



**A STUDY TO ASSESS THE EFFECT OF VIDEO ASSISTED TEACHING PROGRAMME REGARDING PERINATAL CARE ON KNOWLEDGE AMONG GRAVID WOMEN IN A SELECTED TERTIARY CARE HOSPITAL IN KOLKATA.**

**Nursing**

**Maj Aruna Aravindan**

MSc(N), College of Nursing, CH(EC)Kolkata,

**Lt Col Nisa Gopidas\***

MSc(N), Lecturer, College of Nursing, CH(EC), Kolkata, . \*Corresponding Author

**Lt Col Ajee KL**

MSc(N), Assoc Professor, College of Nursing, CH(EC), Kolkata, .

**ABSTRACT**

Perinatal care is a type of preventive health care with the goal to monitor and promotes the well being of mother and baby and it is complete when health information is imparted. The knowledge, awareness and sensitivity of the gravid women can be enhanced with various teaching programmes. The aim of the study is to assess the effectiveness of Video Assisted Teaching Programme(VATP) regarding perinatal care on knowledge among 60 gravid women in a tertiary care hospital in Kolkata, using one group pretest post test design by consecutive sampling. The knowledge level was assessed using a self structured perinatal care knowledge questionnaire. 2 sessions of VATP was administered before posttest. The results showed the Wilcoxon value 6.73 at  $p < 0.0001$  was more than the tabulated value (1.96) at  $p < 0.05$  which signified statistically significant difference between the knowledge scores of pre and post test, which concluded that the VATP was effective in improving the knowledge on perinatal care.

**KEYWORDS**

perinatal care, gravid women, video assisted teaching, knowledge.

**INTRODUCTION**

Pregnancy is the link to the mother and the newborn together and is the basis for the presence of old and new generation. Most pregnancies end with the fruitful effort that is birth of a live baby to a healthy mother. Childbirth is a joyous event, but accompanied by pain, fear, suffering and even death. Pregnancy is considered to be a normal psychological state as per the scientific view. To the common man it is a common phenomena occurring in women after marriage, according to genetics it is the process of procreation and above all, for the mother it is a state of joy and satisfaction.<sup>1</sup>

Despite India progressing in curbing the maternal mortality rate (MMR) 65 % drop reported since 1990, the country is lagging behind in bringing a 75 % decline in the MMR till 2015 as per the Millennium Development Goal (MDG). As per the World Health Organization's (WHO) report the MMR in India reduced to 178 in 2010-2012 from 560 in 1990. However, India needs to reduce its MMR further down to 103 as per the MDG mandate. Though MMR is reducing at an average of 4.5 per cent annually, India has to bring down the MMR at the annual rate of 5.5% to meet the Millennium Development Goal. Literacy and social issues are important factors that have led to high maternal deaths. The girls are married at younger age and they have little knowledge about perinatal care. According to Dr Lale Say of WHO, the major challenge faced by India is lack of record about births and deaths, particularly when women give birth at home. The MMR of West Bengal in the year 2009 was 145 per 1, 00,000 / live births.<sup>2</sup> The maternal mortality is an indicator of health projecting the inequity in access to appropriate healthcare during perinatal period.

Existing evidences suggest that outreach package helps in improving stillbirth and neonatal mortality rates which also indicates that community health workers can be effective in implementing health education that leads to improved home care practices by families, increased care-seeking behavior and greater utilization of skilled care providers.<sup>3</sup>

The objectives of the study were to assess the existing knowledge regarding perinatal care among gravid women, to evaluate the effectiveness of Video Assisted Teaching Programme (VATP) and to find out the association with selected socio demographic variables at selected tertiary care hospital in Kolkata. The study also tested the hypotheses that there is significant difference between mean pre test and post test scores on knowledge regarding perinatal care among gravid women and there is significant association of pre test knowledge scores with the selected demographic variables at 0.05 level of significance.

**Review of Literature**

Indra V (2016) conducted pre experimental study on the effectiveness of SIM on knowledge regarding safe motherhood among primigravida women in Puducherry. The study showed that the most of the primigravida women had moderate knowledge. The difference between pre-test and post-test score revealed that self instructional module is very effective in improving knowledge of primigravida women<sup>4</sup>

Bhabhor P (2015) conducted a pre experimental study on 60 pregnant women to study the effectiveness of Structured Teaching Programme (STP) on knowledge regarding antenatal care among pregnant women. The 't' test was computed between pre-test and post-test score which indicated that there was improvement in the level of knowledge among pregnant women. Hence it incanted that structured teaching programme was effective.<sup>5</sup>

A pre experimental study was conducted by Sujatha V (2013) on the effectiveness of structured teaching programming on selected antenatal care among primigravida women at Chennai. The study depicts the knowledge of the primigravida women on antenatal care before structured teaching programme was inadequate and the level of knowledge increased after the structured teaching programme. So educating the antenatal mothers regarding antenatal care will help to prevent the maternal and infant mortality and mortality and morbidity.<sup>6</sup>

**Methodology**

A pre experimental research design was chosen to study the effectiveness of VATP on knowledge among 60 gravid women who met the inclusion criteria of women above 28 wks of period of gestation, who can read and understand Hindi and those who gave consent for the study. The gravid women who have attended formal perinatal education classes or structured child birth awareness programmes were excluded. Consecutive sampling was used to select samples.

A VATP was prepared on perinatal care (Antenatal, Intranatal, Postnatal & New born care) based on the objectives, validated by the experts in the field of Obstetric Nursing and the technical aspects of the video was checked by the experts from the field of mass media and the reliability was checked with test re-test method. A self structured perinatal knowledge questionnaire was prepared by validating it from the experts and the reliability was assessed using item analysis. The questionnaire had two sections Section I - Demographic profile and obstetric details and Section II - 30 Self structured Perinatal Knowledge questionnaire. The total knowledge score was classified as Excellent (30-25), Good (24-17), Average (16-9) and Poor (<8).

The samples were taken after the registration in the maternity OPD. The pre-test was conducted after briefing and obtaining consent from the gravid women by the administration of self structured perinatal knowledge questionnaire on perinatal care. After the pre test the VATP was administered and the second session of the programme was administered after 3 days of the first session. Post-test was administered after 3 days of the second session of VATP.

**RESULTS**

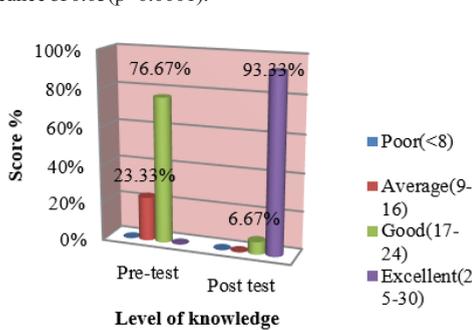
The pre test and post test knowledge scores were assessed using mean and standard deviation. Testing of hypothesis was done using Wilcoxon sign test. ANOVA and Mann Whitney U were used to associate demographic variables and knowledge scores.

**Table 1: Comparison of mean pre and post test knowledge score regarding perinatal care among gravid women.**

Parameter	Pre test	Post test	Wilcoxon	P Value
	Mean+SD	Mean+SD	Z Value	
Knowledge score	17.98+3.70	28.18+1.99	6.73	<0.0001

Table value of Wilcoxon  $Z_{0.05} = 1.96, p < 0.05$

Table 1 depicts the pre test and post test scores in terms of mean and standard deviation. The Z value (6.73) calculated by Wilcoxon test is more than tabulated (1.96) value which signifies a highly significant difference between mean pre test and post test scores at the level of significance of 0.05 ( $p < 0.0001$ ).



**Fig 1 : Pre & post test Knowledge score regarding perinatal care among gravid women**

The figure 1 describes the respondents grading of knowledge on perinatal care. The data depicts that 23.33% had average knowledge where 76.67% of the samples had good knowledge regarding perinatal care in the pretest. The data also revealed that 93.33% had excellent knowledge and 6.67% had good knowledge in the post test after the administration of 2 sessions of video assisted teaching programme. This signifies the effectiveness of VATP on perinatal care.

**DISCUSSIONS**

Gupta R (2016) assessed the knowledge and attitude of 850 antenatal women about maternal nutrition in pregnancy at Kanpur. The study revealed only 22% of the women had good knowledge about nutrition during pregnancy and 82% showed willingness to acquire more information about maternal nutrition. The study concluded that there is a need to impart more knowledge to pregnant women about nutrition in pregnancy.

Gururani L (2015) in her quasi experimental study on 100 antenatal mothers on effectiveness of structured teaching programme on the minor disorders of pregnancy and their home management revealed the total mean post test scores of all the areas were significantly ( $p < 0.001$ ) higher than that of the mean pretest scores after the administration of structured teaching programme.

A randomized control trial conducted by Oinam MD (2015) on effectiveness of Video Assisted Teaching Programme (VATP) on knowledge regarding essential newborn care among primipara mothers in Belgaum, Karnataka showed that there was a significant difference in the knowledge scores of the study group when compared to control group. This revealed the effectiveness of video assisted teaching programme in gaining knowledge.

**Limitations**

The design one group pre-test and post-test without control group and

the non probable consecutive sampling technique has more chance of sampling bias.

**Futurescope**

A comparative study can be conducted to evaluate the effectiveness of structured teaching programme versus other methods of teaching like booklets, SIM and a similar study may be replicated with large sample size

**CONCLUSION**

The study was carried out to assess the effectiveness of VATP on perinatal care among gravid women. The main aim of the study was to assess the level of knowledge pre and post the administration of VATP. The findings of the study revealed there was significant difference in the pretest and post test knowledge scores and established the effectiveness of the VATP. The promotion of health and maintenance of healthy lifestyles have become objectives of utmost importance to health care profession. Health education not only helps to create demand of health care services, but also ensures full utilization of services and is instrumental in implementing health programmes.

**REFERENCES:**

1. World Health Organisation.(2015), Maternal, newborn, child and adolescent health. Maternal and perinatal health. 2015. Available from [http://www.who.int/maternalchild\\_adolescent](http://www.who.int/maternalchild_adolescent)
2. Mohapatra, C. K., Nanda, H. (2015), "Maternal Mortality and Morbidity in India." Global journal for research analysis, 4(9), 292-293.
3. Zulfiqar, A. B., Zahid, A.M., Sajid, S., Muhammad, S. S., Simon, C., Jose, M.(2008), "Implementing community-based perinatal care: study in rural Pakistan." Bulletin of the World Health Organization, 86(6), 452-459.
4. Indra, V.(2016), " Effectiveness of self instructional module (SIM) on knowledge regarding selected aspects of safe motherhood among primigravida women in selected hospitals, Puducherry." International journal of nursing education and research, 4(3), 253-270.
5. Bhabhor, P., Koshy, S.(2016), " Effectiveness of structured teaching programme on knowledge regarding antenatal care among pregnant women." International journal of science and research, 5(5), 678-681.
6. Sujatha, V., Radhiga, C., Sudha, R., Devika, K., Priyadarshni, B., Shalini, R.(2014), " Assess the effectiveness of structure teaching programme on knowledge of selected antenatal care among primigravida mothers in Sree Balaji medical college and hospital, Chennai." International journal of nursing education & research, 1(1), 1-3.
7. Gupta, R., Agarwal, S., Singh, N., Jain, R., Katiyar, A., Siddiqui, A. (2016), "A study to assess knowledge and attitude of antenatal women about maternal nutrition attending a tertiary care centre." International journal of reproduction, contraception, obstetrics and gynecology, 5(5), 1549-1552.
8. Gururani, L., Kumar, A., Mahalingam, G. (2016), "Minor disorder of pregnancy and its home management." International journal of medical science and public health, 5(4), 684-687.
9. Oinam, M.D., Kharde, S. (2015), "A randomized control trial on effectiveness of Video Assisted Teaching Programme (VATP) on knowledge regarding essential newborn care among primipara mothers in postnatal ward of selected hospital, Belgaum, Karnataka." IJSR, 4(6), 2517-2520.