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Effectiveness of planned teaching about knowledge regarding abdominal examination of antenatal woman and its practice among staff nurses in selected hospital

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Abstract

A woman plays different roles throughout her life. Pregnancy is one of the important vital events in a woman's life. Pregnancy can be exhausting and scary time as well, because the journey of fetal growth in uterus in these nine months, 40 weeks, 280 days journey needs to be monitored. A complete screening and physical examination is done during the initial antenatal examination in order to ascertain whether the woman has any medical disease or abnormalities. It includes a structured review of body systems through observation, inspection, examination and measurements.

Methodology: This research employed a Quasi experimental one group pre-test, post-test research design. The research was carried out among 30 Staff nurses working in OBGY wards in selected hospital using a quantitative - qualitative integrated approach. The information was gathered using a program that included demographic characteristics, knowledge and practice. Data were acquired using a reliable technique that included demographic information and knowledge surveys. SPSS 20 was used to do data analysis.

Result: The post-test score suggested that the Among 30 samples, during pre-test score majority 16 (53.33%) samples had poor level of knowledge, 14 (46.67%) samples had average knowledge and none of them had good level of knowledge of abdominal examination of antenatal woman. After the post-test assessment score indicates that 12 (40%) samples had average level and 18 (60%) samples had good level of knowledge. During pre-test score reveals majority 24 (80%) samples had unsatisfactory performance, 06 (20%) had satisfactory performance. After intervention the post test score 03 (10%) samples had unsatisfactory performance and 27 (90%) samples had satisfactory level of performance regarding abdominal examination of antenatal woman Demographic variable of the staff nurses of the level of knowledge and practice are not found significantly associated.

Conclusion: Staff nurses were not having 100% knowledge regarding abdominal examination of antenatal woman and its practice. There was a significant increase in knowledge of sample after conducting planned teaching. Thus it was concluded that planned teaching on knowledge regarding abdominal examination of antenatal woman and its practice was found effective as a teaching strategy.

Keywords: Planned teaching, knowledge, abdominal examination, antenatal woman, practice, staff nurses

Introduction

Women have the natural ability to stay loving and caring. Men can make an effort to be as caring but they usually fail. So in this aspect, women are great. The endurance of women is amazing. The ability of a woman to endure childbirth or periods is unmatched. Think of the numerous men who cry silently at the sight of an injection needle. On top of it we call men, the stronger sex. What an irony^[1].

A mother is a biological and social female parent of an offspring. Pregnancy is one and the most special and also the most critical phase in on woman's life^[2].

An woman's health and behaviours in pregnancy effects on babies health. Mother should not only take good care of her own health but also go for regular check- ups with health care professionals, this is antenatal care and it is absolutely necessary because it makes sure that mother and baby are fit and well. In other words, this antenatal care is about relationship between the woman and midwife^[3].

Pregnancy is a sensitive issue Therefore, extra care is needed when a women is approached.

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Always obtain expressed informed consent before examining her and have a relative accompany her throughout the examination, for reassuring the patient and allow the examination to go on smoothly.

Need of the study

Prenatal check-up is very important and every pregnant woman should take it in great consideration. Mother never know what's going on with the fetus inside the womb unless regularly checked and monitored. There are many cases of defect in babies due to lack of knowledge of those moms to be. Some of them take medication without knowing they are bad for the babies' health, which ends up causing abnormalities to the fetus. Some don't even bother to go on a check-up to find out if the baby is healthy or not. Some attempt to have their babies aborted too, and when unsuccessful, all the bad effects are suffered by the baby. So, if ever it already happened, the only thing one can do is to have enough knowledge of how to take care of kids with special needs. But to those who are yet on the process of becoming moms. Be responsible enough and go on a prenatal check-up.

Maternal mortality ratio has declined from 301 per 1, 00, 000 live births in 2001-03 to 212 in 2007-09. Between 1990-2015, maternal mortality worldwide dropped by about 44%. Now, between 2016-2030, as part of the sustainable development goals, the target is to reduce the global maternal mortality ratio to less than 70 per 1, 00, 000 live births. According to a report recently published in article, India has the highest number of death due to premature births and ranks 36th in the list of preterm birth globally.

The ranking included 199 countries, of the 27 million babies born in India annually (2010 figure), 3.6 million babies are born prematurely, of which 303,600 don't survive due to complication.

Methodology

The current research was designed to effectiveness of planned teaching about knowledge regarding abdominal examination of antenatal woman and its practice among

staff nurses in selected hospital. This research employed a Quantitative research approach, as well as a Quasi experimental one group pre-test and post-test design. The research was carried out among 30 Staff nurses working in OBGY wards in selected hospital chosen samples by using a Non-probability Convenient sampling. The information was gathered using a program that included demographic characteristics, knowledge and practice checklist. The scores were classified as Assessment of knowledge based on criterion Measurement. (Good, Average, Poor) and assessment of practice by using checklist on criteria measurement (Unsatisfactory, satisfactory). Each participant in the research provided written informed permission. SPSS Version 20 was used to analyze the data.

Results

Distribution of Demographic Variables between the adolescents of the experimental and control group.

According to age, 7 (23.33%) samples were in age group of ≤ 25 years, 11 (36.67%) samples in age group between 26-30 years, 8 (26.67%) were in age group between 31-35 years and 4 (13.33%) were in age group of ≥ 35 years. With regard to sex, 30 (100%) samples were female staff nurses. None of them were males. As per Professional qualification of samples in staff nurses shows, 18 (60%) samples were general nurse midwives, 10 (33.33%) samples were graduate in nursing (B.B.Sc. / P.B.B.Sc. Nursing) and 2 (6.67%) samples were M.Sc. nursing. According to year experience working as a nurse/ midwife, 23 (76.67) samples (Nurses) had less than five years of experience and 7 (23.33) samples (Nurses) had 5-10 years of experience. According to year of experience in OBGY department, 28 (93.33) samples (Nurses) had less than 5 years of experience and 2 (6.67) samples (Nurses) had 5-10 years of experience.

Section B

Data on Level of Existing Knowledge Regarding Abdominal Examination of Antenatal Woman of Staff Nurses

Table 1: Data on level of existing knowledge regarding abdominal examination of antenatal woman of staff n=30

Level of existing knowledge			
Level of Knowledge	Criteria	No. of Staff Nurses	Percentage
Poor (<10)	<50%	16	53.33
Average (10-15)	50-75%	14	46.67
Good (>15)	Above 75%	0	0

The table 1. Shows the frequency and percentage of existing knowledge regarding abdominal examination of antenatal woman. Among 30 samples 16 (53.33%) samples had poor knowledge, 14 (46.67%) samples had average level of knowledge and no one had good knowledge regarding

abdominal examination of antenatal woman.

Section B1

Data on Existing Practice Regarding Abdominal Examination of Antenatal Woman of Staff Nurses.

Table 2: Data on existing practice regarding abdominal examination of antenatal woman of staff nurses. n=30

Practice	Score Range (%)	Frequency	Percentage
Unsatisfactory (<16)	<80%	24	80%
Satisfactory (≥ 16)	$\geq 80\%$	6	20%

Table 2. Shows frequency and percentage about performance of practice before planned teaching. Among 30 samples, 24 (80%) samples had unsatisfactory performance and 6(20%) samples had satisfactory performance regarding

abdominal examination of antenatal woman.

Section C

Frequency and Percentage Distribution of Level of

Knowledge Regarding Abdominal Examination of Antenatal Woman This section deals with the assessment of knowledge regarding stages of abdominal examination of antenatal woman among staff nurses. The level of

knowledge is divided under following heading poor, average, good and the level of practice is divided under unsatisfactory and satisfactory level.

Table 3: Data on level of knowledge regarding abdominal examination of antenatal woman after planned teaching

Level of existing knowledge			
Level of knowledge	Criteria	No. of staff nurses	Percentage
Poor (<10)	<50%	0	0
Average (10-15)	50-75%	12	40%
Good (>15)	Above 75%	18	60%

The table 3. shows the frequency and percentage of knowledge regarding abdominal examination of antenatal woman after planned teaching. Among 30 samples, 12(40%) samples had average knowledge, 18(60%) samples had good level of knowledge regarding abdominal examination

of antenatal woman.

Section C1: Practice performance regarding abdominal examination of antenatal woman

Table 4: Data on practice performance regarding abdominal examination of antenatal woman (n=30)

Practice	Score Range (%)	Frequency	Percentage
Unsatisfactory (<16)	<80%	3	10%
Satisfactory (≥16)	≥80%	27	90%

Table 4. Shows frequency and percentage about performance of practice after planned teaching. Among 30 samples, 3 (10%) samples had unsatisfactory performance

and 27 (90%) samples had satisfactory performance regarding abdominal examination of antenatal woman.

Table 5: Frequency and percentage distribution of level of knowledge regarding abdominal examination of antenatal woman before and after planned teaching n=30

Level of knowledge score	Pre-test		Post-test	
	Frequency	Percentage	Frequency	Percentage
Poor	16	53.33%	0	0%
Average	14	46.67%	12	40%
Good	0	0%	18	60%

The table 4.6 shows the frequency and percentage distribution of level of knowledge regarding abdominal examination of antenatal woman among staff nurses. Among 30 samples, during pre-test score reveals majority 16 (53.33%) samples were under poor level of knowledge, 14(46.67%) samples had average knowledge and none of

them had good level of knowledge of abdominal examination of antenatal woman. After a post-test assessment score indicated that 12 (40%) samples were under average level and 18 (60%) samples had good level of knowledge. This shows that planned teaching was effective.

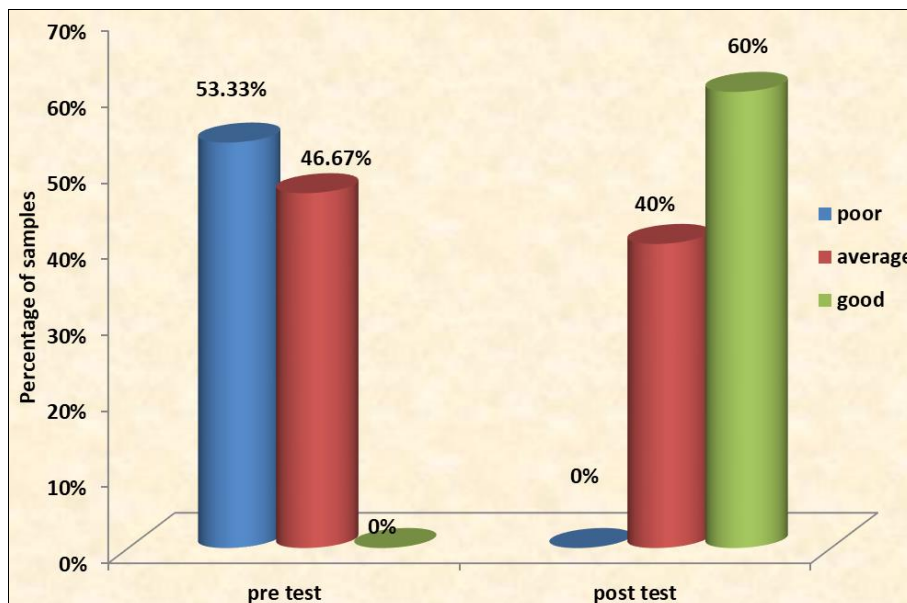


Fig 1: Percentage distribution of samples according to level of knowledge before and after planned teaching

Section D: Data on association of knowledge of staff nurses regarding abdominal examination of antenatal woman and its practice with selected demographic variables

Demographic variable of the staff nurses with level of knowledge and practice are not found significantly associated.

Discussion

In pre-test, Among 30 samples, 16 (53.33%) samples had poor knowledge, 14 (46.67%) samples had average level of knowledge and no one has good knowledge regarding abdominal examination of antenatal woman. 24 (80%) samples had unsatisfactory performance and 6(20%) samples had satisfactory performance regarding abdominal examination of antenatal woman.

In post-test, among 30 samples, 12 (40%) samples had average knowledge and 18 (60%) had good knowledge of abdominal examination of antenatal woman after planned teaching. 3 (10%) samples had unsatisfactory performance and 27 (90%) samples had satisfactory performance regarding abdominal examination of antenatal woman.

To support the above findings there was a descriptive study conducted on the knowledge and practices regarding antenatal assessment among nurses working in obstetric units, Sikkim in India. The study was done and data was collected from 60 nurses working in obstetric units of selected hospitals. Structured questionnaire and checklist was used to assess the knowledge and practices regarding antenatal assessment of nurses. Majority of nurses were in age group of 20-30 years, less than half of nurses were G.N.M working in private hospitals with experience of 1-5 years in labour room on regular basis and less than half of nurses had never attended any in service programme on antenatal assessment. Majority of nurses (44%) had average knowledge level, followed by (38%) with good knowledge and (15%) had below average knowledge level and only (3%) nurses had excellent level of knowledge and Maximum number of nurses (70%) had average practices, (26.7%) nurses had good practices while (3.3%) nurses had below average practices regarding antenatal assessment. The association of knowledge and practices was statistically tested and found to be highly significant ($p < 0.001$). The study concluded there was average knowledge and practices among nurses regarding antenatal assessment of pregnant women. There was significant association between knowledge and practice at $p = 0.000$.

Conclusion

After the detailed analysis this study leads to following conclusion that the staff nurses were not having 100% knowledge regarding abdominal examination of antenatal woman and its practice. There was a significant increase in knowledge of sample after conducting planned teaching. Thus it was concluded that planned teaching on knowledge regarding abdominal examination of antenatal woman and it's practice was found effective as a teaching strategy. Hence, based on the above cited finding it was concluded undoubtedly the written prepared material by the researcher

in the form of planned teaching helped participants to improve their knowledge regarding abdominal examination of antenatal woman and its practice.

The above study reveals that in post-test knowledge increase significantly.

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Conflict of interest: There are no conflicts of interest.

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