

A Study to Assess Effectiveness of Structured Teaching Program on Knowledge Regarding The Prevention and Management of Perineal Tear During Normal Delivery Among Staff Nurses Working in Maternity Unit At Selected Hospitals of Vadodara District

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Abstract: The perineal tear was also found that instrumental delivery is significantly more associated with maternal birth injuries as compared to vaginal deliveries. Birth weight >3 kg is associated with more maternal birth injuries, in the form of vulvas lacerations (69.5%), vaginal lacerations (84.8%), cervical tears (70.9%), Para-urethral tears (62.5%). A higher incidence of 2nd degree perineal tear was observed in multipara 0.77%. In primipara, there was 0.53% of the total incidence of 2nd as well as 3rd degree perineal tears whereas in Multipara it was 1.58 % which is more and statistically significant **OBJECTIVES:** The aim of the study is to assess the level of knowledge on prevention and management of perineal tear among staff nurse of selected hospitals at vadodara. **MATERNAL AND METHOD:** Pre experimental one group pre test and post test research design, and purposive sampling technique were adopted to achieve the goal of the study. The tool consists of two parts. First part consist demographic data of the sample and second part consist of structured knowledge questionnaires. The sample was 60 staff nurse taken from selected hospitals at vadodara. **RESULT:** The collected data was tabulated and analyzed using descriptive and inferential statistics. In the pre test mean score was 17.03+4.2 and post test mean score was 27.18+2.6. The post test level of knowledge mean score is significant graters than the pre test knowledge means score. The 't' calculated value 17.41 is more than tabulated value 1.96 at 0.05 level of significant. Therefore H₁ was accepted. **CONCLUSION:** The 't' test was completed between pre test and post test score indicate that there was improvement the level of knowledge among pregent women. Hence it incanted that structured teaching programme was effective.

Keywords: Knowledge, effectiveness, structured teaching programme, pregent.

1. INTRODUCTION

Pregnancy and child births are a cherished dream for mother and bring joy to the whole family. Therefore caring the women during pregnancy and delivery is tremendously significant in health care delivery system.¹

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It is one of the vital events which need special care from conception to postnatal period. Every mother wants to enjoy the nine months period with the baby inside her. The medical literature is clear in recommending minimal perineal trauma during child birth. The majority of tear were minor, involving only the perineal skin or underlying muscle. Where trauma was reported, 2.4% involved the anal sphincter. For women birthing vaginally the overall risk of anal sphincter injury (3rd and 4th degree tears) was 1.7%.¹⁶

Researcher has used pre experimental research design, 60 staff nurse were selected by non probability convenient sampling technique, on the very first day sample was taken and on same day structure teaching programmer was given on prevention and management of perineal tear during normal delivery. After 7 days post test was taken to assess knowledge regarding prevention and management of perineal tear, for this study research had gone through several journals, books, and collected 50 review literature, they were classified into 3 category; related to perineal tear, related to prevention and management, and related to effectiveness of STP.

Body of article:

War is a way of shattering to pieces...materials which might otherwise be used to make the masses too comfortable and...too intelligent."

-George Orwell

OBJECTIVES OF THE STUDY:

The objectives of the study are:

1. To assess the existing knowledge regarding prevention of perineal tear during normal delivery among staff nurses.
2. To assess the effectiveness of structured teaching program on knowledge regarding prevention of perineal tear during normal delivery among staff nurses.
3. To determine the association between pre test knowledge score of staff nurse regarding prevention and management of perineal tear during normal delivery with selected demographic variables.

HYPOTHESIS:

H₁: There will be a significant difference in the knowledge level regarding the prevention of Perineal tear during vaginal delivery among staff nurses before and after the administration of structured teaching programme as measured by the scores obtained according to their responses to items in the questionnaire.

H₂: There will be significant association between pre-test knowledge score regarding prevention of perineal tear during vaginal delivery of staff nurses with the selected socio demographic variables

2. RESEARCH APPROACH

Research approach indicated the basic procedures for conduction research. It is an overall plan to carry out the research. The selection of research approach depends on the purpose of the study. The research approach adopted for the study was evaluative approach as the researcher is going to evaluating the effectiveness of planned teaching programme on perineal tear.

RESEARCH DESIGN:

The research design provides an overall plan for conditioning the study. The selection of design depends upon of the study, research approach and variables to be studies. The research design adopted for this study was one group pre test, post test design. This design adopted to assess the knowledge gain of staff nurse following admission of planned teaching programme.

VARIABLES UNDER THE STUDY:

A variable, as the name implies, is something that varies. A variable is any measure characteristics or attribute that differ for different subjects.

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INDEPENDENT VARIABLES:

In the present study the independent variable is structured teaching programme on perineal tear.

DEPENDENT VARIABLE:

Demographic variable it include the age, gender, standard, religion, place of residence.

SETTING OF THE STUDY:

Setting is defined as the physical location & condition in which data collection takes place in a study. It is the place where the researcher conducts the research study & from where data collection took place. The study was conducted at the selected hospital of vadodara district.

TARGET POPULATION:

Population denotes the entire group of subjects under study. According to treece and treece (1986) population refers to the largest body of cases on individuals being researched, which confirms to the specific set of particulars for the study the population was staff nurse in working selected hospital of vadodara district.

SAMPLE SIZE:

Sample is a small portion of the population selected to participate in the research study. The sample of the study was 60 staff nurse in selected hospital of vadodara distract.

SAMPLING TECHNIQUE:

Sampling technique may be defined as the technique or procedure stands for the sample design itself. In this study the sampling technique was non probability convenient sampling

DESCRIPTION OF THE TOOL:

The structured questionnaires consist of 2 sections covering the following areas

SECTION A

This section consists of ten items seeking information on demographic data which include class of study, age in year, religion, qualification, year of experience, monthly income of staff nurse.

SECTION B

Structured questionnaires were used to assess the knowledge regarding perineal tear among staff nurse. The total number of questions was 33.

CONTENT VALIDITY:

The content validity of the tools were determined by submitting the demographic Performa and structured knowledge questionnaire along with statement of the problem, objectives, the blue print, answer key to seven experts.

Tool-1-In demographic questionnaire there were seven items .There was 100% agreement.

Tool-2-In knowledge questionnaire total items were 33. Out of 30 questions 5 questions were rejected, 10 questions were modified by changing the options and by modifying the sentences. To be corrected.

RELIABILITY OF THE TOOL:

The reliability for the structured knowledge multiple choice questionnaire was established by using Split Half Method and Spearman Brown Prophecy formula as below;

$$r_1 = \frac{2r}{1+r}$$

in which r_1 = Reliability of the whole test

r = reliability of the half test.

Split Half method and Spearman Brown Prophecy reliability co-efficient show consistency of performance on different items of the test at a single sitting and it was found $r = 0.96$ which is considered to be highly reliable.

PILOT STUDY:

The data was collected from 8/09/2016 to 14/09/2016. Prior permission was obtained from selected hospital at vadodara District. On the day -1 of the study, the purpose of the study was explained to the staff nurse who were selected by non probability convenient sampling technique. Informed consent was taken before starting the study. Pre test was taken to 6 staff nurse by applying self assisted knowledge questionnaire with demographic questionnaire and they were requested that they must follow the instructions of the questionnaire. The STP was given on 1st day. The duration of the class was 1 hour. The post test taken on 7th day of the structured planned teaching programme. The pilot study did not show any major problems in the design of the study.

3. DATA COLLECTION

The most important and crucial aspect of any investigation is the collection of appropriate information, which would provide necessary data to answer questions, raised in the study. (Polit & Hungler). **1st day-** On the day -1 of the study, the purpose of the study was explained to the staff nurse who were selected by non probability convenient sampling technique. Informed consent was taken before starting the study. The period of data collection was from too. Pre test was taken to 6 staff nurse by applying self assisted knowledge questionnaire with demographic questionnaire and they were requested that they must follow the instructions of the questionnaire. The STP was given on 1st day. The duration of the class was 1 hour. **7th day-** The post test was conducted on by administering the same self assisted knowledge questionnaire to determine the effectiveness of the structure teaching programme on prevention and management of perineal tear on the 6 staff nurse.

PLAN OF DATA ANALYSIS:

The researcher prepared a master data sheet according to the response given by the participants. The analysis was to be based on objectives. Both descriptive and inferential statistics were planned to be used for the data analysis. The analysis will be done based on the objectives and hypotheses to be tested.

- Items related to the demographic variables would be analyzed in terms of frequency and percentage.- Analysis of knowledge score in frequency and percentage.- Computation of mean, median, mean difference and standard deviation for knowledge.- Computation of paired 't' test for significance of the differences between the mean scores of the pre-test knowledge and post-test knowledge on perineal tear.- The actual gain and modified gain would be computed from the percentage score of each area. The value will computed to find out the effectiveness of structured teaching programme- Chi-square values will be computed to test the hypothesis & to find out the association between the knowledge level and the selected demographic variables-i.e. age, education, monthly income...

4. CONCLUSION

The overall **pre test mean score was 17.03±4.2** and post test means score was **27.18±2.6**. **The post test level of knowledge mean score** is significantly greater than the pre test knowledge means score. So STP was effective.

The chi-square was used to determine the association between pre-test knowledge mean score with selected demographic variables like class of study, age in years, religion, qualification, year of experience, monthly income. The association of the pre-test knowledge score of the pregnant women with selected demographic variables such as **age, year of experience, monthly income**. Evidenced that there was statistically significant association at $p < 0.05$. Hence the research hypothesis H_2 stated that there will be significant association between the pre-test knowledge score with selected demographic variables was partially accepted.

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