



ORIGINAL RESEARCH PAPER

Nursing

A DESCRIPTIVE STUDY TO ASSESS THE LEVELS OF KNOWLEDGE REGARDING LAMAZE METHOD AMONG STAFF NURSES WORKING IN SELECTED HOSPITAL AT HYDERABAD, TELANGANA.

KEY WORDS: Assessment, knowledge, Staff nurses, Lamaze Method.

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ABSTRACT
 The Lamaze method, often referred to as Lamaze, is a childbirth preparation technique developed in 1940s by French Obstetrician Dr.Fernand Lamaze as an alternative to medical intervention during child birth. The goal of Lamaze is to increase mother's confidence in her ability to give birth. The aim of the study was to assess the knowledge of staff nurses regarding Lamaze method at selected hospital of Hyderabad. A Descriptive research approach with descriptive survey design was adopted for conducting the study. 60 staff nurses were selected for the study by using convenient sampling technique and the data collection instrument used to assess the knowledge of staff nurses was structured knowledge questionnaire. The findings of the study showed that 21.8 % of staff nurses with median score & Standard deviation of knowledge score was 4.96. 28.4% of staff nurses were having inadequate knowledge, where as 58.3.% having moderately adequate knowledge, 13.3% of the staff nurses were having adequate knowledge regarding Lamaze method.

INTRODUCTION :

Child birth is a time when a woman's power and strength emerges full force, but it is also a vulnerable time and a time of many changes, persisting opportunities for personal growth. The cause for this vulnerability mainly occurs due to labour pain and anxiety. The Lamaze method, A non-pharmacological method of child birth teaches that birth is a normal, natural and healthy process and that women should be empowered to approach it with confidence and respond positively to the pain of labour. The midwives and maternity nurses play a vital role in helping pregnant women to overcome their fear and anxiety about labour and child birth by educating the pregnant women regarding Lamaze method of child birth. The staff nurses are the most vital part of the health system. Having adequate knowledge regarding Lamaze method of child birth enables the staff nurses to provide intended supportive obstetric care to the pregnant women to overcome their fear and anxiety about labour and child birth.

STATEMENT OF THE PROBLEM

A DESCRIPTIVE STUDY TO ASSESS THE LEVELS OF KNOWLEDGE REGARDING LAMAZE METHOD AMONG STAFF NURSES WORKING IN SELECTED HOSPITAL AT HYDERABAD, TELANGANA.

OBJECTIVES OF THE STUDY :

1. To assess the of knowledge regarding Lamaze method among staff nurses.
2. To determine the association of knowledge regarding Lamaze method among staff nurses with selected demographic variables.

Materials and methods : Descriptive Research approach was adopted to attain the objectives of the study with descriptive survey design.

Setting and Sampling technique : The study was conducted at Princess Esra Hospital, Hyderabad on the basis of feasibility and availability of sample. The non-probability convenient sampling technique was used to select the sample for the study.

Sample and Sample size : The study sample comprised of staff nurses working in Princess Esra Hospital. The sample size comprised of 60 staff nurses.

Description Of Tool : The tool used for data collection consists of two sections:

Section I: Demographic characteristics of staff nurses – To

determine the socio-demographic data of sample

Section II : Structured knowledge questionnaire regarding Lamaze method – To assess the knowledge of staff nurses regarding Lamaze method

Structured Knowledge Questionnaire consisted of 30 multiple choice items. Each statement was followed by four options and there was only one correct answer. Each correct response was given one score and each ' no response' or incorrect response was given zero score. Maximum scores of the structured knowledge questionnaire was 30.

Data Collection : Formal written administrative permission was obtained to collect the data from staff nurses working in selected hospital ,Hyderabad ,Telangana.

Data Analysis : The data analysis is conducted to organise and give meaning to the data. The data analysis was done by using descriptive and inferential statistics.

Section I : Distribution of demographic variables. Frequency and percentage distribution of the selected demographic variable of staff nurses

Section II: Levels of knowledge regarding Lamaze method among staff nurses. Frequency and percentage distribution on levels of knowledge regarding Lamaze method.

Section III: Findings related to the association between knowledge with demographic variables.

Chi-square value to find the association between knowledge and selected demographic variables.

SECTION-I

Table:I Frequency and percentage distribution of demographic characteristics

N=60			
S.No	characteristics	Frequency	Percentage
1.	Age		
	a) 21-25 yrs	12	20%
	b) 26-30 yrs	16	26.7%
	c) 31-35 yrs	26	43.3%
	d) More than 35 yrs	06	10%
2.	Professional Qualification		
	a) GNM	48	80%
2.	b) BSc Nursing	06	10%
	c) Post Basic BSc Nursing	06	10%
	d) MSc Nursing	0	0

3.	Experience		
	a) 1-3 yrs	39	65%
	b) 4-6 yrs	10	16.6%
	c) 7-9 yrs	06	10.1%
	d) More than 10 yrs	05	8.3%
4.	In service education program		
	a) Yes	34	56.7%
	b) No	26	43.3%

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Section:II

Table:II
Frequency and percentage distribution on levels of knowledge regarding Lamaze method among staff nurse.

S.No	Levels of knowledge	Frequency	Percentage
1	Adequate knowledge (> 76%)	08	13.3%
2	Moderately adequate knowledge (50-75%)	35	58.3%
3	Inadequate knowledge (<50%)	17	28.4%
	Total	60	100%

Levels of knowledge of staff nurses:

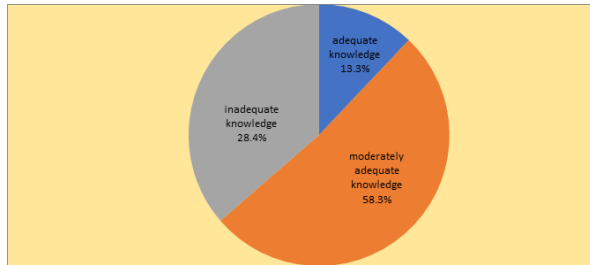


TABLE-III:
Association between levels of knowledge regarding Lamaze method among staff nurses:

S. No	Variables	Knowledge Score						(X) ²
		Inad equa	(N) (%)	Mod erate	(N) (%)	Adeq uate	(N) (%)	
1.	Age in yrs.							
	21-25	04	6.7	06	10	02	3.3	
	26-30	08	13.3	08	13.3	00	-	2.2
	31-35	12	20	20	33.3	-	-	
	36 & above	00	00	00	00	-	-	
2.	Professional Qualification							
	GNM	12	20	24	40	2	3.3	6.06
	B.Sc. Nursing	12	20	08	13.3	-	-	
	Post Basic	-	-	02	3.3	-	-	
	B.Sc. Nursing M.Sc. Nursing	-	-	-	-	-	-	
3.	Experience							
	1 to 3yrs	06	10	06	10	-	-	
	4 to 6yrs	18	30	28	46.7	2	3.3	0.517
	7 to 9yrs	-	-	-	-	-	-	
	10 or more	-	-	-	-	-	-	
4.	In-service program							
	Yes	14	23.3	18	30	2	13.3	0.791
	No	10	16.7	16	26.7	-	-	0

CONCLUSION:

Lamaze method is non pharmacological, non-invasive and self-administered technique. It does not consume more time of health personnel. There is no adverse effect to the mother and foetus and it is easy and cheapest method to help the mother to overcome anxiety and intensity of pain and also reduce the duration of the first stage of labour

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