

A study to assess the structure teaching program on knowledge regarding postnatal care among staff nurses of Pune, Maharashtra

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Abstract

Introduction: The post-delivery period a phase of change after prenatal period when the structural and functional change of pregnancy are overturned and body proceeds to the standard state. **Aims:** To assess effectiveness of structure teaching Program regarding post natal care on the knowledge and practice among staff nurses. **Research Methods:** One group Pretest-Posttest research design & quantitative approach was used. Online data was collected from staff nurses and structure Health teaching was conducted for this staff nurses on postnatal care. **Results:** Total data and structure teaching was provided to 100 staff nurses but data received from 59 samples. Non-probability convenient sampling techniques was used to select the sample. Less pre-test score OF knowledge and practice regarding post-natal care among Primigravida mothers. Health Education was given about different aspects of post-delivery care i.e. diet, personal hygiene, postnatal exercise and breast feeding. The study findings revealed that there as an improvement in the post-test knowledge scores and a Positive correlation was seen between knowledge and knowledge about practice scores.

Keywords: *Structure Teaching Program, Knowledge, Postnatal Care, Staff Nurses.*

INTRODUCTION

The post-delivery period is a period of change after delivery of a child. In this period the structural and functional changes takes place in the body and its almost occur in 45 days after delivery thus this is most crucial period .So mother must take care proper care . Her The prerequisite during this days is nutritious diet, personal hygiene, post delivery exercise, breast feeding, family spacing and immunization to the baby. Thus a midives plays a very important role in providing care and health education regarding post delivery care .

Objectives:

To assess

- knowledge and knowledge of practice regarding post delivery care among staff nurses before pretest

- Educate the staff nurses through structure teaching Program regarding post delivery care.

- effectiveness of structure teaching Program regarding post delivery care on the knowledge and practice among staff nurses

Research Methodology:

Research Design: One group Pretest-Posttest research design

Research Approach: Quantitative approach.

Sample: Staff nurses

Sample Size: 59

Sampling Technique: Non-probability convenient sampling techniques

Result: The findings of the study is based on the descriptive and inferential analysis.

Section-I: Demographic variables

Section-II: Effectiveness of pre-test and post-test knowledge and knowledge of practice regarding post delivery care

Table. 1DistributionofDemographicVariables

(n= 59)

S.No.	DemographicVariables	Frequency (f)	Percentage (%)
1.	Age	37	62.7%
	i. 22.1-24 years		
	ii. 24.1-26years	22	37.2%
	iii. 26.1-28years	0	0%
	iv. Above 28.1	0	0%
2.	Educational status	0	0%
	i. Secondary		
	ii. Higher Secondary	0	0%
	iii. Graduate	59	100%
	iv. Postgraduate	0	0%
3.	Monthly family income	0	0%
	i. Below4000		
	ii. 4001-7000	0	0%
	iii. 7001andabove	59	100%
4.	Religion	33	55.9%
	i. Hindu		
	ii. Muslim	09	15.2%
	iii. Christian	17	28.8%
5.	Typeof Family	48	81.3%
	i. Nuclear family		
	ii. Jointfamily	11	18.6%
6.	Areaofliving	0	0%
	i. Rural		
	ii. Urban	59	100%

7.	Sources of information regarding postnatal care	11	18.6%
	i. Relatives and friends		
	ii. Neighbours	0	0%
	iii. Health personnel's	48	81.3%

Table.2 Distribution of Pre-test and Post-test Knowledge score

(n= 59)

SR.N	score	Mean score	Standard deviation	t -value	Significance level
1.	Pre test	1.8	0.7	14.16*	<0.05
2.	Post test	3.9	0.8		

Table No 02 reveals that the t value is 14.16 and the level of significance $P = 0.05$, which shows that there is a significant difference

Discussion:

In this research study the level of significance had variance amongst the mean score of the pre-test and post-test. It was seen that the t value calculated was greater than the tabulated value. Thus it indicates that the structured teaching program was effective method seen in improving the knowledge and knowledge of practice regarding post-delivery care. Thus it was interpreted that the STP i.e. Structured teaching program was more effective.

A similar study conducted by J. Karpagam and D. Shangeetha, shows that ($t = 27.94, p < 0.05$)

Which revenues nearby is a noteworthy variance amongst both pre-test and post-test score. Thus this study support the present study findings.

Also a study exhibited by Kanchan Bala, Raj Kumari Sylvia Devi, Gomathi B., result shows that mean pretest score of knowledge regarding postnatal mother was (thirty + four. Three) which shows that mother has good knowledge regarding postnatal mother while the posttest score of mother was (four two + one. one) which publicized that mothers had very worthy level of information and value for total pretest and posttest was.

Recommendations: A study can be done

- On using more sample size.
- In rural and urban setting on primigravida.
- Using control group.
- using another mode of teaching

Conclusion:

Constructed on the study findings it can be decided that the maximum number of samples

had knowledge regarding the Post-delivery care during puerperium period after the structured Teaching which was provided to them. The pre-test score had significant difference than Post-test. Thus it states that structured teaching course was in effect for cultivating the knowledge

Ethical Consideration: Obtained from IRC

Conflict of Interest: Nil

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