

**EFFECTIVENESS OF PLANNED TEACHING PROGRAMME
REGARDING KNOWLEDGE AND PRACTICE OF SELF PERINEAL CARE AFTER
EPISIOTOMY AMONG POST NATAL MOTHERS.**

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ABSTRACT

Background: Motherhood is a beautiful process whereby the mother safely delivery a child, it is the magic of creation. Care must be given to ensure safe childbirth. The mother has a right to proper medical care and treatment. Episiotomy is the second most common obstetric procedure and has become an integral part of normal delivery. Methodology: In this study quantitative research approach was used to evaluate the effectiveness of planned teaching program. Pre experimental, one group pre-test post-test design was adopted for this study. A planned teaching program were given to enhance the knowledge and practice of self-perineal care after episiotomy and then post test was conducted. The study was conducted in postnatal ward of Kamala Raja Hospital Gwalior (M.P.) Purposive sampling technique was used in present study. The tool consisted of socio demographic variables, self-structured knowledge questionnaire which consists of 28 items related to knowledge regarding episiotomy, self-perineal care, steps of self-perineal care, hand washing, sitz bath and also a practice scale. Result: Mean score of pretest knowledge was found to be 9.1 with standard deviation of 2.7 and the mean score of post-test knowledge was found to be 20.2 with standard deviation of 4.3. Mean of pre-test practice was found to be 27.3 with standard deviation 1.9 and in post-test mean was 50.1 with standard deviation 6.3. The t-value for pre-test and post-test for knowledge was found to be 17.8 and corresponding p-value was 0.0000 thus, stating that planned teaching was effective. Conclusion: Thus, it is evident from the study findings that planned teaching on self-perineal care after episiotomy is proved to be effective in improving the knowledge and practices of postnatal mothers regarding self-perineal care after episiotomy.

Keywords: Planned teaching, practice, self-perineal care, episiotomy, post-natal mothers

INTRODUCTION

Health has been recognized as the greatest wealth from time immemorial today in the era of consumerism, self-care is getting more emphasis because there is growing awareness about health in the population. Nursing care such as perineal toileting, perineal hygiene and episiotomy care are therefore oriented towards making the patient self-sufficient. Goad R. Bala has revealed in a study that the majority of mothers are looking for support and information related to pregnancy, labour and post-natal period. The best way to provide cost effective care is to empower the clients to bring about change in behavior and teaching self perineal care without local antibiotics or disinfectants.

UNICEF reported that in India, more than two-thirds of all maternal deaths occur in the states of Uttar Pradesh, Uttarakhand, Bihar, Jharkhand, ' Orissa, Madhya Pradesh, Chhattisgarh, Rajasthan and Assam. The UNICEF report of India, found that health services were most effective in an environment supportive of women's empowerment, protection and education. Episiotomy is a common surgical procedure performed during the second stage of labour. Ould (1942) he suggested in that episiotomy can be as an aid in difficult vaginal delivery.

OBJECTIVES OF THE STUDY

1. To assess the knowledge of postnatal mothers regarding self-perineal care after episiotomy.
2. To assess the practice of postnatal mothers regarding self-perineal care after episiotomy.
3. To assess the effectiveness of planned teaching program regarding self-perineal care after episiotomy.

RESEARCH METHODOLOGY

In this study quantitative research approach was used to evaluate the effectiveness of planned teaching program. Pre experimental, one group pre-test post-test design was adopted for this study. The pre-test was carried out for assessing the knowledge and practice of self-perineal care after episiotomy. Postnatal mothers and planned teaching program were given the post test was conducted. The design did not include any control group. The study was conducted in postnatal ward of Kamala Raja Hospital Gwalior (M.P.) has well equipped maternity ward and a well-equipped labour room on an average 60-100 deliveries take place per month. The target population for present study postnatal mothers who are admitted in postnatal ward of Kamala Raja Hospital Gwalior (M.P.). Purposive sampling technique was used in present study for selecting individuals for the samples. The tool consisted of semi structured interview schedule

which has 3 sections

Section 1- Socio demographic variables such as age, education, Occupation, socio-economic status, family income, area which the mother belongs.

Section 2- Semi structured knowledge questionnaire which consists of 28 items related to knowledge regarding episiotomy, self-perineal care, steps of self-perineal care, hand washing, sitz bath and intercourse after episiotomy. The total score range was 0-28 and were classified into 0-9 poor, 10-18 average, 19-28 good

Section 3- Practice scale- It is consisting of 20 questions related to various aspects of self-perineal care after episiotomy. The answer on scale is divided into 3 categories always (0-20 poor scores), sometimes (21-40 average scores), never (41-60 good scores).

Content validity of tool was done by 5 experts in the field of obstetrics and gynecology and maternity field both medical and nursing. The experts suggested simplification of language, modification and reorganization of certain items. Appropriate modification was made accordingly and tool was finalized. Reliability of tool 'r' value was calculated as 0.86, hence tools were reliable to proposed with main study.

DATA COLLECTION PROCESS

The investigator obtained the written permission from the concerned authority prior to the study. Total 60 sample were taken from the Kamala Raja Hospital Gwalior (M.P.). The purpose of main study was to evaluate the effectiveness of PTP on knowledge and practice of self-perineal care among postnatal mothers to determine the method of statistical analysis.

Questionnaire were distributed to the sample for pre-test before planned teaching program and after for post-test. Instruction was given to mothers to tick right answers. The same question was used for pre-test and post-test performance. Each item of the questionnaire was scored for correct response. Score 1 was given to correct response and 0 score to incorrect response.

RESULTS

The data was analyzed and interpreted according to the objectives of the study by using descriptive and inferential statistics.

A. Socio-demographic characteristics of post-natal mothers.

Table 1 reveals, 20 postnatal mothers (33%) belonged to the age group 24-27 years. Majority of the respondent 20 (34%) had their primary education also 50 mothers (83%) were housewife, only 10 (17%) were working women.

B. Knowledge of postnatal mothers regarding self-perineal care after episiotomy.

In pre-test majority of 55% of the postnatal mothers in pretest were having poor knowledge (score 0-9) and 45% of the postnatal mothers were having average knowledge (score 10-18) while in post-test 68.3% of postnatal mothers had good knowledge 31.7% of postnatal mothers had average knowledge and no one have poor knowledge group regarding self-perineal care after episiotomy. Mean score of pretest knowledge was found to be 9.1 with standard deviation of 2.7 and the mean score of post-test knowledge was found to be 20.2 with standard deviation of 4.3. Table 2 reveals, paired t-test was applied to compare knowledge scores of postnatal mothers before and after planned teaching program. The t-value was found to be 17.8 and corresponding p-value was 0.0000. Since p-value is less than 0.05, null hypothesis was rejected and research hypothesis was accepted.

C. Frequency and percentage distribution of practice of postnatal mothers regarding self-perineal care after episiotomy.

Study revealed that in pre-test 100% of postnatal mothers (60) had average practice and no one had poor and good practice regarding self-perineal care after episiotomy. In post-test 86.7% of postnatal mothers (52) had good practice, 13.3% of postnatal mothers (8) had average practice and no one was under poor practice group regarding self-perineal care after episiotomy. Mean of pre-test practice was found to be 27.3 with standard deviation 1.9 and in post-test mean was 50.1 with standard deviation 6.3 Table 3 reveals, paired t-test was applied to compare practice scores of postnatal mothers before and after planned teaching program. The t-value was found to be 26.9 and corresponding p-value was 0.0000. Since p-value is less than 0.05, null hypothesis was rejected and research hypothesis was accepted.

TABLE 1: Frequency and percentage distribution of postnatal mothers by their demographic characteristics. N=60

S.N O.	DEMOGRAPHIC VARIABLES	FREQUENCY	PERCENTAGE
1.	Age		
	a. 18-20 year	10	17%
	b. 21-23 year	15	25%
	c. 24–26 year	20	33%
	d. 27-30 year	15	25%

2.	Education		
	a. Primary	20	34%
	b. 10+2 20	20	34%
	c. Graduate	15	25%
	d. Illiterate	5	8%
3.	Occupational status		
	a. House wife	50	83%
	b. Working women	10	17%
4.	Area of living		
	a. Rural	50	83%
	b. Urban	10	17%
5	Socio economic status		
	a. High class	40	64%
	b. Middle class	10	17%
	c. Lower class	10	17%
6.	6. Family		
	incomea. 1000-5000	10	17%
	b. 6000-10000	10	17%
	c. 11000-15000	10	17%
	d. >15000	30	50%

TABLE 2: Knowledge of the postnatal mothers before and after planned teaching program regarding self-perineal care after episiotomy. N=60

	Mean	SD	T	Df	p-value
Pretest	9.1	2.7	17.8	59	0.0000
Posttest	20.2	4.3			

TABLE 3: Practices of the postnatal mothers before and after planned teaching program regarding self-perineal care after episiotomy. N=60

	Mean	SD	T	df	p-value
Pretest	27.3	1.9	26.9	59	0.0000

CONCLUSION

Thus, it is evident from the study findings that planned teaching on self-perineal care after episiotomy is proved to be effective in improving the knowledge and practices of postnatal mothers regarding selfperineal care after episiotomy. This intervention not only empowers women with the necessary skills and understanding to manage their post-episiotomy self-care but also contributes to their overall well-being and recovery. The implementation of such teaching programs can significantly improve the quality of care received by mothers following an episiotomy, ultimately leading to better health outcomes and increased satisfaction. It is imperative for healthcare providers and institutions to incorporate these planned teaching sessions as a standard practice to ensure that postnatal mothers are well-equipped with the knowledge and confidence to maintain proper self-perineal care after episiotomy.

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