

**EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON
KNOWLEDGE REGARDING SELECTED ALTERNATIVE AND
COMPLEMENTARY MODALITIES OF PAIN RELIEF DURING
FIRST STAGE OF LABOUR AMONG STAFF NURSES**

Author's Name: : Mrs. Preeti Mishra¹

Affiliation:

1. Lecturer, Govt. College of Nursing, Ratlam, Madhya Pradesh, India.

Corresponding Author Name & E-Mail: : Mrs. Preeti Mishra,

preetimishra0710@gmail.com

ABSTRACT

Managing labor pain is a central aspect of maternity care. A systematic review spanning universities in Mexico, Brazil, and the United States has examined non-pharmacological methods to alleviate labor pain. In India, methods like aromatherapy, massage, and heat and cold applications are employed. Despite evidence of their effectiveness, these alternative approaches aren't widely adopted in many hospitals and maternity centers. To address this, there is a crucial need to raise awareness among staff nurses about women's preferences for alternative pain relief during labor. Therefore, introducing a structured teaching program on alternative and complimentary modalities for pain management during the first stage of labor can significantly elevate the quality of maternal care.

Keywords: Labor, Pain relief, Aromatherapy, Massage, Breathing exercise,
Hydrotherapy

INTRODUCTION

This study highlights the vital role of motherhood as the foundation of humanity and underscores the importance of recognizing all women as potential mothers. It delves into the divine nature of childbirth, its biblical roots, and the physical and psychological aspects of labor pain. The research emphasizes the significance of pain relief methods, particularly alternative and complementary modalities aimed at addressing the holistic well-being of mothers. It also emphasizes the crucial role of midwives in ensuring a safe and satisfying childbirth experience. Specific pain management techniques, such as aromatherapy, massages, breathing exercises, intra-dermal water blocks, and hydrotherapy, are discussed as effective options, particularly during the first stage of labor.

OBJECTIVE

The study's primary objectives are to assess the initial knowledge of staff nurses regarding alternative and complimentary pain relief methods during the first stage of labor through a pre-test, evaluate the effectiveness of a structured teaching program in improving this knowledge using post-test scores, and explore potential associations between pre-test knowledge scores and demographic variables among participating staff nurses.

METHODS

This quasi-experimental study utilizes a pretest-posttest design without a control group. It involves staff nurses from maternity departments in various hospitals, with a purposive sample of 60 nurses selected from Prakash Chand Sethi Hospital in Indore. The independent variable is the structured teaching program on alternative and complimentary therapy, and the dependent variable is staff nurses' knowledge in this area. Demographic variables, including age, qualification, experience, and religion, are considered. The inclusion criteria involve willingness and availability during data collection, while staff nurses from other departments are excluded.

RESULTS

Among the 60 maternity department staff nurses in the study, 50% fell into the 26-30 age group, 78.3% held GNM qualifications, and 21.7% had B.Sc. nursing degrees.

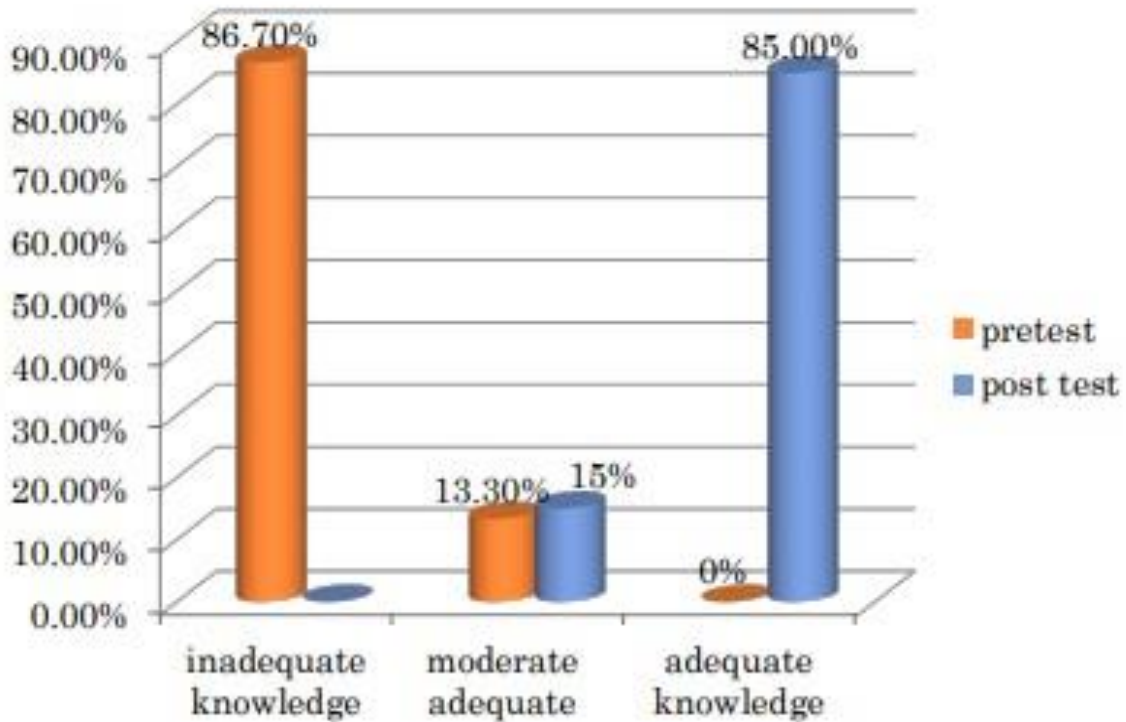


Fig. 1. Distribution of respondents according to pre-test and post-test knowledge score

Regarding experience, 45% had 4-6 years, and 61.7% identified as Christians, while 38.3% were Hindus. The pre-interventional assessment revealed that 86.7% had inadequate knowledge about alternative pain relief methods, 13.3% had moderately adequate knowledge, and none had adequate knowledge as shown in Fig. 1. Following the structured teaching program, there was a significant improvement, with most nurses achieving an adequate level of knowledge.

Table 1. Comparison of mean pre-test and post-test knowledge score on mothers regarding immunization

Knowledge Score	Mean	SD	't' test value	P- value
Pre test	16.97	3.773	31.91	P<0.05
Post test	32.20	2.773		

As discussed in Table 1, a substantial difference exists between pre-test and post-test knowledge scores. The calculated value surpasses the table value, leading to the rejection of the null hypothesis and acceptance of the research hypothesis. Therefore, the study showed that the increase in knowledge is due to the structured teaching program on alternative and complimentary modalities, not by chance. The study did not find significant associations between demographic variables (age, qualification, experience, and religion) and pre-test knowledge levels among maternity staff nurses.

CONCLUSION

In conclusion, the study found that staff nurses initially had insufficient knowledge of alternative and complimentary modalities. However, the structured teaching program effectively enhanced their understanding, with most nurses achieving an adequate level of knowledge. This underscores the program's effectiveness in imparting and transforming information.

REFERENCES

1. Meaning of motherhood. Available from URL: www.arDclebase.com
2. Tsweleng Lowsa Mmakwena. A study on experiences of women regarding pain management during first stage of labor.
3. DuKa DC. Textbook of obstetrics. 7th edition. New central book agency.
4. Susan Orshan. Maternity, newborn and women's health nursing: comprehensive care across the life span. Lippincott publishers.
5. Sr. Barthalomea Joseph. A study to assess the effectiveness of acupressure on labor in full-term gravid women in selected hospitals, Mangalore. Unpublished thesis submitted to RGUHS.
6. Learner's guide to alternative medicine. Institute of alternative medicine and research, Kolkata. Available at URL: www.insDtuteofalternaDvmedicine.com
7. Comfort measures during labour. Child birth connection. Available from: URL: [hKp://www.childbirthconnecDon.org/](http://www.childbirthconnecDon.org/)
8. April Bolding, Penny Simkin. Update on non-pharmacological approaches to relieve pain and prevent suffering. British journal of obstetrics and gynecology. 2004;49(6):pg 489-504