

To prepare and test effectiveness of video assisted teaching programme on practice regarding postnatal care

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Abstract

Childbirth and assuming the role of mother are usually thought of as characterizing a time of excitement and joy, there is significant stress experienced by many postpartum women. The postnatal period or puerperium is an adjustment after pregnancy. Mothers and their newborns are vulnerable during the postnatal period, especially during the first 24 hours following the birth. To reduce newborn & maternal mortality, essential postnatal care should be promoted & supported into existing health programs.

Purpose: To prepare and test effectiveness of video assisted teaching programme on practices regarding postnatal care.

Objectives: To assess the effectiveness of video assisted teaching programme on practices regarding postnatal care.

Material and methods: This was a quantitative quasi experimental pilot study with non-equivalence control group design. Non probability convenience sampling technique was used for the selection of sample. 20 samples for experimental group and 20 samples for control group from two different settings. During 15th December 2015 to 29th February 2016 collected data. Tool was developed in two parts, first was demographic data of the mothers and second part on self-reported questionnaire.

Result In experimental group, majority of mother 50% of them had 23-27 years of age, 65% of them were Hindu, 50% of them had secondary education, 90% of them were homemakers, 45% of them had monthly family income less than Rs. 10000, 85% of them had mother as a support person, 50% of them had nuclear family, 80% of them had full term normal delivery with episiotomy.

In control group, majority of mother 45% of them had 23-27 years of age, 90% of them were Hindu, 45% of them had secondary education, 80% of them were homemakers, 80% of them had monthly family income Rs. 10001-20000, 75% of them had mother as a support system, 55% of them had nuclear family, 65% of them had full term normal delivery with episiotomy. In pretest, 70% primipara mothers in experimental group and 65% of primipara mother in control group had average practices regarding postnatal care. Average practice score in pretest was 20.8 which increased to 44.8 on 15th day and which is further increased to 50.3 on 45th day. This shows that there is improvement in the practices of mothers in experimental group than control group.

Conclusion The study concluded that Video assisted teaching program is proved to be significantly effective in improving practices of postnatal mothers regarding postnatal care.

Keywords: Effectiveness, Video assisted teaching program (VATP), practices, postnatal care

1. Introduction

Postnatal care means "Care after the Birth" during the postnatal period which aims to promote the well being of both the mother and child. Giving birth is both exhausting & emotional. After the birth the mother feels tired & due to hormonal changes become very emotional. It is essential to provide guidance on how to maintain a healthy lifestyle regarding the mother's health & the health of the baby during this period. In all countries, providing integrated postnatal care is an important opportunity to bridge common policy & programming gaps between child health and maternal health including family planning. Monitoring postnatal care indicators is becoming increasingly recognized as necessary steps and is positively required to improve the health status of both the mother and the baby.

2. Review of Literature

A study was conducted on assessed knowledge, attitude and practices of postnatal care among postnatal mothers of Mbarara regional referral hospital. Researcher used a descriptive quantitative cross sectional design. A sample size

100 postnatal mothers were requested to complete a questionnaire using convenient sampling method. Data analysis was done using the statistical package for social scientist (SPSS) version 12. Findings showed that 92% of mothers had no knowledge, had never practiced postnatal care and they showed a great desire and a positive attitude to learn and practice them. Aspects whereas control group had very poor knowledge and not adoptive practice in pre and post test scores. There was highly significant difference was found between pre and post test knowledge scores in experimental group when compared to control group it was only significant. Neelima Thakur Arun Kumar (2012) conducted a study on knowledge and practices related to delivery and newborn care practices, immediate care after birth, breastfeeding practices in urban slums of Ganda community of Raipur city, Chhattisgarh. Cross-sectional survey in a resettlement 6 Urban slum in Ganda Community Semi-structured, pre-tested schedule was used to interview 160 mothers of newborns in the study area. Majority (80.62%) of home deliveries, which were conducted by senior ladies/ neighbors, relatives. 73.75% of the mothers were applied paste of mustered oil and turmeric

power on stump. Bathing the baby immediately after birth was commonly practiced in (67.5%) of home deliveries. 61.87% of mothers initiated the breastfeed within 2 hrs after birth. Majority (84.2%) newborns were not weighed at birth.

3. Materials and Methods

This study used the quantitative research approach. A quasi experimental study with non equivalence control group design was considered best suited to the study. This design was used since the study evaluated the effectiveness of video assisted teaching programme on practices regarding postnatal care.

Inclusion criteria: Primipara mothers who had hospital delivery, who had admitted in Postnatal ward during early postpartum period on day 7, who are willing to participate in study.

Exclusion criteria: Primipara mothers who had IUD, still birth. Who are critically ill.

Description of the tool

Section 1

Demographic profile: Section I dealt with structured questionnaire for base line data of mother. It includes age, religion, education, occupation, monthly income, support person during postnatal care, type of family, mode of delivery.

Section 2

Self-reported Practices questionnaire on postnatal care: It consists of selected aspects of practices on post natal care of mother regarding Rest , Activity , Postnatal Diet, Postnatal hygiene ,family planning and consists of selected aspects of practices on newborn care regarding Breastfeeding, Thermoregulation, Cord care, Immunization, Hygienic care. Yes response was scored as 1 and no response was scored as 0.

4. Results and Analysis

Section 1: Demographic profile

In experimental group, majority of mother 50% of them had

23-27 years of age, 65% of them were Hindu, 50% of them had secondary education, 90% of them were homemakers, 45% of them had monthly family income less than Rs. 10000, 85% of them had mother as a support person, 50% of them had nuclear family, 80% of them had full term normal delivery with episiotomy.

In control group, majority of mother 45% of them had 23-27 years of age, 90% of them were Hindu, 45% of them had secondary education, 80% of them were homemakers, 80% of them had monthly family income Rs. 10001-20000, 75% of them had mother as a support system, 55% of them had nuclear family, 65% of them had full term normal delivery with episiotomy.

Section 2

Findings related to analysis of the data related to the pre assessment the practices regarding postnatal care among primipara mothers in both group.

Table 1: Pre assessment of practices regarding postnatal care among primipara mothers in both experimental and control group. (n=20, 20)

Group	Day	Practices		
		Score	Freq	%
Experimental	7 th day	Poor (0-18)	6	30%
		Average (19-36)	14	70%
		Good (37-55)	0	0%
Control	7 th day	Poor (0-18)	7	35%
		Average (19-36)	13	65%
		Good (37-55)	0	0%

In pretest, 70% mothers in experimental group and 65% of mother in control group had average practices regarding postnatal care.

Section 3

Findings related to analysis of the data related to knowledge and self-reported practices regarding postnatal care in both group, after the administration of VATP in experimental group.

Table 2: Practices regarding postnatal care among primipara mothers in both group, after the administration of VATP in experimental group. (n=20, 20)

Group	Post Assessment	Practices		
		Score	Freq	%
Experimental	15 th day	Poor(0-18)	0	0%
		Average(19-36)	1	5%
		Good(37-55)	19	95%
	45 th day	Poor(0-18)	0	0%
		Average(19-36)	0	0%
		Good(37-55)	20	100%
Control	15 th day	Poor(0-18)	6	30%
		Average(19-36)	14	70%
		Good(37-55)	0	0%
	45 th day	Poor(0-18)	6	30%
		Average(19-36)	14	70%
		Good(37-55)	0	0%

On day 15, in experimental group, 95% of them had good practices. On day 45, all of them had good practices regarding postnatal care. On 15th day, in control group, 70% of them had average practices and on 45th day, 70% of them had average practices and 30% had poor practices.

Section 4

To compare pre and post assessment of practices among primipara mothers regarding postnatal care in both the group. n=20, 20

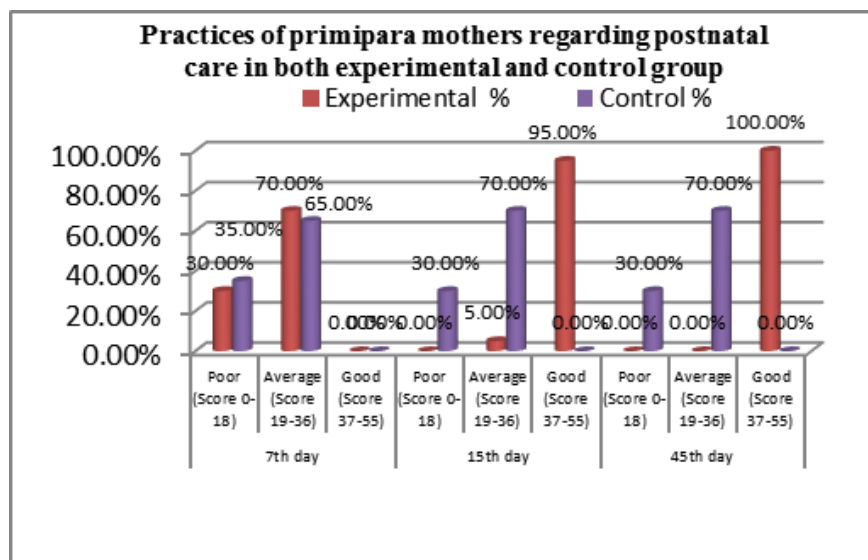


Fig 1: Compare pre and post assessment of practices among primipara mothers regarding postnatal care in both the group.

In pre-test, in experimental group, 70% of them had average self-reported practices. On day 15, 95% of them had good practices. On day 45, all of them had good regarding postnatal care. This indicates that the practices of postnatal mothers improved remarkably after video assisted teaching program.

In pretest, in control group, on 15th day, in control group 65% of them had average self-reported practices (Score 19-36). 70% of them had average practices and 30% had poor practices and on 45th day, 70% of them had average practices and 30% had poor practices.

Table 3: Two sample t-test for comparison of practices of mothers regarding postnatal care in both experimental and control group, n=20, 20

Day	Experimental group		Control group		T	df	p-value
	Mean	SD	Mean	SD			
15th day	24	4.5	1.3	1.8	27.7	38	0.000
45th day	29.4	3.6	1.6	1.9	38.5	38	0.000

Two sample t-test for comparison of average change in practice scores of postnatal mothers regarding postnatal care. T-values for this comparison were 27.7 and 38.5 on day 15 and day 45. Corresponding p-values were small (less than 0.05), the null hypothesis is rejected. Average practice score gain in experimental group is significantly higher than that in control group. Video assisted teaching program was proved to be significantly effective in improving the practices of postnatal mothers regarding postnatal care.

Section 5

To determine the effect of video assisted teaching programme on practices regarding postnatal care among primipara mothers.

Table 4: Paired t-test for effect of VATP on practices regarding postnatal care among primipara mothers in experimental group, n=20, 20

Day	Mean	SD	T	df	p-value
7 th day	20.8	2.9			
15th day	44.8	3.7	30.6	19	0.000
45th day	50.3	2.4	42.1	19	0.000

Paired t-test for checking the effect of video assisted teaching program on practices of postnatal mothers regarding postnatal care. Average practice score in pretest was 20.8 which increased to 44.8 on 15th day and which is further increased to 50.3 on 45th day. T-values for this comparison were 30.6 and 42.1 on day 15 and day 45 respectively with 19 degrees of freedom. Corresponding p-values were small (less than 0.05), the null hypothesis is rejected. Video assisted teaching program is proved to be significantly effective in improving the practices of postnatal mothers regarding postnatal care.

5. Discussion

Total 40 primipara mothers were assessed using Non probability purposive sampling technique. Pre –test scores of practices based on semi structured questionnaire and self - reported questionnaire was taken. Video assisted teaching program was administered on 7th day. The study concluded

n=20,20

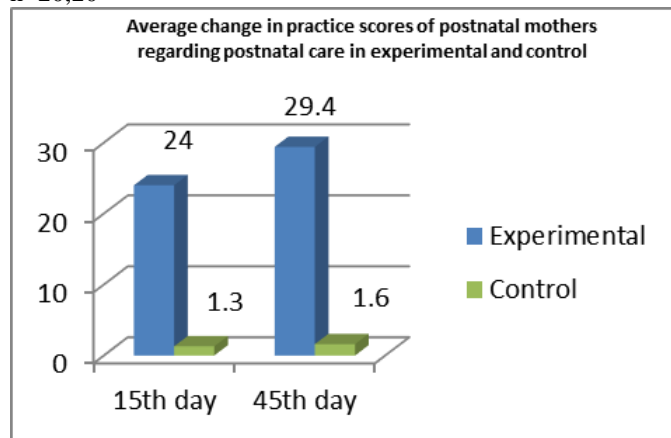


Fig 3: Average change in practices score among primipara mothers regarding postnatal care in both the group.

that Video assisted teaching program is proved to be significantly effective in improving the practices of postnatal mothers regarding postnatal care. The results of this study cannot be generalized to all mothers, as the size of sample in this study was small.

6. Conclusion

In the Indian context, there are many studies carried out on checking the effectiveness of structured teaching programme on different aspect of postnatal care like postnatal diet, postnatal exercise, postnatal hygiene, newborn care, Breastfeeding but less studies are carried out on prepare and test the effectiveness of Video assisted teaching program on postnatal care including mother and newborn care

7. Scope of the Study

Finding suggests that, Video assisted teaching program is proved to be significantly effective in improving the practices of postnatal mothers regarding postnatal care. The postnatal period is an adjustment after pregnancy. During this time women recover from the stress of pregnancy and delivery by receiving the knowledge in form of videos.

8. Acknowledgement

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9. Reference

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