

Study Protocol

To Assess the Effectiveness of Video Assisted Teaching Programme On Knowledge Regarding Prevention Of Covid-19 Among Antenatal Mother.

ABSTRACT:

Introduction: As by the year 2020, India was seen suffering with the severe ill effect of COVID-19 in all aspects including lives as in health, socialization, economic conditions and even impact on environment along with inducing fear in pregnant women for the question of life or death to her and her baby, if affected. Hence, this research study has been carried out to prevent the COVID-19 pandemic by providing knowledge through video assisted teachings to the antenatal mothers.

Aim: To assess the effectiveness of video assisted teaching programme on knowledge regarding prevention of COVID-19 among antenatal mothers in selected maternity hospitals.

Methodology: This study was based on a Quantitative research approach. Non-probability convenient sampling technique was used. The population were all antenatal mothers from selected maternity hospital, consisted of 40 samples. V.A.T.P. on the basis of lesson plan and structured questionnaires were used.

Expected Results:

At selected Maternity hospitals, this study will assess the effectiveness of video assisted teaching programme on knowledge regarding prevention of Covid-19 Among Antenatal Mother. After intervention, the level of knowledge in antenatal mother should be improved, .

Conclusion:

Final conclusion is drawn from the ultimate results of the statistical review.

KEYWORD: Assess, Antenatal mothers, COVID-19, Effectiveness, Knowledge, Video assisted teaching.

Introduction:

Women are said to be the most wonderful creation made by the almighty, who plays her every role very elegantly. Being a mother is the toughest job ever, which is done perfectly without even a single rupee as salary. During pregnancy, the to-be mothers' thoughts rendered around the labor pain and health of the baby; but after the year 2019, the fear has overtaken other aspects of health including life or death. Ever since COVID-19 was highlighted by World Health Organization, epidemiology was drastically affected. Morbidity rate along with mortality rate kept breaking records over millions with each day. Hence, nation had introduced "Quarantine norms" in every country after India has implemented it successfully. All along the way, the pregnant women as well as their family members are concerned regarding the COVID-19 effect, because of which this research study has been carried out to prevent the pandemic to an extent.

Preterm birth cases were reported in the mothers with the risk of coronavirus infection with it types as SARS or MERS during their third trimester of pregnancy. Usually, pregnancy changes the immune system and the body's reaction to viral infections, that can lead to more severe symptoms in some cases. However, it is yet not clear whether the preterm births were all iatrogenic or if some were spontaneous among women with COVID-19.

Background and need of the study:

The risk of COVID-19 infection in babies from mothers who test positive for the virus is still unknown. Doctors in France revealed the first confirmed case of a new-born

catching COVID-19 while still in the womb. According to the Center for Disease Control and Prevention (CDC),

- COVID-19 can be transmitted to babies through intimate contact with an infected person.
- Shortly after birth, several infants tested positive for the virus. It's unclear if the virus infected these kids before, during, or after birth.
- The majority of babies who tested positive for COVID-19 had minor to no symptoms and recovered completely. However, some neonates have been reported to be severely unwell.
- Preterm birth has been recorded in babies delivered to COVID-19 positive tested mothers. Though, it is unclear whether these occurrences were linked to the virus or not.²

Need for the study:

According to a report released by the CDC in late June, pregnancy may raise the risk of a person to serious sickness due to COVID-19. Pregnant women were more liable to be admitted to the critical care unit and undergo mechanical ventilation than non-pregnant women. But those pregnant women were not at a higher risk of dying from COVID-19. Therefore, pregnant women as well as their family members should take appropriate precautions to avoid contact with COVID-19. This study is needed in reaction to this, as well as to raise awareness about the danger of infection owing to the COVID-19 Pandemic among pregnant women.¹

Health education is one of the fundamental parts while delivering primary health care as affirmed by the Alma Ata Conference (1978), which intended the positive effect from the

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kingdom's primary health care centres (PHCs). The national "plan of action" for PHCs' activities, underlines the importance of appropriately dissemination of vital information on antenatal care and related concerns so that women can improve their response for a safe pregnancy till the childbirth. Health education related to maternal and new born care is also emphasized by various source like social media, news channels and even educational books.^{1,2,4} In other words, health care practitioners in other countries are also working to ensure that pregnant women have proper health awareness. However, multiple studies have found that many pregnant women are either unaware of or unconcerned about specific health hazards.^{1,2,3,4} This shows the positive impact to educate women and assist them in acquiring suitable knowledge and developing optimistic attitude towards a safe pregnancy.⁵

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Aim of the study:

"To assess the effectiveness of video assisted teaching programme on knowledge regarding prevention of COVID-19 among antenatal mothers in selected maternity hospitals."

Objectives of the study:

1. To assess the existing knowledge regarding prevention of COVID-19 among antenatal mothers.
2. To assess the effectiveness of video assisted teaching on knowledge regarding prevention of COVID-19 among antenatal mothers.
3. To associate the findings with the selected demographic variable.

Hypothesis:

1. H1 - There will be a significant difference between the pre and post-tests level of knowledge regarding Prevention COVID-19.
2. H2 - There will be a significant association between demographic variables with the knowledge of antenatal mothers regarding prevention COVID-19.

Variables

- **Independent variable:** Video-assisted teaching.
- **Dependent variable:** Knowledge regarding prevention of covid-19 among antenatal mothers.
- **Demographic variables:** Age, residential area, type of family, monthly family income, education.

Methodology:

- **Research approach:** -Quantitative evaluative approach.
- **Research design:** -One group pre-test and post-test
- **Setting of the study:** -The study will be conducted in selected Maternity hospitals in Wardha district.
- **Population:** Antenatal mothers in Wardha district.
- **Sampling technique:** Non-probability convenience sampling technique was selected.
- **Sample:** Antenatal mothers in selected hospitals in Wardha district.
- **Sample size:** 400

➤ **Criteria for sample selection:**

• **Inclusion Criteria:**

1. Those who are willing to participate and are available at the time of data collection.
2. Those are from In- patient department.

• **Exclusion Criteria:**

1. Those who are from Out- patient department or follow up care.
2. Those who are mentally ill.
3. Those are diagnosed as high-risk patients.

4. DISCRPTION OF TOOLS:

The tools consist of 3 sections:

Section 1: Baseline Performa.(Age, education, religion, occupation)

Section 2: Questionnaire on COVID-19

Section3: Vedio on COVID-19 (Introduction,signs and symptoms,Investigation,Treatment and prevention)

RANDOMIZATION

The entire primigravida mother will be assigned randomly by sequential numbered system

INTERVENTION

Assess the effectiveness of video assisted teaching programme on knowledge regarding prevention of covid-19 among antenatal mother under the guidance of the Professor of Obstetrics and Gynecological Nursing SRMM College of Nursing and Professor and HOD of Obstetrics and Gynecological Dept. Javaharlal Nehru Medical College,Sawangi (Meghe)Wardha.

STATISTICAL ANALYSIS

Descriptive and inferential statistics use for statistical analysis with the help of statistician.

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ETHICAL ASPECTS :The Institutional Ethics Committee (IEC) (Ref. No. DMIMS (DU)/IEC/2020-21/155) was approved this study and the it will be conducted in accordance with the ethical guidelines prescribed by IEC on Human Research.

EXPECTED OUTCOME/ RESULTS:

The primary goal of this study is to determine the effectiveness of breathing exercises in primi gravida moms during the initial stage of labour. We anticipate to see a reduction in the severity of labour pain and an improvement in women' behavioral responses after the intervention.

DISCUSSION:

Women during their pregnancy, appear to be no more susceptible to infection than the general population as pneumonia induced COVID-19 cases in pregnant women have been reported to be milder and to recover quickly. The pandemic raises the threat of anxiety and sadness in the perinatal period. Hence, it calls for support to those women and her family in every aspect of health including mental health.

According to a recent study, pregnant women in China had a lower incidence of melancholy, anxiety, sleeplessness, and post-traumatic stress disorder (PTSD) during the COVID-19 outbreak. Those listed symptoms were commonly seen in non-pregnant women of reproductive age. Their findings help to deploy medical resources more efficiently and design targeted psychological treatment for women of reproductive age to promote mental health during the COVID-19 epidemic.⁶

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Another study shows the impact of the COVID-19 pandemic in terms of depression and anxiety levels on pregnant women. Their findings indicate that providing psychosocial support during this crisis is critical. Otherwise, unfavourable occurrences during pregnancy may occur, affecting both the mother and the foetus.⁷

Some study shows that when the mother gives birth via vaginal delivery, the rate of COVID-19 infection to neonates, neonatal mortality, and maternal mortality is no higher. Individualized birthing methods should be chosen based on a woman's choices as well as obstetric indications. More high-quality studies using full serial tests from numerous specimens and long-term neonatal follow-up are urgently needed.⁸

Pregnant women's experiences have been impacted by the COVID-19 pandemic, which has the potential to damage their psychosocial well-being. The primary themes found in this study can help organisations establish woman-centred care throughout the pandemic and improve pregnant women's psychosocial wellness.⁹

COVID-19 vaccination received a 70.9% approval rating. COVID-19 vaccination uptake was linked to demographic variables of those pregnant women. Pregnant women should be given health education and pamphlets about COVID-19 preventive measures by health care workers. Furthermore, they must promote the safety and effectiveness of the COVID-19 vaccine before administering it to pregnant women.¹⁰

It is noted that 3 out of 10 pregnant mothers who visited obstetric outpatient clinics, used the antenatal care services to the fullest extent possible. During COVID-19, women's educational status, prioritising maternal health services, and improving the quality of ANC services were emphasised, along with promoting them to prevent any further complications.¹¹

Pregnant women are more likely to experience perceived stress, worry, and depression during the COVID-19 outbreak. To comfort and support pregnant mothers, mental health care is desperately needed. Creating material tailored to pregnant women Using social media, women on how to deal with emergencies and big disease outbreaks. Social media platforms could be a good approach to deal with mental health issues.¹² Many studies showed that COVID-19 prevention techniques and understanding were both lacking age, place of residence, and perceptions of COVID-19's impact on chronic disease were all found to be independent determinants in the use of preventative measures. Pregnant women under the age of 35 should be counselled by their healthcare professionals on COVID-19 prevention strategies.¹³

FIGURE AND TABLE:

TABLE 1: STUDY SHEDULE

| Day 1 | Day 1 | Day 7 |
|--------------|-----------------------------------|--------------|
| Pre test | Video assisted teaching programme | Post test |

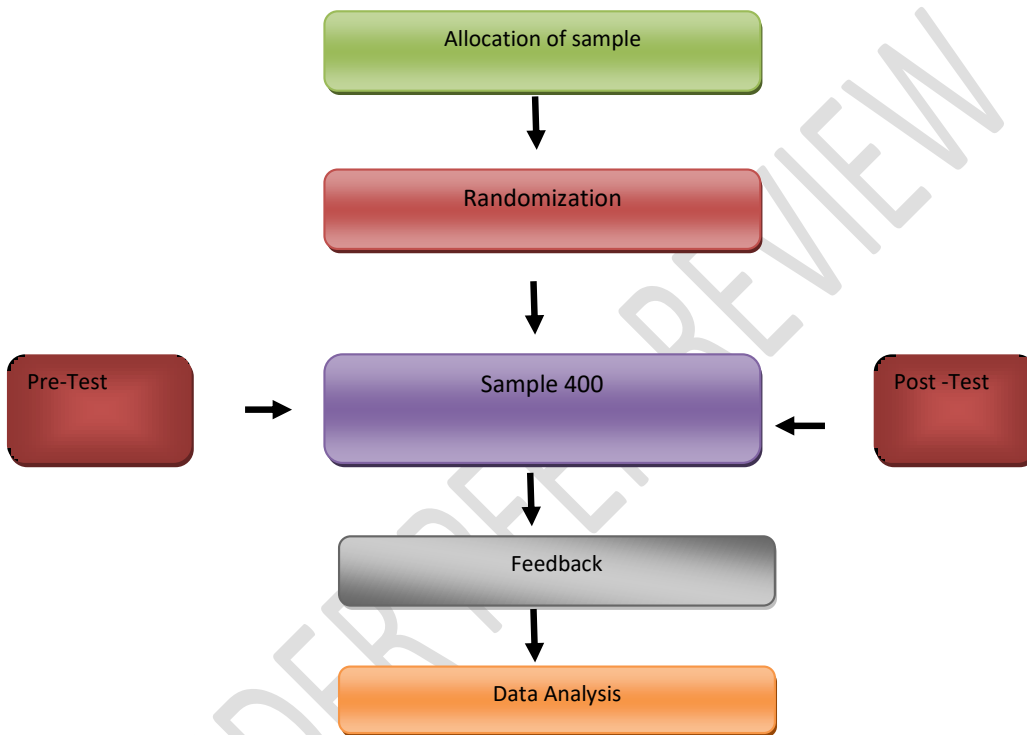


Fig 1- Schematic diagram of study methodology

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