

EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON POST OPERATIVE SELF CARE ASPECTS ON MOTHER WHO UNDERGONE CAESAREAN SECTION

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ABSTRACT

The aim of the pilot study to Assess the Effectiveness of structured teaching programme on post operative self care aspects on mother who undergone caesarean section .**OBJECTIVES**1.To assess the knowledge and practice of post operative self care aspects on mother who have undergone caesarean section .2.To determine the association of knowledge and practice of post operative self care aspects on mother who have undergone caesarean section with their selected personal variable. **METHODS** The pilot study was conducted using experimental approach with pre test ,post test control group experimental design.100 women who have undergone caesarean section ,selected through random sampling technique and data was collected using structure knowledge questionare and practice checklist .The experimental group received structured teaching programme on post operative self care aspects .**RESULT** There is no significant association with the level of knowledge and practice of post operative self care aspects on mother who have undergone caesarean section with the selected personal variables.presents that in the experimental group the mean post test status knowledge level 25.16 is higher than the mean post -test score of control group of post operative self care of 13.2.The obtained 't' value 23.6 is statistically significant at 0.05 level. This indicates that the mean difference of 12 is true difference .The finding support the research hypothesis .so the researcher rejects null hypothesis.presents that in the experimental group the mean post test practice score is 34.68 is higher than the mean post -test score of control group of post operative self care of 19.3.The obtained 't' value 8.5 is statistically significant at 0.05 level. This indicates that the mean difference of 15.4 is true difference .The finding support the research hypothesis .so the researcher rejects null hypothesis. **CONCLUSION** There for, the study concluded that the administration of structured teaching programme was an effective method of improve the knowledge and practice of mother who have undergone caesarean section

Introduction

A mother who has been delivered by caesarean section has a dual role in both post-operative care as well as maternal care. Mothers undergoing Caesarean need more care and attention than mothers undergoing normal vaginal delivery.

Caesarean section is an operative procedure where by the fetuses after the end of 28 weeks of pregnancy is delivered through an incision made on the abdominal and uterine wall. A caesarean section is often necessary when a vaginal delivery would put the baby or mother at risk. The risk may include problem with the fetus, obstructed labour, twin pregnancy, high blood pressure in the mother, breech birth, problems with placenta or umbilical cord.¹

The WHO recommends that caesarean section be performed when there is a medical need as in many cases it is life saving for the mother and baby. The world Health Organization suggests that the ideal caesarean section rate should be less than 15%, however, the number of caesarean sections has been recently increasing and is now the most frequent abdominal surgery performed in the united states.²

Objectives:**1.Primary Objective**

To assess the effectiveness of structured teaching programme on post operative self care aspects on mother who have undergone caesarean section .

2.Secondary Objectives

1. To assess the knowledge and practice of post operative self care aspects on mother who have undergone caesarean section
2. To determine the association of knowledge and practice of post operative self care aspects on mother who have undergone caesarean section with their selected personal variable.

Hypotheses

H₁ There will be significant difference between pre and post test knowledge score mothers who received structured teaching programme on post operative self care aspect .

H₂ There will be significant difference between mean post test knowledge score of mothers regarding post operative self care aspect in experimental and control group .

H₃ There will be significant difference between mean post test practice score of mothers regarding post operative self care aspect in experimental and control group .

H₄ There will be significant association between knowledge score of mothers regarding post operative self care aspect and their selected personal variable in experimental and control group .

H₅ There will be significant association between practice score of mothers regarding post operative self care aspect and their selected personal variable in experimental and control group

METHODOLOGY:

The pilot study was conducted in JSS hospital, Mysuru, A structure questionnaire was used to assess the knowledge and a observational practice check list was used to assess the practices of mothers by Interview schedule regarding post operative self care. Sample was selected conveniently as per criteria among operative mother who have undergone caesarean section after 28 weeks of gestation ,during 1st to 7th post operative day. Sample size was 100.The subject was allotted randomly to experimental and control group (50 sample in each).

DATA COLLECTION TECHNIQUE AND INSTRUMENT

Section I-Demographical variable was collected by a personal proforma questionnaire by Interview schedule

Section II -A structure questionnaire was used to assess the knowledge of mothers regarding selected post operative self care by Interview schedule.

Section III- A observational practice check list was used to assess the practices of mothers regarding selected post operative self care.

Testing of the tool**Validity**

The content validity of Demographical variable, structure knowledge questionnaire and observational practice check list of mothers regarding selected post operative self care was obtained by giving it to five experts in the field of nursing, physician, and statistician. Items were modified based on the suggestion of experts.

Reliability

For the present study the pre-testing and reliability of the tool was established for structure knowledge questionnaire by split-half method and the coefficient of correlation 'r' value was 0.85 the tools were found to be reliable and observational practice check list of mothers regarding selected post operative self care was obtained by inter-rater method and coefficient of correlation 'r' value was 0.9 the tools were found to be reliable.

RESULTS:**Section – I**

Demographic profile of sample

Table -1

Frequency and percentage distribution of samples according to demographic profile.

PERSONAL PROFORMA**N=100**

Demographic profile	Experimental group		Control group	
	f	%	f	%
1. Age in year				
(a) 18-22	14	28	11	22
(b) 23-27	18	36	21	42
(c) 28-32	11	22	12	24
(d) Above 33	7	14	6	12
2. Religion				
(a) Hindu	45	90	47	94
(b) Christian	2	4	-	-
(c) Muslim	3	6	3	6
(d) Other	-	-	-	-
3. Education status				
(a) No formal education	1	2	-	-
(b) Primary education	1	2	3	6
(c) Secondary education	16	32	23	46
(d) Higher secondary education	25	50	20	40
(e) Graduation and more	7	14	4	8
4. Occupation				
(a) Home maker				
(b) Working	43	86	37	74
	7	14	13	26
5. Parity				
(a) Para 1	26	52	27	54
(b) Para 2	21	42	22	44
(c) Para 3	1	2	1	2
(d) Para 4 an above	2	4	-	-
6. Type of previous delivery				
(a) Caesarean section	18	36	20	40
	6	12	3	6
(b) Normal vaginal delivery	26	52	27	54
(c) No previous delivery				
7. Type of anaesthesia				
(a) General	00	00	00	00
(b) Spinal	50	100	50	100
8. Indication of caesarean section				
(a) Fetal	6	12	9	17
(b) Maternal	40	80	34	64
(c) Combined	4	8	7	14
9. Previous source of information regarding post operative self				
(d) Yes	16	32	12	24
(e) No	34	68	38	76

Comparison of the over all knowledge level in the pre-test and post-test of among mother of experimental and control group

table 2

Knowledge level	Experimental group n-50				Control group n-50			
	Pre test		Post test		Pre test		Post test	
	N	%	N	%	N	%	N	%
Poor knowledge (0-15)	37	74	0	0	39	78	35	70
Average Knowledge(16 -22)	13	26	14	24	11	22	15	30
Good knowledge (23-30)	0	0	36	72	0	0	0	0

Mean, median, SD and range will be computed to analyze the level of knowledge of selected post operative self care aspects on mother who have undergone caesarean section of experimental group

Table -3

Measurement	Mean	Mean difference	SD	't'-test	df	n-50	
						Pre-test	Post-test
Pre-test	13.76	11.4	1.15	29.03*	49		
Post-test	25.16		2.20				

* Significant at 0.05 level

To compare the Mean pretest and post test level of knowledge of selected post operative self care aspects on mother who have undergone caesarean section of experimental group

H₀₁ There will be no significant difference between pre and post test knowledge score mothers who received structured teaching programme on post operative self care aspect .

Table -3 presents that in the experimental group the mean pre test status knowledge level 13.76 is lower than the mean post -test status of post operative self care of 25.16. The obtained 't' value 29.03 is statistically significant at 0.05 level.

This indicates that the mean difference of 11.4 is true difference .The above finding support the research hypothesis .so the researcher rejects null hypothesis.

Comparison of the over all practice level in the pre-test and post-test of among mother the experimental and control group

Table –3

n-50

Practice level	Experimental group n-50				Control group n-50			
	Pre test		Post test		Pre test		Post test	
	N	%	N	%	N	%	N	%
Good practice (>21-50)	37	74	0	0	42	84	14	28
Poor practice (< 20)	13	26	14	24	8	16	36	72

Mean, median, SD and range will be computed to analyse the level of knowledge of selected post operative self care aspects on mother who have undergone caesarean section of control group

Section –III

Comparison compare post test level the level of knowledge of post operative self care aspects on mother who have undergone caesarean section in experimental group with control group

Table – 4

n-100

Group	Mean	Mean difference (MD)	SD	't' test	df
Experimental group	25.16	12	7.3	23.6*	98
Control group	13.2		1.8		

* Significant at 0.05 level

H_0 There will be no significant difference between mean post test knowledge score of mothers regarding post operative self care aspect in experimental and control group .

Table -4 presents that in the experimental group the mean post test status knowledge level 25.16

is higher than the mean post -test score of control group of post operative self care of 13.2.The obtained 't' value 23.6 is statistically significant at 0.05 level.

This indicates that the mean difference of 12 is true difference .The above finding support the research hypothesis .so the researcher rejects null hypothesis.

Section –IV

Comparison compare post test level the level of practice of post operative self care aspects on mother who have undergone caesarean section in experimental group with control group.

Table –5

n-50

Group	Mean	Mean difference (MD)	SD	't' test	df
Experimental group	34.68	15.4	1.0	8.5*	98
Control group	19.3		4.4		

* Significant at 0.05 level

H₀₃ There will be no significant difference between mean post test practice score of mothers regarding post operative self care aspect in experimental and control group .

Table -5 presents that in the experimental group the mean post test practice score is 34.68 is higher than the mean post -test score of control group of post operative self care of 19.3. The obtained 't' value 8.5 is statistically significant at 0.05 level.

This indicates that the mean difference of 15.4 is true difference .The above finding support the research hypothesis .so the researcher rejects null hypothesis.

Section –V

Chi- square test was computed to determine the association with the level of knowledge and practice of post operative self care aspects on mother who have undergone caesarean section with the selected personal variables.

There is no significant association with the level of knowledge and practice of post operative self care aspects on mother who have undergone caesarean section with the selected personal variables

CONCLUSION:

There fore, the study concluded that the administration of structured teaching programme was an effective method of improve the knowledge and practice of mother who have undergone caesarean section

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