



**ORIGINAL RESEARCH PAPER**

**Nursing**

**EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE REGARDING WARNING SIGNS IN PREGNANCY AMONG PRIMIGRAVIDA MOTHERS**

**KEY WORDS:** Warning sign in pregnancy among primigravida mothers, effectiveness, planned teaching program, evaluator approach.

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**ABSTRACT**

Warning signs during pregnancy are those symptoms which provide an opportunity to inform and educate the primigravida mothers about complication during pregnancy. According to UNICEF every year about 78000 mothers die in child birth and from pregnancy related complication in India. The maternal mortality rate in India is 450 per 100,000 live births, one of the most important responsibilities of care providers is to alert the pregnant women to signs and symptoms that indicate potential complication of pregnancy. Pregnant women are 26% during delivery 23% and after delivery 40%. The study revealed that the women had low awareness of danger signs of obstetrical complication and recommended to improve quality of counselling and involving other family members in antenatal and postnatal care.

**INTRODUCTION**

Warning signs during pregnancy are those symptoms which provide an opportunity to inform and educate the primigravida mothers about complication during pregnancy. They indicate any potential hazard obstacle or condition requiring especial attention. If refer to the signs such as bleeding from vagina, edema of face, arm and legs, failure to gains weight severe vomiting, high fever, watery discharge from vagina, decrease fetal movement and premature labor pain which have an adverse effect on the mother help as well as outcome of pregnancy. Literacy among women in many developing countries is low and there are social cultural believes and practices with adverse effect on pregnancy and birth even among educated women. Over 90% of pregnant mother visit te antenatal clinic at least once and 70% attained more times. This low antenatal coverage and relatively low frequency of visit worsens the opportunity for information, education and communication and delivery plans based on the concept of birth preparedness and complication readiness.

**Review of literature**

Gill SK, Einarson A. (2007) In their study they concluded that nausea and vomiting of pregnancy (NVP) is the most common medical condition of pregnancy, affecting up to 80% of all pregnancies to some degree. In most cases it subsides by the week 16 of pregnancy, although up to 20% of women continue to have symptoms throughout pregnancy. Severe NVP (Hyperemesis gravid arum) affects < 1% of women and in some severe cases can require hospitalization and rehydration of fluids. Therefore, it is of great importance to treat this condition effectively to improve the quality of life for these women.

**Objectives**

1. To assess the pre-test knowledge score regarding warning sign in pregnancy among primigravida mothers in selected hospital at Indore city"
2. To assess the effectiveness of planned teaching programme on knowledge regarding warning sign in pregnancy among primigravida mothers in selected hospital at Indore city"
3. To assess the post-test knowledge score regarding warning sign in pregnancy among primigravida mothers in selected hospital at Indore city"
4. To find out the association of pre-test knowledge score regarding warning sign in pregnancy among primigravida mothers with selected demographic variables.

**Hypothesis**

H<sub>01</sub>: There will be no significant difference between pre-test

and post-test knowledge score regarding warning signs in pregnancy among primigravida mothers in selected hospitals of Indore.

H<sub>a1</sub> – There will be significant difference between pre-test and post-test knowledge score regarding warning signs in pregnancy among primigravida mothers in selected hospitals of Indore.

H<sub>02</sub> – There will be no significant association between pre-test and post-test knowledge scores regarding warning signs in pregnancy among primigravida mothers in selected hospitals of Indore.

H<sub>a2</sub> – There will be no significant association between pre-test and post-test knowledge scores regarding warning signs in pregnancy among primigravida mothers in selected hospitals of Indore.

**Materials & Methods**

An evaluator approach was utilized for the examination. Pre-test one gathering pre-test post-test configuration was utilized for the examination. The example comprised of 30 primigravida mother chose by purposive testing method. Principle study was directed in the chose territory of Indore, as indicated by comprehensive and selective standards. Educated assent from the one part regarding every family was gotten preceding information assortment process. Information was gathered by directing an organized information poll by the specialist when the arranged instructing program. Post-test was directed following six days. Information were dissected utilizing clear and inferential measurements (Paired' test, chi-square test, Karl Pearson's relationship).

**RESULTS**

**Table-1 Frequency and percentage distribution of selected demographic variables:**

S.No.	Selected Demographic Variables	Frequency Total	Percentage
1.	Age in years-		
	• 18-21 years	17	56.6%
	• 22-25 years	12	40.0%
	• 26-2 years	1	3.30%
	• > 30 years	0	-
2.	Types of family		
	• Nuclear	11	36.0%
	• Joint	19	63.3%
3.	Religion		
	• Hindu	26	86.6%

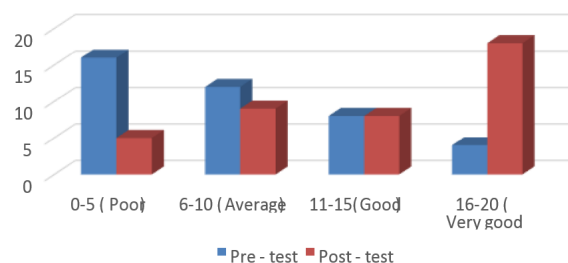
	<ul style="list-style-type: none"> <li>• Muslims</li> <li>• Christian</li> <li>• Others</li> </ul>	<p>3 0 1</p>	<p>10.0% - 3.30%</p>
4.	Education <ul style="list-style-type: none"> <li>• Primary</li> <li>• Secondary</li> <li>• Graduate</li> <li>• Illiterate</li> </ul>	<p>9 15 6 0</p>	<p>30.0% 50.0% 20.0% -</p>
5.	Family Income /per Month- <ul style="list-style-type: none"> <li>• Rs. &lt; 2000</li> <li>• Rs. 3000-6000</li> <li>• Rs. 7000-9000</li> <li>• Rs. &gt; 10000</li> </ul>	<p>3 21 3 3</p>	<p>10.0% 70.0% 10.0% 10.0%</p>
6.	Occupation - <ul style="list-style-type: none"> <li>• Dailywages</li> <li>• Private job</li> <li>• Government job</li> <li>• House wife</li> </ul>	<p>10 9 1 10</p>	<p>33.33% 30.0% 3.33% 33.33%</p>
7.	Previous Knowledge <ul style="list-style-type: none"> <li>• Family</li> <li>• Books</li> <li>• Media</li> </ul>	<p>28 0 2</p>	<p>93.0% - 6.66%</p>

**Table 2 depicted that majority 30% of the subjects had average knowledge, 0% had poor knowledge 63.3% had very good knowledge and 6.6% had very good in posttest.**

Knowledge Score	Mean	Standard Deviation	Mean Difference	't' value
Pre - Test	7.38	2.35	6.79	p<0.001
Post - Test	14.17	2.67		

In the pre-test and post-test information on one individual from primigravida mother after organization of PTP on information was altogether improved and varied at post-test stage when contrasted and the existed information on subjects in pre-test. Mean information score of one individual from primigravida mother after organization of PTP at post-test was 14.17±2.67 focuses (CI:13.48 to14.86) was a lot higher when contrasted with gauge stage was 7.38±2.35 focuses (CI:6.78 to7.99) recorded at pre-test. This huge contrast in mean information scores between pre-test and post-test was profoundly noteworthy (p<0.001) that was affirmed factually, likewise state that the arranged encouraging project had a critical effect in the improvement of information score about warning sign in pregnancy in this one individual from primigravida mother.

Pre test & Post test Knowledge scores of primigravida mothers regarding warning sign in pregnancy



**DISCUSSION**

The finding of this investigation underpins the require for leading instructive program like PTP, Workshop and courses to build the information on one individual from primigravida mother on warning sign in pregnancy. Managing one individual from primigravida mother and giving the exact data identified with warning sign in pregnancy. can assist them with identifying the warning sign in pregnancy. as its beginning phase. This examination demonstrated that lion's share of one individual from primigravida mother had negligible information on warning sign. In any case, after the arranged showing program their insight has expanded to an astounding degree. The finding of this examination shows that the PTP was viable as far as increase in information.

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