



EFFECTIVENESS OF PLANNED TEACHING PROGRAM ON KNOWLEDGE AND EXPRESSED PRACTICES REGARDING OBSTETRICAL EMERGENCIES AMONG STAFF NURSES

Nursing

Isha Gala

M.Sc. Nursing student, SNGNC IGMCI, Shimla, Himachal Pradesh, India

**Mrs. Chander
Kanta Verma***

Sister Tutor cum Clinical Instructor, SNGNC IGMCI, Shimla, Himachal Pradesh, India*Corresponding Author

ABSTRACT

Background: Obstetrical Emergencies are the life-threatening conditions that can happen during pregnancy, during child birth and after the child birth, putting both the mother and the unborn child in danger. Early identification and management can prevent these emergencies. **Aim:** To assess the effectiveness of Planned Teaching Program on Knowledge and Expressed Practices regarding Obstetrical Emergencies among staff nurses working in Kamla Nehru State Hospital for Mother and Child Shimla and Deen Dayal Upadhyay Zonal Hospital Shimla HP. **Method:** A Quantitative research approach with a Quasi-experimental research design was adopted. The study was conducted among 66 staff nurses working in KNH Shimla and DDU Shimla HP, sample was selected by simple random sampling technique. Data was collected by using a self-structured Knowledge questionnaire and Expressed Practices by five points Likert scale. Following the pre-test assessment, a Planned teaching program was administered, and post test was conducted after 7 days of pre-test. **Result:** In the pre-test, (57.6%) of participants demonstrated good knowledge, whereas in post-test, (84.8%) demonstrated very good knowledge. Similarly, In Pre-test, (72.7%) of participants demonstrated average expressed practices, whereas in post-test (80.3%) attained good expressed practices and (18.2%) reached excellent expressed practices. The mean knowledge score was increased from 21.79±5.521 to 32.59±1.984. The paired 't' test value ($t=16.75$) was statistically significant at $p<0.001$. Likewise, the mean score of expressed practices was increased from 87.67±6.183 to 114.52±10.363. The paired 't' test value ($t=18.864$) was statistically significant at $p<0.001$. The findings suggests that the planned teaching program regarding obstetrical emergencies given was effective in significantly improving their knowledge and expressed practices score among staff nurses.

KEYWORDS

Staff Nurses, Planned Teaching Program, Knowledge, Expressed Practices, And Obstetrical Emergencies

INTRODUCTION

Most of the pregnancies and deliveries occur without complications, yet some involve significant risks. While pregnancy is often a joyful experience, but it can also bring concerns and uncertainties. Obstetric emergencies are critical, life-threatening conditions that can arise during pregnancy, labor, or delivery, endangering both the mother and baby. These complications may occur at any stage, including active labor and the postpartum period, requiring immediate medical attention.

Women below the age of 18 years or above 40 years have greater chances of having pregnancy related complications. Primigravidas and grand multiparas are at a higher risk of developing complications during pregnancy and labour. An interval of less than two years from the previous pregnancy or less than three months from the previous abortion increases the chances of the mother developing anaemia.

Obstetric emergencies are existence of sudden obstetrical events, which require immediate action. They are life threatening medical conditions that occur in pregnancy, during or after labor and delivery. There are some emergency conditions can occur during antenatal, Intranatal and post-natal period.

Maternal mortality, defined as the death of a pregnant woman excluding unplanned or unconnected incidents, or within 42 days after the end of her pregnancy from causes related to or made worsened by the pregnancy. The global maternal mortality ratio (MMR) was 197 per 100,000 live births in 2023. In 2023, almost 260,000 women passed away during and after pregnancy and childbirth. Severe bleeding, infection, high blood pressure during pregnancy (pre-eclampsia/eclampsia), delivery difficulties, and abortion are the leading causes of maternal death. According to WHO, in 2023, low- and lower-middle-income nations accounted for roughly 92% of maternal deaths.

In 2019-2021, India's MMR was 93 per 100,000 live births. In 2023 censuses India's MMR was 88 per 100,000 live births and Himachal Pradesh reported 55 per 100,000 live births in 2021. The proportion of pregnant women transported by the '108' ambulance service varied across states, ranging from 9.0% in Chhattisgarh to 20.5% in Himachal Pradesh. In cases of obstetric emergencies, the service transported an estimated 12.7% of women in Himachal Pradesh, 7.2% in Gujarat, and less than 3.5% in other states. Women utilizing this service were predominantly from rural areas and lower socio-economic backgrounds.

In Indian hospitals, the prevalence of eclampsia is roughly 1.5%, while

that of preeclampsia ranges from 5% to 15%. Between 1976 and 2014, the average risk of eclampsia in India was 1.5%, with a range of 0.179 to 5%. Worldwide, pregnancy-related problems claim the lives of more than 5.2 million women each year. An issue that affects the entire world is the improper handling of obstetrical emergencies. The main cause of unfavourable events influencing the handling of these crises was inadequate staff training, especially for recently certified nurses.

OBJECTIVES

- 1) To assess the knowledge and expressed practices regarding obstetrical emergencies among staff nurses working in selected hospitals of Shimla HP.
- 2) To evaluate the effectiveness of planned teaching program regarding obstetrical emergencies among staff nurses working in selected hospitals of Shimla HP.

METHODOLOGY

Quantitative research approach, a quasi-experimental one group pre-test post-test research design was adopted to accomplish the main objectives of the study. The study was conducted at Kamla Nehru State Hospital for mother and child Shimla and Deen Dayal Zonal Hospital Shimla HP. Sample size was 66 staff nurses, selected by using simple Random sampling technique, (Probability sampling Technique).

ANALYSIS AND INTERPRETATION OF DATA

Among 66 staff nurses, Majority of participants (59.1%, $n=39$) belonged to the age group of 26–35 years, most of the participants were Hindu (98.5%, $n=65$). The majority were married (69.7%, $n=46$). More than half of the participants were graduates (54.5%, $n=36$). The highest proportion had Diploma in Nursing (GNM) (42.4%, $n=28$). Most participants had 1–3 years of experience (30.3%, $n=20$). The highest number of participants were working in the Gynaecology ward (21.2%, $n=14$), followed by Private ward (19.7%, $n=13$) and Antenatal ward (18.2%, $n=12$). Other areas included Labor room (13.6%), NICU (10.6%), Operation Theatre (9.1%), and post-natal ward (7.6%). Most participants were outsourced employees (43.9%, $n=29$). The largest group earned more than 30,001 (34.8%, $n=23$). Most participants belonged to urban areas (66.7%, $n=44$). A large majority (89.4%, $n=59$) had previous knowledge. The main source of knowledge was books (69.7%, $n=46$).

Findings related to knowledge and expressed practices

In pre-test most participants had good (57.6%) and (36.4%) average knowledge, while after the intervention, the majority (84.8%) reached excellent knowledge and 12.1% achieved good knowledge, with no

one remaining in average or below-average categories, indicating a marked and consistent improvement in knowledge due to the teaching intervention.

Table 1: Distribution of Participants According to Knowledge Levels Before and After the Intervention N=66

LEVEL OF KNOWLEDGE	Pre-Test	Pre-Test	Post-Test	Post-Test
	Frequency	Percentage	Frequency	Percentage
	(f)	(%)	(f)	(%)
Very good knowledge	2	3	56	84.8
Good knowledge	38	57.6	8	12.1
Average knowledge	24	36.4	0	0
Below Average knowledge	2	3	0	0

Maximum Score=40 Minimum Score=0

In pre-test, the majority of participants had average Expressed practices (72.7%, n = 48) and good Expressed Practices (27.3%, n = 18). Following the intervention, 80.3% (n = 53) attained good expressed practices and 18.2% (n = 12) reached excellent expressed practices, with no one remaining in the average or poor categories

Table 2: Distribution of Participants According to Expressed Practices Levels Before and After the Intervention N=66

LEVEL OF EXPRESSED PRACTICES	Pre-Test	Pre-Test	Post-Test	Post-Test
	Frequency	Percentage	Frequency	Percentage
	(f)	(%)	(f)	(%)
Excellent Expressed Practices	0	0	12	18.2
Good Expressed Practices	18	27.3	53	80.3
Average Expressed Practices	48	72.7	0	0
Poor Expressed Practices	0	0	0	0

Maximum Score=150 Minimum Score=30

Findings related to effectiveness of planned teaching Programme

Mean Pre-Test and Post-Test Knowledge scores using paired 't' test revealed a statistically significant increase in knowledge scores, with mean pre-test knowledge at 21.79±5.521 (54.50%) rising to 32.59±1.984 (81.50%) in post-test (t=16.75, p<0.001). The mean gain of 10.80 marks indicates that the Planned Teaching Programme was highly effective in improving the knowledge of staff nurses regarding Obstetrical Emergencies.

Mean Pre-Test and Post-Test Expressed Practices score using the paired 't' test revealed a statistically significant improvement in expressed practices score, with mean pretest expressed practices at 87.67±6.183 (48.10%) rising to 114.52±10.363 (70.40%) in Post-Test (t=18.864, p<0.001). The mean gain of 26.85 marks indicates that the Planned Teaching Programme was highly effective in enhancing the Expressed Practices of staff nurses regarding obstetrical emergencies.

DISCUSSION

The **first objective** to assessed knowledge and expressed practices regarding obstetrical emergencies among staff nurses working in Kamla Nehru State Hospital for Mother and Child Shimla and Deen Dayal Upadhyay Zonal Hospital Shimla HP. For expressed practices, in pre-test most participants had (57.6%) good knowledge and (36.4%) average knowledge. In pre-test, the majority of participants had average Expressed practices (72.7%, n = 48) and good Expressed Practices (27.3%, n = 18).

The present study findings were supported by research study of **Verma Shraddha, Jain Manisha, and Budhwani Chhaya (2016)** conducted a cross-sectional questionnaire-based study to evaluate nurses' readiness for safe motherhood involved in perinatal care of parturient at the Department of Obstetrics & Gynecology of PCMS & RC, Bhopal. This study provided support for the current study's findings. There were 36 participants in all. The majority (83%) knew that PE and PPH were the two main causes of maternal death. Just 17% of respondents were aware of MgSO₄ toxicity, while 24 (67%) and 61% of respondents were aware of the warning indications of eclampsia. Merely 56% were able to accurately prepare the MgSO₄ loading

dosage. While everyone knew about PPH, only 17% were aware that methergine was the medication used to treat it. Only 27% of PPH cases had a grossly incorrect attitude, and 27% of severe pre-eclampsia.

The **second objective** evaluated the effectiveness of the planned teaching Programme. Mean knowledge score 21.79±5.521 (54.50%) rising to 32.59±1.984 (81.50%), (t=16.75, p<0.001). Similarly, for Expressed Practices, mean score 87.67±6.183 (48.10%) rising to 114.52±10.363 (70.40%), (t=18.864, p<0.001) indicating the programme's effectiveness.

The present study findings were supported by research study of **Dhana Siri Geetha, R Vasundhara (2019)** conducted a Quasi-experimental design to assess the Knowledge of nurses working in maternity units before and after the implementation of structured teaching program on obstetrical emergencies in selected hospitals, Guntur District, Andhra Pradesh. 60 nurses working in maternity units selected by using purposive sampling technique. Data was collected by using a structured questionnaire. Findings of the study revealed that 47 (78%) of the subjects had inadequate knowledge with regard to obstetrical emergencies. The mean post-test knowledge scores of the subjects (x =29.9) were higher than the mean pre-test knowledge scores (x =18.9). The obtained 't' value (t=13.5) was significant at 0.05 level of significance. This indicated that the teaching program had a significant impact in improving the knowledge of the nurses with regards to obstetrical emergencies.

LIMITATIONS OF THE STUDY

The study was conducted among 66 staff nurses working in selected hospitals in Shimla, Himachal Pradesh; therefore, generalization is limited to that area. The time duration for the study was short, which might have affected the depth and scope of the findings. As the participants were posted in different clinical areas so, instead of using direct observation, the practice component was evaluated using self-reported Expressed Practices, which could result in reporting bias.

CONCLUSION

The Planned Teaching Programme was effective in significantly increasing Knowledge and Expressed Practices of staff nurses regarding obstetrical emergencies.

Regular in-service educational program may enhance nursing competency and contribute to improve quality of care among high-risk mothers.

REFERENCES

- Leta M, Assefa N, Tefera M. Obstetric emergencies and adverse maternal-perinatal outcomes in Ethiopia: A systematic review and meta-analysis. *Frontiers in Global Women's Health*. 2022 Oct 26;3.
- Ijanm.com. 2025. Available from: <https://ijanm.com/HTMLPaper.aspx?Journal=International%20Journal%20of%20Advances%20in%20Nursing%20Management>
- Suresh N. Maternal mortality in India [Internet]. Data For India. 2024. Available from: <https://www.dataforindia.com/maternal-mortality/>
- Singh S, Doyle P, Campbell OMR, Rao GVR, Murthy GVS. Transport of pregnant women and obstetric emergencies in India: an analysis of the "108" ambulance service system data. *BMC Pregnancy and Childbirth* [Internet]. 2016 Oct 21 [cited 2020 Oct 8];16. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5073462/>
- Mathew R, Devanesan BP, Srijana, Sreedevi NS. Prevalence of hypertensive disorders of pregnancy, associated factors and pregnancy complications in a primigravida population. *Gynecology and Obstetrics Clinical Medicine*. 2023 Jan; Buy Now [Internet]. *Gynaecologicalnursing.com*. 2025. Available from: <https://www.gynaecologicalnursing.com/article/view/108/5-1->
- Verma S, Jain M, Budhwani C. Obstetric emergencies: preparedness among nurses for safe motherhood. *International Journal of Reproduction, Contraception, Obstetrics and Gynecology*. 2016;998-1001.
- Manipal Journal of Nursing and Health Sciences | MAHE Journals | Manipal Academy of Higher Education [Internet]. Manipal.edu. 2021 [cited 2026 May 27]. Available from: https://impressions.manipal.edu/mjnhs?utm_source=impressions.manipal.edu%2Fmjnhs%2Fvol5%2Fiss1%2F7&utm_medium=PDF&utm_campaign=PDFCoverPages