"A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE REGARDING AND MANAGEMENT OF PRE-ECLAMPSIA AMONG ANTENATAL MOTHERS".

ABSTRACT

Background of the study :- Pre-eclampsiais the most common medical complication in the pregnancy,is defined as pre-eclampsia is a multiple system disorder of unknown etiology characterized by development of hypertension to the extent of 140/90 mm hg or more with proteinuria after 20th week in a previously normotensive and non-proteinuric woman. Pre-eclampsia stands out among the hypertensive disorders for its impact on maternal and neonatal health. It is one of the leading causes of maternal and perinatal mortality and morbidity worldwide. **Objectives Of The Study :-**1.To assess the existing knowledge regarding pre-eclampsia among antenatal mothers. 2.To evaluate the effectiveness of planned teaching on knowledge regarding pre-eclampsia among antenatal mothers. 3.To find out the association between knowledge score with selected demographic variables. **Materials and methods:-**100 samples were taken from selected Hospital Wardha by Non probability sampling technique. Research design descriptive survey was used. **Result :-**In pre test Antenatal mothers have 65% fair knowledge regarding pre-eclampsia , and mean knowledge score was 2.02%. In post-test of Antenatal mothers have 52% Excellent knowledge and mean knowledge score was 0.97 % regarding management of pre-eclampsia . **Conclusion :-** It isconcluded that In Pre – test level of

knowledge score fair was 65 % and mean knowledge score was 2.02 % And In Post - test level of knowledge score excellent was 52 % andmean knowledge score was 0.97 %. Study conclude that their is lack of knowledge of Pre-eclampsia among antenatal mothers. After the completion of the study it is revealed that the planned teaching program was effective in gaining the knowledge regarding management of pre-eclampsia among antenatal mothers. It can improve their health status and prevent from sideeffect .

Keywords :- Eclampsia, Gestational hypertension, Pregnancy induced hypertension, Pre-eclampsia,Toxemiamortality.

INTRODUCTION:-

Pre-eclampsiais the most common medical complication in the pregnancy , is defined as pre-eclampsia is a multiple system disorder of unknown etiology characterized by development of hypertension to the extent of 140/90 mm hg or more with proteinuria after 20th week in a previously normotensive and non-proteinuric woman. Pre-eclampsia stands out among the hypertensive disorders for its impact on maternal and neonatal health. It is one of the leading causes of maternal and perinatal mortality and morbidity worldwide. However, the pathogenesis of pre-eclampsia is only partially understood and it is related to disturbances in placentation at the beginning of pregnancy, followed by generalized inflammation and progressive endothelial damage. Obesity,chronic hypertension and diabetes are among the risk factors for pre-eclampsia, which also include Nulliparity ,adolescent pregnancy and conditions leading to hyperplacentation and large placentas (e.g.twin pregnancy). Pre-eclampsia is usually classified as mild or severe. In most settings, pre-eclampsia is classified as severe when any of the following conditions is present conditions is present : severe hypertension , heavy proteinuria or substantial maternal organ dysfunction.

STATEMENT OF THE STUDY:

A study to assess the effectiveness of planned teaching programmed on knowledge regarding management of pre-eclampsia among antenatal mothers on selected care of pre-eclampsia patient in selected hospitals.

RESEARCH METHODOLOGY

RESEARCH APPROACH: Evaluating Approach was used in this study.

RESEARCH DESIGN: Quasi experimental one group pre test and post test.

SETTING OF THE STUDY: Selected Acharya Vinoba Bhave Rural Hospital area.

SAMPLE: Antenatal Mothers.

SAMPLING TECHNIQUE: Non Probability sampling technique.

SAMPLE SIZE: 100

TOOL: Structured knowledge questionnaires and planned teaching.

INCLUSION CRITERIA:

The study include:

- ANC mothers admitted to obstetrics and gynaecology wards and OPD.
- Those mothers are willing to participate in these study.

EXCLUSION CRITERIA:

The study excludes:

- Those mothers having chronic illness not participates in this study.

RESULT

- Distribution of antenatal mothers according to their age reveals that 33(33%) in 19-24 years, 50(50%) in 25-30 years, 17(17%) in 31-35 years and 0(0%) in above 36 years.
- Distribution of antenatal mothers according to their place of residence reveals that 40(40%) in urban area and 60(60%) in rural area.
- Distribution of antenatal mothers according to their type of family reveals that 33(33%) in nuclear family, 50(50%) in joint family and 17(17%) in extended family.
- Distribution of antenatal mothers according to their religion reveals that 49(49%) in Hindu, 35(35%) in Buddha, 16(16%)in Muslim and 0(0%) in others.
- Distribution of antenatal mothers according to their educational status of mother reveals that 22(22%) in illiterate, 32(32%) in primary, 44(44%) in graduate and 2(2%)in post graduate.
- Distribution of antenatal mothers according to their monthly family income reveals that 20(20%) in 2000-5000 Rs., 17(17%) in 6000-9000 Rs., 58(58%) in 10000-14000 Rs. And 5(5%) in 14000 & above.
- (65.00%) of Antenatal mothers have good knowledge regarding pre-eclampsia in pretest.
- (35.00%) of Antenatal mothers have good knowledge regarding medical and surgical management of pre-eclampsia in pretest.
- (35.00%) of Antenatal mothers have good Knowledge regarding dietary management of pre-eclampsia in pretest.
- (16.67%) of Antenatal mothers have good Knowledge regarding nursing care of Pre-eclampsia in Pretest.
- (95%) of Antenatal mothers have Excellent knowledge regarding pre-eclampsia in post-test.

- (97%) of Antenatal mothers have Excellent knowledge regarding medical and surgical management of pre-eclampsia in post-test.
- (100%) of Antenatal mothers have excellent Knowledge regarding dietary management of pre-eclampsia in post-test.
- (16.67%) of Antenatal mothers have excellent Knowledge regarding nursing care of pre-eclampsia in post-test.

Pre-Test

Table 1:Distribution of Antenatal mothers according to their level of knowledge regarding selected care of pre-eclampsia in pre-test

Level of Knowledge Score	**Score Range**	**Pre-test**	
		Frequency	**Percentage**
Poor	1-5	0	0
Fair	6-10	65	65%
Good	11-15	35	35%
Excellent	16-20	0	0
Minimum Score		6	
Maximum Score		15	
Mean Knowledge Score		9.52	2.02

The above table shows that in pre – test the level of knowledge score fair was 65 % , good was 35 % , minimum score was 6 % , maximum score was 15 % and mean knowledge score was 2.02 %.

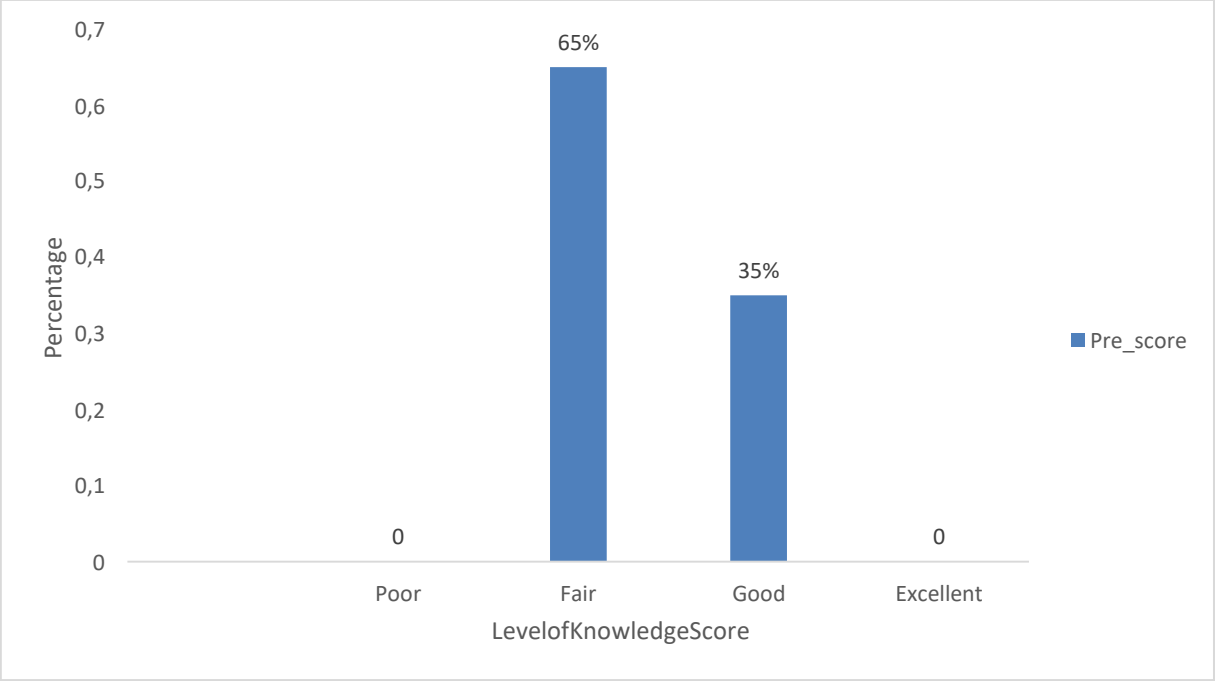

Figure 1: Distribution of Antenatal mothers according to their level of knowledge regarding selected care of Pre-eclampsia in pre-test.

Post-Test

Table 2:Distribution of Antenatal mothers according to their level of knowledge regarding selected care of pre-eclampsia post-test.

Level of Knowledge Score	**Score Range**	**Post-test**	
		Frequency	**Percentage**
Poor	1-5	0	0
Fair	6-10	0	0
Good	11-15	48	48%
Excellent	16-20	52	52%
Minimum Score		13	
Maximum Score		17	
Mean Knowledge Score		15.6	0.97

The above table shows that in post-test the level of knowledge score good was 48 %, excellent was 52 %, minimum score was 13 %, maximum score was 17 %, and mean knowledgescore was 0.97 %.

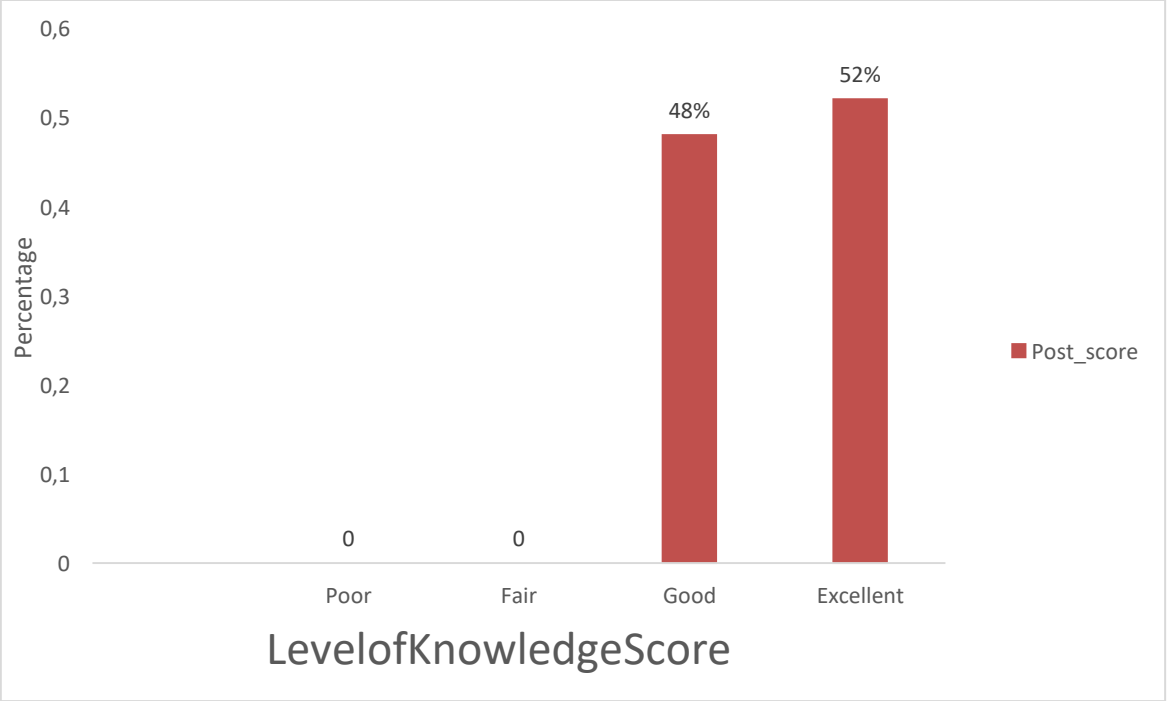

Figure 2: Distribution of Antenatal mothers according to their level of knowledge regarding selected care ofpre-eclampsiain post-test.

Comparison of Pre-test and Post-test score

Table3: Distribution of Antenatal mothers according to their level of knowledge regarding selected care of pre-eclampsia

Level of Knowledge Score	**Score Range**	**Level of Knowledge Score**	
		Prescore	**Postscore**
Poor	1-5	0	0
Fair	6-10	65(65%)	0
Good	11-15	35(35%)	48(48%)
Excellent	16-20	0	52(52%)
Minimum Score		6	13
Maximum Score		15	17
Mean Knowledge Score		9.52(2.02)	15.6(0.97)

The above table shows that the comparison between the pre-test and post-test the level of knowledge score good 35% in pre-test and 48 % in post test, excellent 52% in post-test , minimum score 6 % in pre-test and 13 % in post-test , maximum score 15 % in pre-test and 17%in post-test, Mean KnowledgeScore2.02 % in pre-test and 0.97 % in post-test.

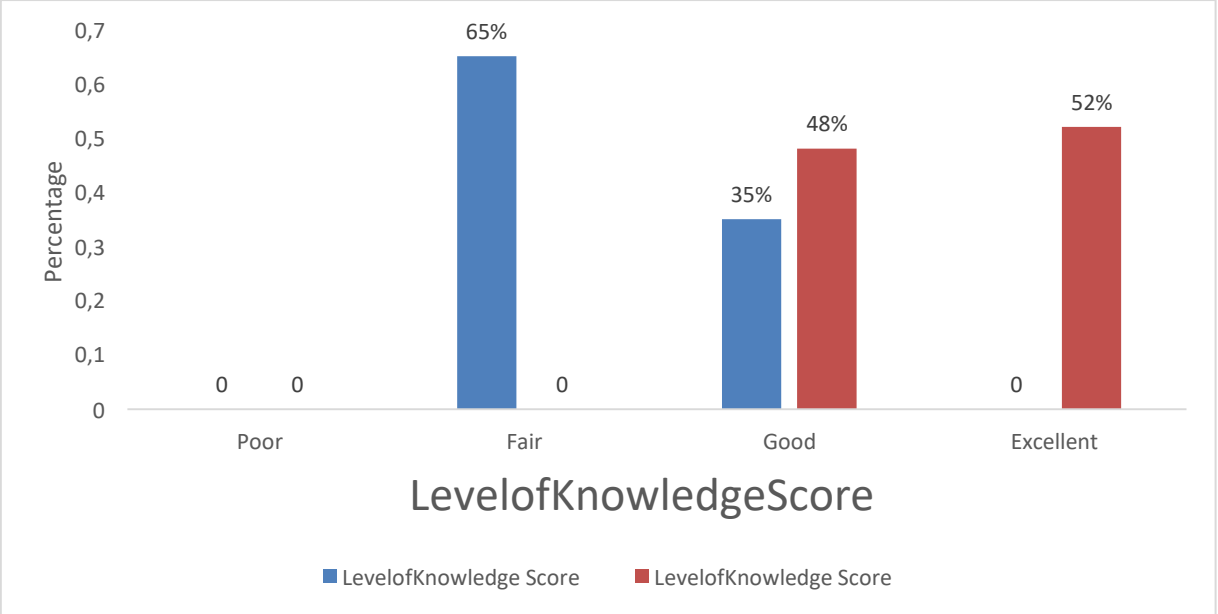

Figure 3: Distribution of Antenatal mothers according to their level of knowledge regarding selected care of pre-eclampsia.

DISCUSSION :

The current research was carried out as part of a larger project . “To assess the effectiveness of planned teaching programmed on knowledge regarding management of pre-eclampsia among antenatal mothers on selected care of pre-eclampsia patient in selected hospitals.” The study was to assess the knowledge about preeclampsia among antenatal women in a tertiary teaching hospital in Kelantan. The design selected for the study is cross-sectional design conducted on 76 antenatal mothers above 20 weeks of gestational age and attending antenatal clinical in Hospital University Sains Malaysia, Kelantan. Non-probability purposives sampling technique was used. The tool included socio-demographic proforma and knowledge questionnaire on preeclampsia. The data was analysed in terms of both descriptive and inferential analysis. Data analysis regarding level of knowledge revealed that minority of mothers (18.4%) had adequate knowledge with a mean score of 53.46(±26.42). Maternal age and receipt of information towards preeclampsia how association with knowledge scores at 0.05 level of significance. The study showed a need for awareness program and public education about preeclampsia among antenatal mothers.

To determine the incidence and associated factors of superimposed preeclampsia among pregnant women with chronic hypertension. Methods: A totalof 300 pregnant women diagnosed with chronic hypertension were reviewed. Data were retrieved from medical record's , including obstetric data, characteristics of hypertension, and pregnancy outcomes. Incidence of superimposed preeclampsia was estimated .Various characteristics were compared to determine associated risk factors. Results: Mean age of the cohort was 34.3 years, 47% were nulliparous, 50% had hypertension before pregnancy, and the others presented with hypertension before 20 weeks. Incidence of superimposed preeclampsia was 43.3% (95%confidence interval (CI)37.8–48.9). Women with superimposed preeclampsia were significantly more likely to have mean arterial pressure (MAP) ≥ 105 mmHg at 18–20 and 24–28 weeks. Adverse neonatal outcomes were significantly more common among women with superimposed preeclampsia, including small for gestational

age, low birth weight, asphyxia, and neonatal intensive care unit admission. Logistic regression analysis demonstrated that only MAP ≥ 105mmHg at 24–28 weeks was independently associated with the increased risk of superimposed preeclampsia by 1.8-fold (adjusted OR1.8,95%CI 1.1–3.1, p =0.031). Conclusion: Incidence of superimposed preeclampsia was 43.3% among pregnant women with chronic hypertension, with increased adverse neonatal outcomes. High MAP ≥105 mmHg during late second trimester might be an important predictor of the condition.

The above up ported study help in the present study and the result of present study was that In Pre–test level of knowledge score fair was 65% and mean knowledge score was 2.02 % And In Post- test level of knowledge score excellent was 52 % and mean knowledge score was 0.97 %. Study conclude that their is lack of knowledge of pre-eclampsia among antenatal mothers. After the completion of the study it is revealed that the planned teaching program was effective in gaining the knowledge regarding management of pre-eclampsia among antenatal mothers. It can improve their health status and prevent from sideeffect.

NURSING IMPLICATIONS:

Nursing is a client centered profession – Some of the implications derived from the present study in various areas of nursing areas follows:

NURSING EDUCATION:

The present nursing curriculum should include in detail about care of pre-eclampsia patients and all nursing students should have knowledge in depth regarding its care .Nursing teachers might utilize the study's findings as an educational illustration for nursing students. More emphasis may be placed on the necessity of pre-eclampsia patient care for student nurses, and this study will aid nurses in preventing problems caused by a lack ofcare.

NURSING ADMINISTRATION:

The study's findings point to the necessity for nurses working in wards to have continuing in-service education. Both theoretical and practical input should be included in the in-service education programme. This may help raise awareness among nurse administrators about the importance of providing pre-eclampsia patient care training to in coming staff nurses. Nurse administrators can create a new protocol for preeclampsia patients treatment. With the assistance of specialists, the hospital management should give in-service education and orientation to the antenatal mother on special care.

NURSING SERVICES :

The most important role of the nurse is to provide adequate care to the patient so it will improve the patients' health she/he is fully responsible for care of the patient and while given the nursing care to pre-eclampsia patient. The nurses of obstetric department must have special skill in care of preeclampsia patient. This study will help the nurses for prevention of complication due to lack of knowledge regarding nursing Care. Continuing nursing education programmed should be conducted in different settings. It will also help the nurses to keep update knowledge regarding the care of the pre-eclampsia patients .

NURSING RESEARCH:

The research serves as a foundation for future research in the subject. It is necessary to conduct research to determine the effectiveness of instructional methods and conduct in special care programmed. It is necessary to do research in order to develop novel iin-service education approaches. Nurses should be given adequate funding, manpower, and time to undertake research.

RECOMMENDATIONS:

On the basis of the findings of the study ,it is recommended that the following studies can be conducted .

1. A comparative study can be done in rural area to evaluate the knowledge level of patient regarding care of the pre-eclampsia patient.
2. A pre-experimental study can be conducted in community area to assess the knowledge regarding care of the pre-eclampsia patient.
3. A similar study may be conducted on a larger population for generalization of findings.
4. A comparative study can be done between rural and urban population.
5. A similar study can be replicated with a larger population.

CONCLUSION:

It is concluded that In Pre – test level of knowledge score fair was 65 % and mean knowledge score was 2.02% And In Post-test level of knowledge score excellent was 55 % and mean knowledge score was 0.97 %. Study conclude that their is lack of knowledge of pre-eclampsia among antenatal mothers. After the completion of the study it is revealed that the planned teaching program was effective in gaining the knowledge regarding management of pre-eclampsia among antenatal mothers. It can improve their health status and prevent from side-effect .

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