

Effectiveness of Self Instructional Module Regarding Knowledge On Postnatal Complications of LSCS Among Primipara in Selected Hospitals at Mysore

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Abstract: A Quasi experimental study to assess the effectiveness of self-instructional module regarding knowledge on postnatal complications of LSCS among primipara in selected hospitals at Mysore. The objectives of the study 1. To assess the pre and post-test level of knowledge regarding post-natal complications of LSCS in experimental and control group. 2. To evaluate the effectiveness of self-instructional module regarding knowledge on postnatal complications of LSCS. 3. To determine the association between the selected demographic variables with the level of knowledge in experimental and control group. The conceptual framework of the study was based on modified Widenbach's helping art of clinical nursing theory. Hypothesis was formulated. An extensive review of literature was made based on the opinions of the Experts. A Quasi experimental pre test post test control group design was used in this study. This prospective study included 60 primipara mothers with selected purposive sampling technique out of which 30 were in the Experimental group and 30 were in the control group. The study was conducted at Cheluvemba Hospital Mysore. After pilot study the data for the main study was collected. Structured interview questionnaire was used to collect the needed data. Collected data was analysed by using descriptive and inferential statistics.

The mean pre-test levels of knowledge mean score is 14.10 and mean percentage is 49% with a SD of 1.52 in experimental group where as in control group mean score 14.27 and mean % is 49.27 with a SD of 1.86. 77% of mothers in experimental group were found inadequate knowledge in pre-test. In the post test, significant increase in knowledge was found. Mean post test level of knowledge was 25.30 and the mean percentage was 83.4% with a SD of 1.49 and in the control group with mean score of 15.2 SD 1.45 the 't' value was 26.61 ($p=0.001$) shows there was a significant differences between the two groups. The comparison of the pre and post test knowledge in the experimental group had the difference of 34.4% where as in control group it was only 3.1%. To conclude the self-instructional module on postnatal complications of LSCS among postnatal mothers significantly enhanced the knowledge of primipara mothers in experimental group regarding postnatal complications of LSCS and its prevention.

Keywords: Effectiveness, Self-instructional module, Postnatal complications of LSCS.

1. Introduction

Caesarean section is a surgical procedure in which incision is made through a mother's abdomen and uterus to deliver one or more babies. It usually performed when a vaginal delivery would put a baby or mother's life at risk. The WHO recommended that the rate of caesarean section should not exceed 15% in any country.

The purpose of caesarean birth is to preserve the life of the mother and her fetus. It may be the best choice for birth. When there is evidence of maternal or fetal complications.

Many studies showed that there is a lack of knowledge regarding postnatal complications of LSCS and its preventions among postnatal mothers. So it is necessary to update their knowledge regarding these postnatal complications.

Child birth is a universally celebrated event, an occasion of dancing, flowers and gifts. Yet everyday thousands of women experience child birth as not a joyful event, it may even end in death.

Caesarean section is one of the most frequently performed surgeries in the world. Caesarean birth is more common than most surgeries due to many factors. There has been a gradual increase in caesarean birth over the past 30 years. Caesarean section in developing countries is associated with the significant increase in maternal morbidity particularly following emergency caesarean section or LSCS with medical induction.

Out of total pregnancies about 15% develop the complications that may require hospitalization for medical and surgical intervention.

Women and infants reflect a very poor health status in our country. Focus should be on women's education, so that they can fight for their rights. Women who had a CS will have range of immediate, short and longer a term health needs. The information regarding postnatal complications and its management, prevention should be shared with the women, so they can be fully informed and involved in decisions about their own care.

2. Statement of the Problem

A Study to assess the Effectiveness of Self-instructional Module regarding knowledge on Postnatal Complications of LSCS among Primipara in selected Hospital at Mysore.

Objectives:

1. To assess the existing level of knowledge regarding postnatal complications of LSCS in experimental and control group.
2. To administer a self-instructional Module on knowledge regarding postnatal complications of LSCS in experimental group.
3. To compare the post test knowledge regarding postnatal complications of LSCS in experimental and control group.
4. To associate the pre-test level of knowledge with their selected demographic variables.

Hypothesis:

1. H1 – There will be a significant difference in the level of knowledge on the postnatal complications of LSCS between experimental group than the control group.
2. H2 -There will be significant association between the level of knowledge in experimental and control groups with their selected demographic variables.

The conceptual framework of the study was based on modified Widenbach’s helping art of clinical nursing theory.

3. Result and Conclusion

The findings are tabulated and analyses are interpreted as follows.

Table 1 portrays that, the comparison of pretest and posttest levels of knowledge among the Experimental and control groups using paired “t” test. In Experimental group, the pretest mean score is 14.10 and the standard deviation is 1.52 where as in posttest the mean is 25.30 and the standard deviation is 1.49. On comparing, the calculated value 44.62 is greater than the table value at the level of $p \leq 0.001$. This shows that there is a significant improvement in the knowledge level in experimental group comparing to the control group. So, the Self-instructional Module on postnatal complications of LSCS was effective in improving the knowledge level of the primipara mothers than the control group. Hence H1 was accepted.

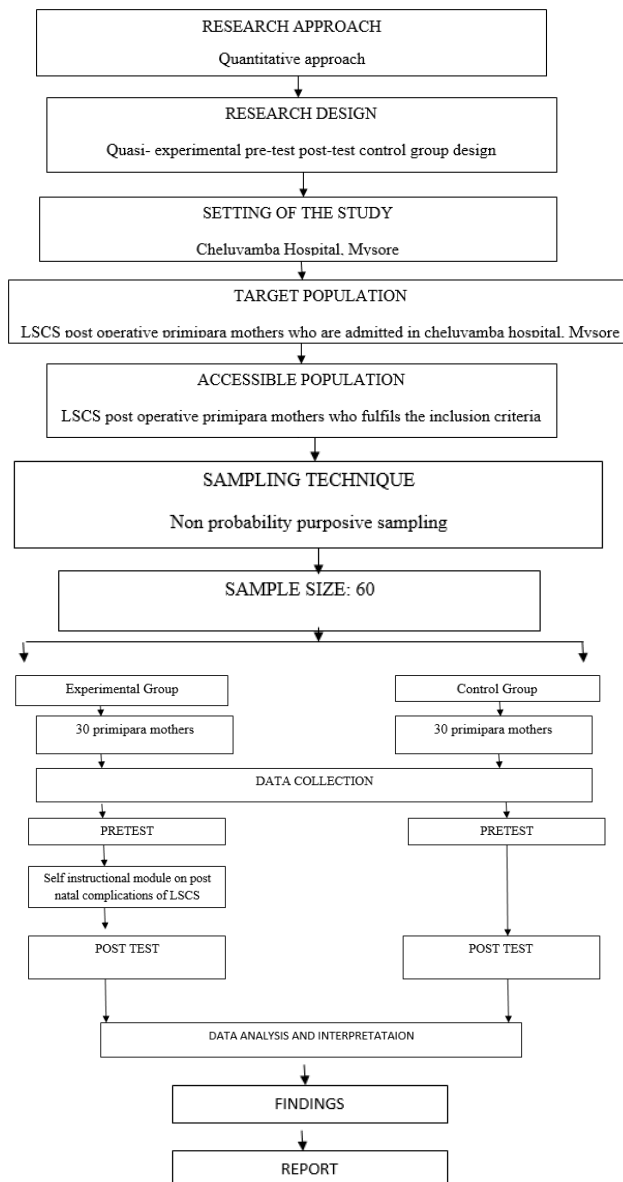


Fig. 1. Research methodology

Table 1
Distribution of samples according to knowledge level in pre-test and post test

S. No.	LEVEL OF KNOWLEDGE	EXPERIMENTAL GROUP n=30				CONTROL GROUP n=30			
		PRE TEST		POST TEST		PRE TEST		POST TEST	
		F	%	F	%	F	%	F	%
1.	Adequate (76-100%)	-	-	25	83.3	-	-	-	-
2.	Moderately Adequate (51-75%)	7	23.3	5	16.7	8	26.7	10	33.3
3.	Inadequate (<50%)	23	76.7	-	2.2	22	73.3	20	66.7

Table 2
Comparison of knowledge score between Experimental and control group

GROUPS	VARIABLES	MEAN	STANDARD DEVIATION	Paired t-test	Degree of freedom	P value
Experimental Group	Pre- test	14.10	1.52	t=44.62	29	P=0.001 ***
	Post test	25.30	1.49			
Control Group	Pre- test	14.27	1.86	t=1.42	29	P=0.20
	Post test	15.20	1.45			

Note: ***Denotes- Significant at the level of $p \leq 0.001$

Table 3

GROUPS	VARIABLES	MEAN	STANDARD DEVIATION	Paired t-test	Degree of freedom	P value
Experimental	Pre- test	14.10	1.52	t=0.43	58	P=0.70
Control	Pre- test	14.27	1.86			
Experimental	Post test	25.30	1.49	t=26.61	58	P=0.001 ***
Control	Post test	15.20	1.45			

Note: ***Denotes- Significant at the level of $p \leq 0.001$

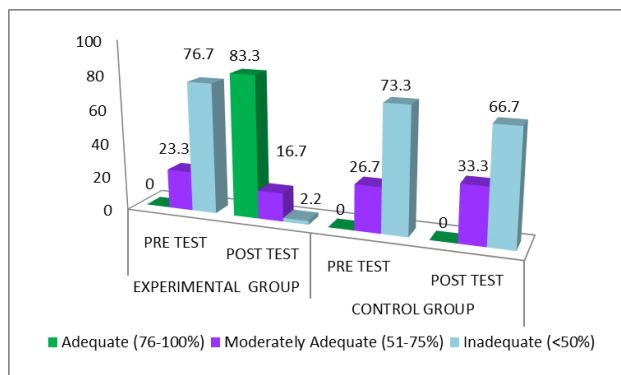


Fig. 2. Graph showing experimental and control group

Table portrays that, the comparison of pretest and posttest level of Knowledge among the experimental and control groups using unpaired “t” test. In Post test scores comparison, the calculated value 26.61 is greater than the table value at the level of $p \leq 0.001$. This shows that there is a significant improvement in the level knowledge in the experimental group than the control group. So, the Self-instructional Module on postnatal complications of LSCS was effective in improving the knowledge level of the primipara mothers than the control group. Hence H_1 is accepted.

The association between demographic variables shows that there was a significant association between the post knowledge score of the primipara mothers with education ($P=0.01$), Type of Family ($P=0.02$) and other sources of Information ($P=0.05$). Hence H_2 was accepted.

4. Conclusion

The study concludes that the primipara mothers were having inadequate knowledge on prevention of postnatal complications of LSCS. So there was a need to impart the knowledge on prevention of postnatal complications of LSCS. The present study proved that the self-instructional Module was effective among the primipara mothers to increase knowledge regarding

postnatal complications of LSCS.

Limitation:

1. The sample size was only 60; hence the findings could not be generalized.
2. The study is limited to mothers who underwent delivery through LSCS.

Recommendations:

1. Similar study can be conducted on a large population.
2. The comparative study may be conducted to find out the effectiveness between SIM and STP regarding the same topic.
3. A descriptive study can be conducted to assess the knowledge and practice of mothers on postnatal complications of LSCS.
4. A longitudinal study can be done using post test after one month, six months and one year to see the retention of knowledge.

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