



# International Journal of Obstetrics and Gynaecological Nursing

E-ISSN: 2664-2301  
P-ISSN: 2664-2298  
[www.gynaecologicalnursing.com](http://www.gynaecologicalnursing.com)  
IJOGN 2025; 7(1): 22-27  
Received: 17-11-2024  
Accepted: 23-12-2024

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## A study to assess the effectiveness of video assisted teaching programme on knowledge regarding evidence-based practice in labour practices among final year BSC nursing students at selected college of nursing, Mysuru

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**DOI:** <https://doi.org/10.33545/26642298.2025.v7.i1.a.180>

### Abstract

Pregnancy-related complications are the second global leading cause of death among women of reproductive age. In 2015, approximately 3,03,000 maternal deaths occurred worldwide, most of which could have been prevented. The application of evidence-based practices in labour at maternity units has shown changes in pregnancy and labour outcomes, hence the researcher undertaken this study. The research approach adopted for the present study was pre-experimental one group pre-test post-test research design. The 60 samples were selected by non-probability purposive sampling technique. The self-structured knowledge questionnaires were used to gather the data. The data was analyzed by using the descriptive and inferential statistics. In the pre-test the overall mean percentage of knowledge score was 50.66% with mean and SD of  $15.20 \pm 1.48$  and in post-test the mean percentage of post-test knowledge was 91.76% with mean and SD of  $27.53 \pm 1.17$ . The mean difference was 12.33 with SD of 1.90. The calculated paired 't' test value was 50.24 at the degree of freedom 59, the p value was 0.0001. There was no significant association between the demographic variables with pretest knowledge score. The video assisted teaching program was effective in enhancing the knowledge of the samples regarding evidence-based practices in labor. The study recommends conducting a study on use of evidence-based practices among staff nurses in labor room.

**Keywords:** Evidence-based practices, maternal health, labor outcomes, knowledge assessment, obstetric nursing

### Introduction

Labour is a process, where women give birth to the child. The most wonderful moment in women's life is during labour, as most women and their families experience greatest excitement during labour. The anticipated period of uncertainty, anxiety, and fear, ends with beautiful birth of the baby. Clearly, the support and care they receive during this time is critical. Thus, the overall aim of caring for women during labour and birth is to engender, a positive experience for the women and her family, while maintaining their health preventing complications and responding to emergencies.

Effective maternity care with least harm is optimal for childbearing women and newborns. High-quality systematic reviews of the best available research provide the most trustworthy knowledge about beneficial and harmful effects of health interventions in large part because of differences in practice style and other extrinsic factors rather than differences in needs of women and newborns. The gaps between actual practice and lessons from the best evidence reveal tremendous opportunities to improve the structure, process, and outcomes of maternity care for women and babies and to obtain greater value for investments.

Evidenced-based maternity care and birth are policies and procedures based on proven scientific evidence from medical research and peer-reviewed journals. It is the practice of effective care with the least amount of harm. Unfortunately, in many parts of the world, standard hospital care is not practiced in this way. In fact, many hospital procedures go in direct contrast to recent medical evidence and increase the risks for healthy mothers.

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Recent epidemiological evidence from a range of developing countries suggests that skilled care during childbirth may help to prevent maternal deaths. As for which, the nursing education has undergone major transformation along with the change in concept of health and disease. Partograph is basically a graphic representation of the events of labour plotted against time in hours. It consists of three components that is monitoring and managing of foetal condition maternal condition, progress of labour.

The maternity care that involves a midwife as the main care provider leads to several positive outcomes with no adverse effects for both mother and babies. In countries like United Kingdom and Australia, Midwives represent the main providers of care for women during pregnancy, labour, and birth. In Midwife led care, the emphasis is on normality, continuity of care and being cared for by a known, trusted midwife during labour.

Standard care in hospitals can be intervention-intensive, continuous electronic foetal monitoring, epidurals, restricting food and drink, restricting movement, and having mothers push in the supine position all increase stress to the mother and baby, disrupt the natural flow of hormones, and may lead to complications. Nursing research, emphasis was placed on the use of evidence from clinical research to rationalize clinical nursing interventions. However, current barriers in research utilization can present a challenge to nurses in using evidence based practice to guide clinical practice.

The study on the Current intrapartum care practices in India. The findings of the study demonstrated that providing lithotomy position at the time of delivery and giving episiotomy to all primigravida mothers were highly practiced during intrapartum care. Care providers believe that episiotomy has more benefits over perineal laceration, such as easy wound healing, prevention of deep perineal lacerations, easy to deliver the baby, mother experiences less pain, and there are less chances of hematoma formation. Maternity care providers from government and non-government hospitals had significant differences in their opinion towards conducting episiotomies for all deliveries and to all primigravida's. The study findings suggested that self-reported practices of maternity care providers reflect a big gap in the utilization of evidence-based practices.

### Materials and Methods

The research methodology adopted for effectiveness of video assisted teaching programme on knowledge regarding evidence-based practice in labour practices among final year BSc nursing students at selected college of nursing, Mysuru. The methodology includes the research approach, research design, variables, setting of the study, population, inclusion, and exclusion criteria for selection of the sample, sampling technique, sample and sample size, development of tool, content validity, reliability, pilot study, procedure for data collection, plan for data analysis and ethical consideration.

### Research approach

Research approach is a systematic, controlled, empirical and

critical investigation of natural phenomena guided by theory and hypotheses about the presumed relations among such phenomena.

In view of the nature of the problem under study and to accomplish the objectives of the study, quantitative evaluative approach was used. The quantitative evaluative design is an applied form of research that involves finding out how well a program, procedure or policy is working and its goal to assess or evaluate the success of a program.

### Research Design

Research design is the researcher's overall plan for obtaining answers to the research questions or for testing the research hypothesis. It is the plan for addressing a research question including specialization for enhancing the integrity of the study.

Quantitative research method is a formal, objective, systematic process in which numerical data are used to obtain information. Pre-experimental method with one group pre-test post-test design was selected for the study.

### Pilot study

Pilot study is the small version of the actual study conducted with the purpose of testing and potentially refining the research plan. It was developed in a similar way to the proposed study, using similar subjects, the same setting, the same treatment, the same data collection method and the same analysis technique.

The purpose of the pilot study was to find the feasibility of the study, clarity of the language of the tool and finalize the plan for analysis. The pilot study was conducted in Cauvery College of Nursing, Mysuru. To find the feasibility of the study 06 samples were selected by using purposive sampling technique. The subjects for pilot study had same characteristics of the sample for final study. Data were collected from 06 samples followed by video assisted teaching programme on the 1st day on 20.06.2022 and on the 7th day i.e., 27.06.2022 post test was conducted by administering same structured knowledge questionnaire regarding evidence-based practice.

The collected data was analyzed using descriptive and inferential statistics. The significant difference between pre-test and post-test score was found using paired 't' test.

A finding of pilot study shows that in pretest 04(66.67%) samples had adequate knowledge and 02(33.33%) samples had moderately adequate knowledge. Whereas in posttest 06(100%) samples had adequate knowledge and. The mean post-test knowledge score (24.16±3.80) was greater than the mean pre-test knowledge score (18.23±2.08). The calculated "t" value 6.269 was greater than table value [df=5 = 2.57] at 0.05 level of significance.

### Results

Assessment of knowledge regarding evidence-based practice in labour practices among final year BSc nursing students in pre-test

Pretest mean, SD and Mean % knowledge regarding evidence-based practice in labour practices among final year BSc Nursing students.

**Table 1:** Pretest knowledge scores summary with mean and range.

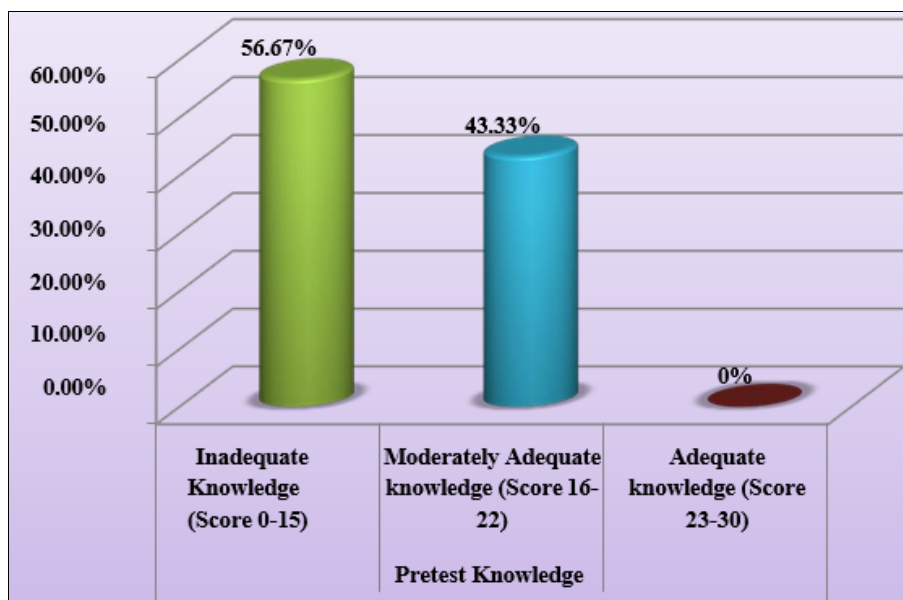
Knowledge	No of items	Range		Pretest knowledge score			
		Min	Max	Mean	SD	Median	Mean %
Total Knowledge	30	13	19	15.20	1.48	15	50.66%

The data presented in the table shows that in pretest overall knowledge, the mean percentage of knowledge was 50.66% with mean and SD of 15.20±1.48 the range varies between 13-19, and median was 15.

**Table 2:** Classification of respondents based on the pre-test levels of knowledge.

Sl. No	Knowledge	Frequency	Percentage
1	Inadequate Knowledge (Score 0-15)	34	56.67%
2	Moderately Adequate knowledge (Score 16-22)	26	43.33%
3	Adequate knowledge (Score 23-30)	00	00%

The above table describes the classification of samples according to levels of knowledge. In the pre-test, majority of the samples 34 (56.67%) were had inadequate knowledge, 26(43.33%) were had moderately adequate Knowledge and none of the samples had adequate knowledge.



**Fig 1:** Percentage distribution of samples according to pre test levels of knowledge

Assessment of knowledge regarding evidence-based practice in labour practices among final year BSC nursing students in post-test

**Table 3:** Posttest mean, SD and Mean % knowledge regarding evidence-based practice in labour practices among final year BSc Nursing students.

Knowledge	No of items	Range		Post-test knowledge score			
		Min	Max	Mean	SD	Median	Mean %
Total Knowledge	30	25	30	27.53	1.17	28	91.76

The data presented in the table shows that in posttest overall knowledge, the mean percentage of knowledge was 91.76% with mean and SD of 27.53±1.17. The range varies between 25-30, and median was 28.

**Table 4:** Classification of respondents based on the posttest levels of knowledge

Sl. No	Knowledge	Frequency	Percentage
1	Inadequate Knowledge(Score 0-10)	00	00
2	Moderately Adequate knowledge (Score 11-20)	00	00
3	Adequate knowledge (Score 21-30)	60	100

The above table describes that all the samples 60(100%) were had adequate knowledge.

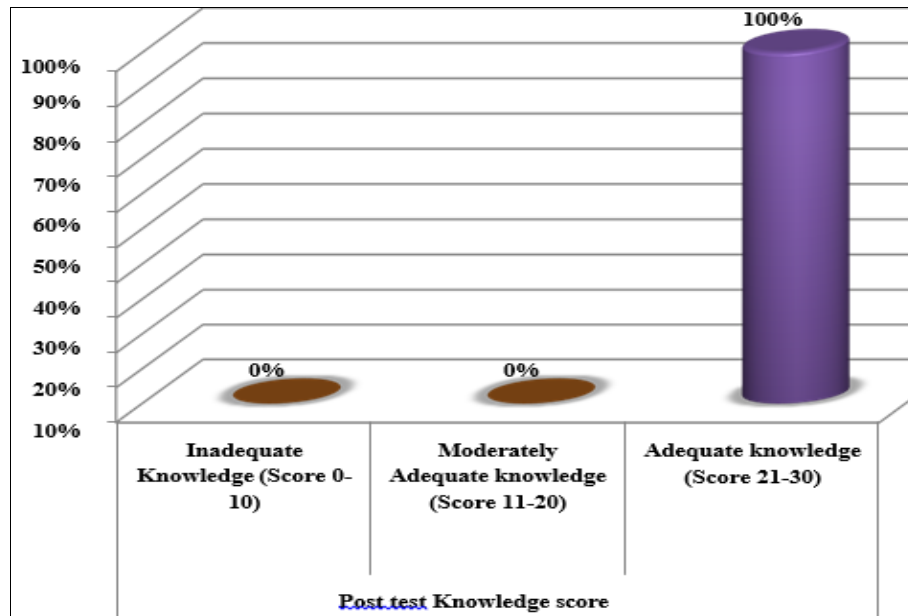


Fig 2: Percentage distribution of samples according to post test levels of knowledge

### Conclusion

This study was conducted with the objective of assessing on knowledge regarding evidence-based practice in labour practices among final year B. Sc nursing students at selected college of nursing, Mysuru.

Majority of the samples 29(48.3%) were in the age group of 21 years of age, 45(75%) were samples were females, 33(55%) samples religion was Christian, majority of samples, 28(46.7%) were had high school education, 50(83.3%) were belongs to nuclear family, majority 34(56.7%) of samples fathers occupation was private employee. In relation to OBG clinical posting in various hospitals, all the samples had clinica posting at private hospitals. All the samples had previous exposure towards EBP in labor ward. The majority of the students 43(71.7%) got information from helath professionals. In the pre-test the overall mean percentage of knowledge score was 50.66% with mean and SD of  $15.20 \pm 1.48$  and in post-test the mean percentage of posttest knowledge was 91.76% with mean and SD of  $27.53 \pm 1.17$ . The mean difference was 12.33 with SD of 1.90. The calculated paired t test value was 50.24 at the degree of freedom 59, the p value was 0.0001. There was no significant association between the demographic variables with pretest knowledge score.

### Implications of the study

The result of the study proved that structured teaching program was effective in enhancing the knowledge of nursing students. The findings of the study have implications on nursing practice, nursing education, nursing administration and nursing research.

### Implications of nursing practice

- The field of obstetrics and gynecology nursing has great responsibility to protect the health of the maternal and child health.
- Nurses should be equipped with update knowledge regarding available practices in labor room advanced research applications.
- Midwifery nurses should take initiation in practice of evidence-based practices such as tub delivery, squatting

position deliveries, birth companion, etc.

- Nurse should organize journal club presentation, case presentation to promote the practices in the labor ward.
- The student nurses should be provided the opportunity to witness and practice under supervision of evidenced based practices.
- The practice of labor or delivery in upright position, fetal heart monitoring and partograph.

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#### How to Cite This Article

Smitha K P. A study to assess the effectiveness of video assisted teaching programme on knowledge regarding evidence-based practice in labour practices among final year BSC nursing students at selected college of nursing, Mysuru. *International Journal of Obstetrics and Gynaecological Nursing*. 2025;7(1):22-27

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