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A study to assess the effectiveness of structured teaching programme on knowledge regarding early ambulation among post caesarean mothers in selected maternity hospitals in selected city

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Abstract

Statement: A study to assess the effectiveness of structured teaching programme on knowledge regarding early ambulation among post caesarean mothers in selected maternity hospitals in selected city.

Objectives: To assess the existing knowledge of post caesarean mothers regarding early ambulation. To assess the effectiveness of structured teaching programme by comparing the pre-test and post-test knowledge score difference. To find out the association between pre- test knowledge score with selected demographic variables.

Methodology: In this research methodology the research approach adopted for this study is Evaluatry approach, and for this study Quasi experimental one group pre-test post-test research design was used without control group to assess the knowledge of post caesarean mothers regarding early ambulation. The data collection was done by using Non-probability Purposive Sampling technique and 60 samples were selected from selected maternity hospitals. The collected data was tabulated in the master sheet and analysed by using descriptive and inferential statistics.

Results: There was significant effectiveness of structured teaching programme on early ambulation among post caesarean mothers and there was no association between knowledge score and the selected demographic variables except education, previous knowledge related to topic.

Keywords: assess, effectiveness, structured teaching programme, knowledge, early ambulation, post caesarean mothers

Introduction

Women and children are our nations greatest assets. Health of women is the basis for the better health of family as well as of the nation. The children are the future of our nation. So it is therefore expedient that a women should possess a optimum health. In order to achieve it every, women should receive the required health care attention. A woman during her life cycle has to pass through different phases like childhood, puberty, womanhood, motherhood and old age. The birth of baby is delightful experience for mother and her whole family [1]. Caesarean section is an operative procedure where by the foetuses after the end of 28th week are delivered through an incision on the abdominal and uterine walls. This excludes delivery through an abdominal incision of foetus, lying free in the abdominal cavity following uterine rupture or in secondary abdominal pregnancy [2]. The incidence of caesarean section is steadily rising. However, rates between five percent to ten percent are best but during the last decade there has been two to threefold increase in these incidences from the initial rate of about 10%. The World Health Organization (WHO) recommends that caesarean Sections rates should not go 7a bove 15% in any country. Absolute indications for caesarean section are post caesarean pregnancy, failure to progress in labour, malpresentations, ante partum haemorrhage, fetal distress, cephalopelvic disproportion, PIH and other high-risk pregnancies [3].

The post-operative course of a patient undergone caesarean section is described in terms of maternal or foetal conditions. Some mothers' experiences deep vein thrombosis, pulmonary embolism, urinary tract infection, chest infection, constipation, wound complications and psychological problems in post-operative period. Symptoms such as fatigue, headache, lack of sleep, anaemia, urinary infection 12 and other complications needing treatment in the first 8 weeks after delivery are higher in woman who delivered through caesarean section than those who underwent vaginal delivery[4]. By preventive and promotive post-operative care the woman can be helped to avoid the postoperative problems and complications. One of the important aspects of comprehensive post-operative care can be early ambulation. It means that patients can be out of bed as early as possible based on the type of surgery along with prescribed exercise. For caesarean section this period can be as less as 6-8 hours after caesarean section[5]. Protecting a women's health as these changes occur is important for

preserving her future childbearing function and for ensuring that she is physically fit to incorporate her new child into her family. Early ambulation in postpartum period is the key to get rapid and maximum muscle function and restoration of mother's health. Early ambulation does not mean return to normal activities, she should avoid strenuous work like lifting, staining and pushing heavy things and this should be 170 restricted for at least 6 weeks. The mother is encouraged to be out of bed as soon as possible following delivery unless there are contraindications [6].

Early mobilization is a widely practiced and very important phenomenon for post-operative care of patient underwent caesarean section. It's benefits were first reported in the 1940s when early mobilization was observed to promote early recovery and to reduce the incidence of post-operative complications. Early mobilization includes: moving out of bed, sitting out of bed, halfway mobilization, Low intensity exercise [7].

Problem Statement

''A study to assess the effectiveness of structured teaching programme on knowledge regarding early ambulation among post caesarean mothers in selected maternity hospitals in selected city.''

Objectives

1. To assess the existing knowledge of post caesarean mothers regarding early ambulation.
2. To assess the effectiveness of structured teaching programme by comparing the pre-test and post- test knowledge score difference.
3. To find out the association between pre- test knowledge score with selected demographic variables.

Materials and Methods

In this research methodology the research approach adopted for this study is Evaluatry approach, and for this study Quasi experimental one group pre-test post-test research design was used without control group to assess the knowledge of post caesarean mothers regarding early ambulation. The data collection was done by using Non-probability Purposive Sampling technique and 60 samples were selected from selected maternity hospitals. The collected data was tabulated in the master sheet and analysed by using descriptive and inferential statistics.

Criteria for Sample Selection Inclusion Criteria-

Post caesarean mothers included in the study:

Those who are:-

1. Able to read, write and understand Marathi and English.
2. Admitted in the selected maternity hospitals in the selected city.
3. Post LSCS first and second day patients.

Exclusion Criteria

Post caesarean mothers excluded from the study:

Those who are:

1. Not willing to participate in the study.
2. Not available at the time of data collection.
3. Post-natal mothers having any medical discomfort or any complication.

Description of the Tool

The tool consists of the two sections

Section-1

Demographic data on 9 different variables such as age of mother in years, religion, Education of mother, occupation of mother, monthly income of the family, type of family, place of residence, previous knowledge related to study and source of information.

Section-2

A structured knowledge questionnaire was prepared consisting of 30 multiple choice questions on early ambulation among post caesarean mothers. Each item has four options with one most appropriate answer. The maximum score for the correct response to each item was one and for the wrong answer the score is zero. Thus for 30 items, the maximum obtainable score was 30.

Result

The collected information was organized, tabulated, analysed and interpreted using descriptive and inferential statistics. The analysis and interpretation of data of this study are based on data collected through structured teaching programme on early ambulation among post caesarean mothers (N=60).

Section 1: Distribution of demographic variables of post caesarean mothers.

Table 1: Frequency and percentage distribution of Post Caesarean Mothers according to sample characteristics

Sr. No.	Characteristics	Categories	Percentage	Frequency
1.	Age group	18-21	23	38.3
		22-25	17	28.3
		26-30	13	21.7
		>30	7	11.7
2.	Religion	Hindu	38	63.3
		Muslim	8	13.3
		Cristian	4	6.7
		Any other	10	1.7
3.	Education	Primary	4	6.7
		Secondary	15	25.0
		Higher secondary	21	35.0
		Graduation	14	23.3
		Post-graduation	6	10.0
4.	Occupation	Housewife	22	36.7
		Government sector	11	18.3
		Private sector	20	33.3
		Any other	7	11.7

5.	Monthly income of family	Below 10000	13	21.7
		11000 to 15000	27	45.0
		16000 to 20000	12	20.0
		Above 20000	8	13.3
6.	Type of family	Nuclear	17	28.3
		Joint	33	55
		Extended family	10	16.7
7.	Place of residence	Urban	39	65.0
		Rural	21	35.0
8.	Previous knowledge related to study	Yes	12	20.0
		No	48	80.0
9.	Source of information	Social media	21	35.0
		Printed media	11	18.3
		Medical health worker	28	46.7

Table No.1 shows that majority of post caesarean mothers 23(38.3%) belongs to the age group of 18-21 years. It shows that the38 (63.3%) mothers belong to Hindu. In concern with the education 21(35.0%) of them were completed their higher secondary education. In regards with occupation, 22(36.7%) of samples were housewife. In regard to the monthly income of family majority 27(45.0%) had the monthly income of family between Rs.11000/- to 15000/-. In regard with the type of family were majority exists in nuclear family; 33(55.0%). It reveals that among the post caesarean mother's majority 39(65.0%) of the post caesarean mothers were residing in urban community. It reveals that majority of post caesarean mothers 48(80.0%) did not had previous knowledge.

Section 2: Assessment of knowledge regarding early ambulation among post caesarean mothers.

Table 2: Distribution of knowledge score classification in Post Caesarean Mothers

	Pre test	Post test	Chi- square value	P value
Poor [0-10]	11[18.3%]	00	198.9	P<0.0001S
Average [11-20]	49[81.7%]	00		
Good [21-30]	00	60[100%]		
Total	60	60		

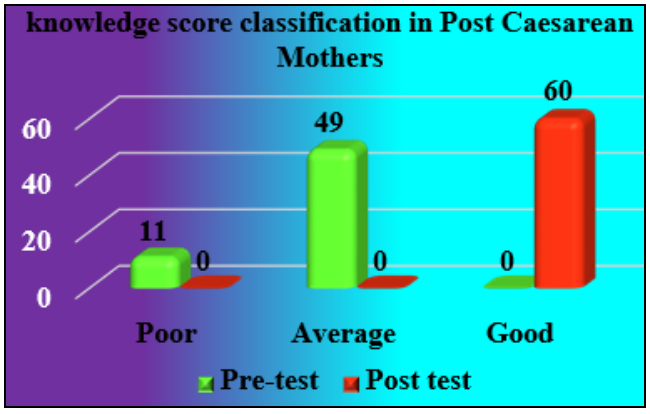

Fig 1: Distribution of knowledge score classification in Post Caesarean Mothers

Table No.2 and Figure No.1 shows that the Distribution of knowledge score classification of pre-test and post-test level of knowledge of post caesarean mothers regarding early ambulation. In the pre-test 11(18.3%) post caesarean mothers had poor knowledge regarding early ambulation, maximum 49(81.7%) had average knowledge regarding early ambulation among post caesarean mothers and no one respondent had good knowledge regarding early ambulation among post caesarean mothers. In the post-test 60(100.0%) post caesarean mothers had good knowledge early ambulation among post caesarean mothers after the intervention that is after giving structured teaching programme. It is inferred that there was increased in the level of knowledge of post caesarean mothers regarding early ambulation after administration of structured teaching programme.

Section 3: Evaluation of effectiveness of structured teaching regarding early ambulation by comparing pre-test and post-test.

Table 3: Comparison of Mean knowledge score of Structured Teaching Programme on Knowledge Regarding Early Ambulation among Post Caesarean Mothers in pre & Post Test [paired t-test]

	N	Mean ± SD	Mean Difference	t-value	p-value
Pre-test	60	11.55±1.14	15.20	54.78	P<0.0001S
Post-test	60	26.75±1.52			

[S: Significant & NS: Not Significant]

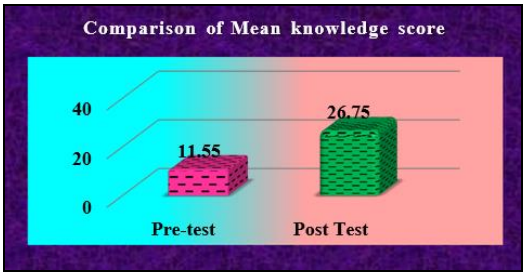

Fig 2: Comparison of mean knowledge score

Table No.3 and figure no. 2 reveals that obtained t-value 54.78 is more that the calculated t value at 0.05 level of significance. The observed mean post-test knowledge score 26.75(SD-1.52) was higher than the mean pre-test knowledge score 11.55(SD-1.14). There was statistically significant difference between the pre-test and post-test level of knowledge score on early ambulation among post caesarean mothers before and after structured teaching programme. ($p<0.0001$) Thus, it is inferred that the structured teaching programme was effective in increasing the knowledge of post caesarean mothers regarding early ambulation.

Section 4: To associate pre-test knowledge score with selected demographic variables.

Table 4: To associate pre-test knowledge score with selected demographic variables.

Sr. No.	Demographic variables	Level of knowledge						Calculated X2 value	Level of significance
		Poor		Average		Good			
		F	%	F	%	F	%		
1	Age of mother in years								
	a. 18-21 years	3	5%	20	33.3%	00	00%	1.97	P=0.578 NS
	b. 22-25 years	5	8.33%	12	20%	00	00%		
	c. 26-30 years	2	3.33%	11	18.33%	00	00%		
	d. >30 years	1	1.66%	6	10%	00	00%		
2	Religion								
	a. Hindu	7	11.66 %	31	51.66%	00	00%	1.97	P=0.578 NS
	b. Muslim	1	1.66%	7	11.66%	00	00%		
	c. Budhistha	1	1.66%	3	5%	00	00%		
	d. Any other	2	3.33%	8	13.33%	00	00%		
3	Education of mother								
	a. Primary	3	5%	1	1.66%	00	00%	6.23	P=0.039 S
	b. Secondary	4	6.66%	11	18.33%	00	00%		
	c. Higher Secondary	4	6.66%	17	28.33%	00	00%		
	d. Graduation	0	00%	14	23.33%	00	00%		
	e. Post-Graduation	0	00%	6	10%	00	00%		
4	Occupation of mother								
	a. Housewife	1	1.66%	21	35%	00	00%	5.70	P=0.127NS
	b. Government sector	4	6.66%	7	11.66%	00	00%		
	c. Private sector	4	6.66%	16	26.66%	00	00%		
	d. Any Other	2	3.33%	5	8.33%	00	00%		
5	Monthly income of the Family								
	a. Below to 10000	1	1.66%	12	20%	00	00%	4.02	P=0.259NS
	b. 11000 to 15000	6	10%	21	35%	00	00%		
	c. 16000 to 20000	1	1.66%	11	18.33%	00	00%		
	d. Above 20000	3	5%	5	8.33%	00	00%		
6	Type of family								
	a. Nuclear	3	5%	14	23.33%	00	00%	1.13	P=0.566NS
	b. Joint	5	8.33%	28	46.66%	00	00%		
	c. Extended family	3	5%	7	11.66%	00	00%		
7	Place of residence								
	a. Urban	3	5%	26	43.33%	00	00%	1.47	P=0.225NS
	b. Rural	8	13.33 %	23	38.33%	00	00%		
8	Previous knowledge related to study								
	a. Yes	00	00%	12	20%	00	00%	3.37	P=0.047S
	b. No	11	18.33 %	37	61.66%	00	00%		
9	Source of information								
	a. Social media	6	10%	15	25%	00	00%	3.94	P=0.139NS
	b. Printed media	0	00%	11	18.33%	00	00%		
	c. Medical health worker	5	8.33%	23	38.33%	00	00%		
S:-Significant NS:-Not Significant									

Table no.4 revels that there is no association between pre-test knowledge score with selected demographic variables such as Age of mother in years, Religion, Occupation of mother, Monthly income of the family, Type of family, Place of residence, Source of information, which was not significant except Education of mother and previous knowledge related to study.

The obtained chi-square value; 1.97($p<0.05$) 0.578, 1.97($p<0.05$) 0.578, 6.23($p<0.05$) 0.039, 5.70($p<0.05$) 0.127, 4.02($p<0.05$) 0.259, 1.13($p<0.05$) 0.566, 1.47 ($p<0.05$) 0.225, 3.37($p<0.05$) 0.047,
3.94($p<0.05$) 0.139.

Therefore the null hypothesis (H02) is accepted and research hypothesis (H2) was rejected.

Implication

The result of this study have implications on nursing practice, nursing education, administration, and nursing research.

Nursing Practice

Nurse should put their efforts to increase the knowledge of and can influence community at large and it is an essential step towards better health of mothers. Health information can be imparted through various methods like lecture cum demonstration, mass media, pamphlets, STP, etc. nurses have to position themselves in all areas of community. Hence, nurses should keen interest in preparing different teaching strategies suitable for the community/society. This present study would enable nurses to motivate post caesarean mothers for early ambulation.

Nursing Education

Finding of the study have implication of for nursing education too. Nursing education is developing rapidly in India and nurse is providing care through base of scientific nursing education. Nurse educators should use different teaching strategies to educate student nurses in enhancing knowledge and skills in community health care services.

The nursing teacher can use the result of the study as an informative illustration for the students.

Nursing Administration

Nurse administrator can develop their own policy of early ambulation for caring post caesarean mothers. Nurse administrator are the backbone to provide facility to reduce complications related to ambulation of post caesarean mothers by performing the nursing administration in a right effective way. The nurse administrator should create awareness programme among post caesarean mothers regarding early ambulation to prevent further complication and to improve good physical well- being. She should also encourage and deputed nurses to participate in such programmes conducted by any other voluntary organizations. Nurse administrator can utilize this type of study to enhance the knowledge of student and staff.

Nursing Research

Research is a creative and systematic work undertaken to increase the stoke of knowledge, including knowledge of humans, cultural and society, and the use of this stock of knowledge to devise new applications. This research study covered knowledge accepts of early ambulation among post caesarean mothers. This study findings can be used as review of literature for future research study and also used as a source of information of nursing research.

Recommendations

Based on the findings of the study following recommendations are made; Similar studies can be conducted by using control and experimental group. The study can be replicated using a large number of sample to make it more reliable. A similar study can be conducted on knowledge, attitude and beliefs of post caesarean mothers regarding early ambulation. Similar study can be conducted by using information booklet.

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