A study to Assess the Effectiveness of Self Instructional Module (SIM) on Knowledge Regarding Post Operative Care of Cesarean Mothers among Staff Nurses in Selected Government Hospitals of Haryana

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Abstract

Introduction: The post-operative period demands appropriate guidance from nurse, so by preventive and primitive postoperative care the women can be helped to avoid the post-operative problems and complications, which can help in early recovery.

Objectives:

- To evaluate the pre - post test knowledge of staff nurses working in maternity Hospital regarding post-operative care of caesarean mothers.
- To evaluate the effectiveness of self instructional module on post-operative care of caesarean mothers among staff nurses working in selected hospitals of Haryana.
- To find out association between pre - post test knowledge regarding post operativecare of caesarean section with their selected socio-demographic variables.

Methodology: The study was pre- experimental one group pre- test and post-test design. The sampling technique used for the study was Non-probability convenience sampling technique. Sample consists of 60 staff nurses3 Government hospitals (BheemSen Sacchar Hospital of Panipat),(Nagrik Hospital of Jind), (Nagrik Hospital of Sonipat) Haryana.

Result: There was a good effectiveness of Self instructional module on postoperative care after caesarean section. The researcher also found the association between post – test knowledge and age of the samples. Hence self instructional module is very much effective for staff nurses.

Conclusion: The study concluded that there was a good effectiveness of self instructional module on post operative care after cesarean section.

Keywords: *Evaluate, Effectiveness, Self instructional module, Knowledge, Post operative care, Caesarean mothers.*

Introduction

Cesarean section increases the health risk for mothers and babies as well as the costs of healthcare compared with normal deliveries. Some developed countries have approximately controlled the increase in cesarean section, although the rates may still be high. However, in other developed countries cesarean section rates are still

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increasing[1]. A cesarean section is a surgical procedure in which incisions are made through a woman's abdomen and uterus to deliver her baby. Modern medical improvements and practices have led to an increase in the rate of caesarean births over recent years[2]. Post-partum care after cesarean section is similar to post operative care with exception of palpating the fundus for firmness. During recovery, the mother is encouraged to turn, cough, deep breathing exercise to clear the lungs. Walking stimulates the circulation to avoid formulation of clots and promotes bowel movement[3].

Need for the Study: The maternal mortality rate is highest in the postpartum period, so special consideration needs to be given to the care of the mother. If you are a single or your partner has to return to work shortly after the birth of the child, try to organize a support a support team prior to the birth of your child to help during the postpartum period[4].

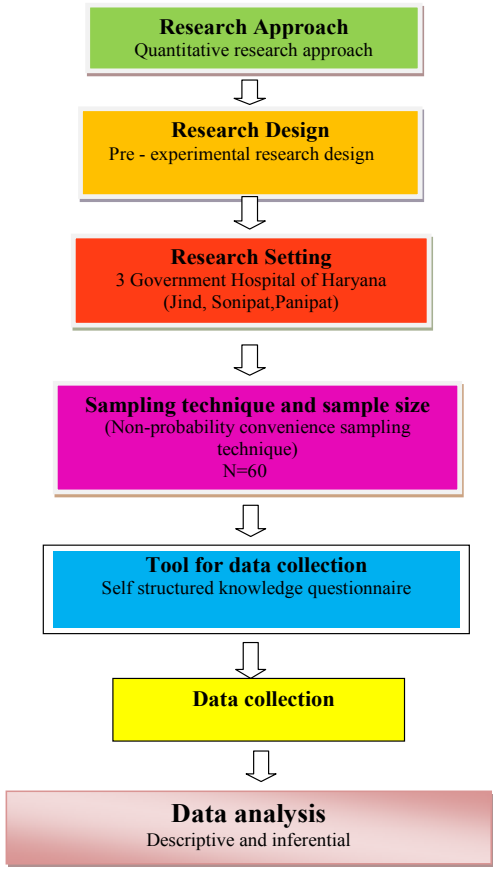
A well-organized care system lowers the operative risk of emergency cesarean section even in developing countries. Based on the statistical findings and research reviews the investigator finds the need to educate the staff nurses on post operative care of caesarean mothers and to maintain the health of mother and child to build a healthy society[5].

Problem Statement: A study to assess the effectiveness of self instructional module (SIM) on knowledge regarding post operative care of cesarean mothers among staff Nurses in selected Government Hospitals of Haryana."

Objectives:

1. To evaluate the pre - post test knowledge of staff nurses working in maternity Hospital regarding post operative care of cesarean mothers.
2. To evaluate the effectiveness of self instructional module on post operative care of cesarean mothers among staff nurses working in selected Hospitals of Haryana.
3. To find out association between pre - post test knowledge regarding post operative care of cesarean section with their selected socio-demographic variables.

Methodology



Schematic Representation of Research Methodology

Data Analysis & Interpretation: The purpose of the analysis is to reduce data into an intelligible and interpretable form so that the relations of research problems can be studied and tested.

Table 1: Showing frequency and percentage distribution of sample characteristics (n=60)

S.No.	Variables	Options	Percentage	Frequency
1.	Age in Years	20-30 years	23	14
		31-40 years	75	45
		41-50 years	2	1

S.No.	Variables	Options	Percentage	Frequency
2.	Marital Status	Married	97	58
		Unmarried	3	2
		Divorce	0	0
		Separated	0	0
		Widow	0	0
3.	Professional Qualification	GNM	60	36
		B.Sc. Nursing	0	0
		Post Basic	25	15
		Msc.Nursing	15	9
4.	Clinical Experiences in years	0-5years	30	18
		6-10years	35	21
		11-15years	35	21
5.	Maternity Ward Experiences in years	0-2years	0	0
		3-5years	82	49
		6-8years	18	11

Table II: Frequency and Percentage Distribution of Samples According to Pre – test knowledge level of staff nurses regarding post operative care of cesarean mothers (n = 60)

S.No.	Pre – Test Level of Knowledge	Frequency	Percentage
1.	Inadequate	0	0
2.	Moderate	29	48.3
3.	Adequate	31	51.7

With regard to pre – test knowledge on post – operative care of cesarean section a little above one half of the samples 31 (51.7%) had adequate knowledge and less than one – half of the samples 29 (48.3%) had moderate knowledge and none of the samples had inadequate knowledge.

Table III: Frequency and Percentage Distribution of Samples According to Post – test knowledge level of staff nurses regarding post operative care of cesarean mothers (n = 60)

S.No.	Post–Test Level of Knowledge	Frequency	Percentage
1.	Inadequate	0	0
2.	Moderate	1	1.7
3.	Adequate	59	98.3

In post – test an overwhelming majority of the samples 59 (98.3%) had adequate knowledge regarding post – operative care of caesarean section. Only one sample had moderate level of knowledge and none of the samples had inadequate knowledge.

Table IV: Effectiveness of Self – Instructional Module on postoperative care of cesarean mothers (n = 60)

Tests	Mean	Mean Difference	Standard Deviation	Paired 't' test value	'p' value
Pre - Test	22.35	4.28	1.74	17.579	0.0000
Post - Test	26.63		2.11		

From the above table it was understood there was a significant different in knowledge between pre – test and post – test. So the null hypothesis was rejected and the alternate hypothesis which states there will be an effectiveness of self-instructional module on post operative care of cesarean mothers among staff nurses was accepted.

The researcher also found the association between post – test knowledge and age of the samples. The chi – square value was 6.0 for the degree of freedom 6 at level of significance 0.000. No other demographic variables were statistically associated with pre – test and post – test knowledge.

Discussion

The current study sought to establish the baseline level of knowledge of staff nurses regarding post-operative care of cesarean section. Nurses in this study had a mean pre – test knowledge score of 22.35 (74.50%), the post – test mean value was 26.63 (88.78%) Previously a study had almost similar results showing that pre – test mean score was 4.57 and SD value 1.66 and the mean and SD values after SIM was 8.90 and 2.16 respectivel[6].

In current study there was a statistically significant association between post – test knowledge level with age [($\chi 2 = 6.000$, dof = 2 and TV = 5.991)]. This finding was supported by the study done by Rina Shrestha (2017) a significant association was found between knowledge of staff nurses with demographic variables such as age, religion, marital status, educational qualification, total years experiences, monthly income, and previous sources of informatio[7].

Limitations:

- The limited sample size limits on the generalization of the study findings.
- Long term follow up could not be carried out due to time constraints.
- It is limited only to the staff nurses.
- Sampling technique used in this study is Non-probability convenience sampling technique

Conclusion

The purpose of the study was to assess the knowledge regarding post operative care after cesarean section at selected government Hospitals of Haryana. Based on the findings of the study, it is concluded that most of the subjects have good knowledge regarding post operative care after cesarean section.

Conflict of Interest: Nil

Source of Funding: Self

Ethical Review: The present study got ethical clearance from the Nursing research ethical committee of Ved Nursing College. Panipat.

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