



A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAM ON KNOWLEDGE REGARDING POST OPERATIVE CARE AMONG CAESAREAN SECTION MOTHER IN POSTNATAL WARD OF IN SELECTED HOSPITAL, BHOPAL.

Nursing

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ABSTRACT

In Asia, postpartum care is considered to be a very importance stage of a woman's life and this belief and practice is passed down through many generations. Experts refer postpartum periods as the first six weeks after childbirth. Mothers who are not able to undergo for normal vaginal delivery but are going for caesarean section. They have not expected this operative procedure and were unable to take care during post operative period in regard to perineal care, breast care, newborn care, postnatal exercise, temporary contraceptive methods. So the researcher decided to teach postoperative care among caesarean section mother. **Objectives:** 1. To assess the pre existing knowledge score on post operative care among caesarean mother. 2. To assess the effectiveness of PTP on post operative care among caesarean mother by comparing pre and post test knowledge score. 3. To find out the association between pre knowledge level with selected demographic variables. **Materials and Methods:** Pre experimental research design one group pre and post test design was used. Non probability convenient sampling was opted to select sample for this study among 30 mothers. The settings of the study was Chirayu medical college and Hospital, Bhopal. **Results:** Data collected by structured questionnaire and analysed by descriptive and Inferential statistics. The findings of the study revealed that pre test mean value was 10.5 with SD value 4.19 whereas post test score of mean was 19.9 with SD of 3.42 and the computed t value was 1.74 at $p < 0.05$ level. This indicates that teaching module was effective to increase the knowledge level of caesarean mother. The study revealed that there is significant association with type of family and the remaining variables of age, education, religion, occupation, diet, were not significantly associated with pre score.

KEYWORDS

Post operative, care, LSCS.

INTRODUCTION:

A great responsibility and a highest crown of honour of woman is Motherhood. The physiological transition from being pregnant women to becoming a mother means, an enormous change will occur both physically and psychologically. Delivery is not a joyous event in a women's life. It is the time when every system in the body is affected. Though child birth is the normal physiological process and natural, every woman expects normal vaginal delivery.¹

A caesarean section is necessary when a vaginal delivery would put the baby or mother at risk. This may include obstructed labour, twin pregnancy, high blood pressure in the mother, breech birth, or elderly primi, gestational diabetes mellitus, short primi, problems with the placenta or umbilical cord. A caesarean delivery may be performed based upon the shape of the mother's pelvis or history of a previous caesarean section. . The World Health Organization recommends that Caesarean section be performed only when medically necessary. Some caesarean sections are performed without a medical reason, upon request by the mother.²

In Asia, postpartum care is considered to be a very importance stage of a woman's life and this belief and practice is passed down through many generations. In western countries, it is becoming more popular as the women weigh the vast health benefits more than anything else. Experts refer postpartum periods as the first six weeks after childbirth. In real context, postpartum period can stretch up to 4-6 months with the mother herself coping and adapting physically and emotionally after Caesarean³

Need for the study:

According to worldwide statistics each year over 200 million women become pregnant. The WHO estimates the rate of LSCS at between 10 and 15% of all births in developed countries. In developing countries the public health network, the LSCS rate reaches 35%, while in private hospitals the rate approaches 80%. However, as we will learn, heavy physical labor does not necessarily produce physical fitness. Physical exercises increases vitality and the ability to overcome stress. It promotes health, prevents certain disorders and cure some illness⁵.

Problem Statement:

A study to assess the effectiveness of the planned teaching program on knowledge regarding post operative care among caesarean mother in postnatal ward of Chirayu Medical College and Hospital.

Objectives of the study:

1. To assess the pre-existing knowledge score on post operative care among caesarean mother.
2. To assess the effectiveness of planned teaching program on post

operative care among caesarean mother by comparing pre and post-test knowledge score.

3. To find out the association between pre knowledge level with selected demographic variables.

MATERIALS AND METHODS:

Pre experimental research design one group pre and post test design was used. Non probability convenient sampling was opted to select sample for this study among 30 mothers. The study was conducted in Chirayu medical college and Hospital, Bhopal.

In the present study tool consists of 2 parts:

Part I: Demographic Variables

Part II: Structured knowledge questionnaire regarding post operative care.

Data collection procedure:

The investigator had collected data from mothers after obtaining formal permission from concerned area authority. The participants were taken informed about the purpose of the study and consent letter was obtained. On an average participants took 30 minutes of time to complete data. The study was conducted in 2023. Subsequent with coding data, study was analysed and interpreted according to the objectives of the study. The confidentiality was maintained throughout the data collection.

RESULTS:

Demographic variables characteristics:

In this study majority of the study majority of the mothers belongs to the age of 26-30 years (36%). Regarding educational status majority have completed schooling 16 (53%). In gravida most of the mothers were primi gravida 16 (53%) and in religion 26 (86%) were belongs to Hindu religion. Regarding occupation 17 (56%) were house wife. In types of family 17 (56 %) belong to joint family. Regarding diet 18 (60%) were vegetarian.

Table 1: Overall Knowledge score of pre and post test score on post operative care. n=30

Knowledge score on post operative care	Pre test score		Post test score		t test	P<0.05 level
	Mean	SD	Mean	SD		
	10.5	4.19	19.9	3.42	1.74	2.05

at $p < 0.05$ level.

DISCUSSION:

1. To assess the pre-existing knowledge score on post operative care among caesarean mother.

The present study reveals that mean score on knowledge regarding on post operative care among caesarean mother was 10.5 and SD value was 4.19.

2. To assess the effectiveness of PTP on post operative care among caesarean mother by comparing pre and post-test knowledge score.

The present study reveals that mean score on knowledge regarding on post operative care among caesarean mother was 19.9 and SD value was 3.42.

3. To find out the association between pre knowledge level with selected demographic variables.

The study revealed that there is significant association with all variables with pre test scores.

CONCLUSION:

Physical fitness is neglected in India and in other developing countries because a large section of the people has to engage in hand physical labour to earn their living. Through education we shall prevent the post operative complication.

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