pre-term on posture and movement

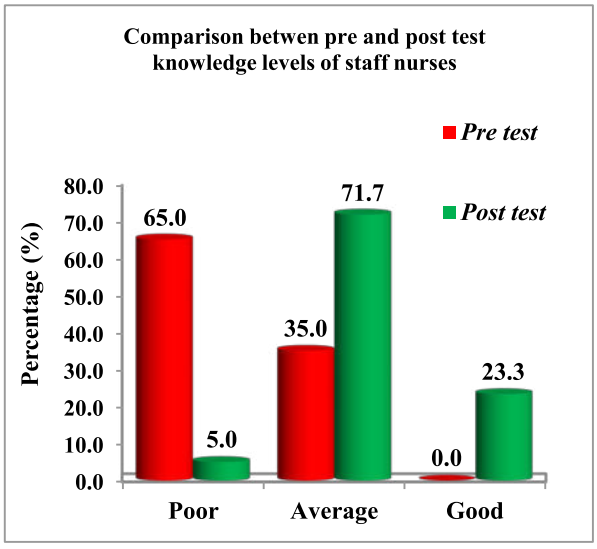
Pretest level of knowledge of large chunk (65.0%) of population poor (0-8).Further, analysis indicated that twenty-one (35.0%) staff nurses observed with average (9-16) level of knowledge about nesting of pre-term on posture and movement before PTP administration. post administration that only three (5.0%) of the staff nurses left with poor knowledge major part of population (43, 71.7%) of staff nurses found to be average (9-16) and (23.3%) staff nurses acquired good (17-24) level of knowledge about nesting of pre-term on posture and movement.

COMPARISON OF KNOWLEDGE SCORING AMONG STAFF NURSES BETWEEN PRE (BASELINE) & POST ADMINISTRATION

Age of staff nurses	Frequency (N)	Percent (%)
21-25 year	22	36.7
26-30 year	14	23.3
31-35 year	18	30.0
> 35 year	6	10.0

Total	**60**	**100.0**
Sex		
Male	4	6.7
Female	56	93.3
Professional qualification		
G.N.M	23	38.3
B.SC (N)	22	36.7
POST BASIC	9	15.0
M.SC (N)	6	10.0
Duration of clinical experience		
0-12 month	33	55.0
13-24 month	14	23.3
25-36 month	10	16.7
> 36 month	3	5.0
Previous knowledge of staff nurses		
No	18	30.0
Yes	42	70.0
Source of previous knowledge		
None	18	30.0
In-service educational program	5	8.3
Workshop	12	20.0
Internet	25	41.7

Figure 01 -Multiple Bar diagram is presenting the comparison in proportion of pre-test and post-test knowledge levels of staff nurses of selected hospitals.



#The mean differences are highly significant at the 0.001 level of significance. The degrees of freedom are 59. [Mean Diff-Mean Difference; LOS-Level of Significance]

Assessment of knowledge of staff nurses of Indore of selected hospitals regarding nesting of pre-term on posture and movement was carried out before and after PTP administration on knowledge to confirm the change in knowledge which can be easily observed in table 4.8.

Assessment of difference in scoring between two stages was utilized to examine the improvement in knowledge before (baseline) and after PTP administration.

Statistical analyzes reported that the knowledge of staff nurses found to be differed and significantly improved after PTP administration about nesting of pre-term on posture and movement at post-test stage when compared to preexisted knowledge (pre-test) at baseline stage.

Investigation reported at post-test stage that the average (mean ± SD) knowledge scoring (12.77±3.86 points) of staff nurses found to be significantly greater and improved after PTP administrations compared to average preexisted knowledge scoring (7.60±2.06 points) at baseline (pre-test) stage.

Further, this was noted that the difference of 5.17 points in average knowledge scoring of staff nurses found to be statistically strongly ($p<0.001$) significant between before and after PTP administration

III. In order to find the relationship between pre-test knowledge and selected demographic variables chi-square test was used.

Association of knowledge levels of staff nurses regarding nesting of pre-term on posture and movement with selected demographic variables

Pre-test: -

- **Association with age of staff nurses**

level of knowledge with respect to age of staff nurses revealed that the association of age of staff nurses was not statistically significantly ($p>0.05$) with knowledge levels about nesting of pre-term on posture and movement prior to administration of planned teaching program.

- **Association with genders of staff nurses**

Level of knowledge of staff nurses with respect to gender indicated that the association of gender of staff nurses was not statistically significant ($p>0.05$) at baseline stage with knowledge levels about nesting of pre-term on posture and movement.

- **Association with professional qualification of staff nurses**

level of knowledge of staff nurses with respect to professional qualification indicated that the association of professional qualification of staff nurses with knowledge levels regarding nesting of pre-term on posture and movement at baseline stage could not confirm as statistically significant ($p>0.05$).

- **Association with clinical experience of staff nurses**

level of knowledge of staff nurses with respect to duration of clinical experience of selected hospitals demonstrated that the association of duration of clinical experience of staff nurses could not satisfy the limit of statistical significance ($p>0.05$) prior to administration of planned teaching program with knowledge levels regarding nesting of pre-term on posture and movement and was statistically insignificant.

- **Association with Previous knowledge of staff nurses**

level of knowledge of staff nurses with respect to previous knowledge about nesting of pre-term on posture and movement indicated that the association of previous knowledge about nesting of pre-term on posture and movement of staff nurses was not statistically significant ($p>0.05$) at baseline stage with knowledge levels about nesting of pre-term on posture and movement.

- **Association with source of previous knowledge of staff nurses**

level of knowledge of staff nurses of selected hospitals with respect to sources of previous knowledge about nesting of pre-term on posture and movement before administration of self-instruction module revealed that the association of sources of previous knowledge about nesting of pre-term on posture and movement of staff nurses was not statistically significant ($p>0.05$) with knowledge level regarding nesting of pre-term on posture and movement at baseline stage.

Find the relationship between post-test knowledge and selected demographic variables chi-square test was used.

Association of knowledge levels of staff nurses regarding nesting of pre-term on posture and movement with selected demographic variables

Post test

- **Association with age of staff nurses**

Level of knowledge with respect to age of staff nurses revealed that the association of age of staff nurses found to be statistically significant ($p<0.05$) with knowledge about nesting of pre-term on posture and movement after administration of planned teaching program.

- **Association with genders of staff nurses**

Level of knowledge of staff nurses with respect to gender indicated that the association of gender of staff nurses was not statistically significant ($p>0.05$) at post administration stage with knowledge levels about nesting of pre-term on posture and movement.

- **Association with professional qualification of staff nurses**.

level of knowledge of staff nurses with respect to professional qualification indicated that the association of professional qualification of staff nurses with knowledge levels regarding nesting of pre-term on posture and movement at post administration stage was statistically significant ($p<0.05$).

- **Association with clinical experience of staff nurses**..

level of knowledge of staff nurses at posttest stage with respect to duration of clinical experience of selected hospitals demonstrated that the association of duration of clinical experience of staff nurses found to be statistical significant ($p<0.03$) after administration of planned teaching program with knowledge levels regarding nesting of pre-term

on posture and movement.

- **Association with previous knowledge of staff nurses**.

level of knowledge of staff nurses at posttest stage with respect to previous knowledge about nesting of pre-term on posture and movement indicated that the association of previous knowledge about nesting of pre-term on posture and movement of staff nurses was statistically highly significant ($p<0.005$) at post administration stage with knowledge levels about nesting of pre-term on posture and movement.

- **Association with Source of previous knowledge of staff nurses**.

level of knowledge of staff nurses of selected hospitals at post-test stage with respect to sources of previous knowledge about nesting of pre-term on posture and movement after administration of self-instruction module revealed that the association of sources of previous knowledge about nesting of pre-term on posture and movement of staff nurses was statistically highly significant ($p<0.005$) with knowledge level regarding nesting of pre-term on posture and movement at post administration stage

RESULT

This was noted at post-test stage that the average (Mean ± Standard Deviation) knowledge scoring (12.77±3.86 points) of staff nurses found to be significantly greater and improved after administration of planned teaching program as compared to average preexisted knowledge scoring (7.60±2.06 points) at baseline (pre-test) stage.

Further, this was noted that the difference of 5.17 points in average knowledge scoring of staff nurses found to be statistically strongly ($p<0.001$) significant between before and after administration of planned teaching program.

CONCLUSION

The main conclusions drawn from this present study was Planned Teaching Programme on nesting of pre-term on posture and movement. It was found that a there is a significant knowledge gain among staff nurses regarding nesting of pre-term on posture and movement. Samples become familiar and found themselves comfortable and also expressed satisfaction. It was thus concluded that, planned teaching programme as an effective and simple strategy to improve the knowledge staff nurses.

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