Effectiveness of Structured Teaching Programme on Minor Ailments of Pregnancy Among Prmigravida Mothers

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Abstract: Objectives of the study:

1. To evaluate the knowledge on the affections of the pregnancy in the primiparous frequenting the antenatal clinics before the intervention

2. Compare the knowledge scores of pre and post test pregnancy disease of primiparas who participated in antenatal care.

3.Correlate the posttest knowledge scores of primiparas with their demographic variables.

Index Terms— Effectiveness, Structured Teaching Program, Minor Ailments, Pregnancy, Primigravida, Mothers.

I. INTRODUCTION

Pregnancy is a wonderful stage in a woman's life. It is the origin of human life. Pregnancy is a time of physical and hormonal changes, as well as emotional and mental preparation for the mother. The effects of estradiol during pregnancy cause increased blood flow to the vagina, which can cause the veins to speed up. Usually, white, slightly thickened vaginal discharge almost always increases during pregnancy because the glands in the cervix (cervix) are more active than usual and produce more mucus. A woman's body uses this secretion to purify itself from within. For most women, the discharge changes during the menstrual cycle.

Pregnant women often have heavy discharge, especially towards the end of pregnancy. It can be clear or yellowish. Pregnancy is an important event in a woman's life and requires special attention from conception to the postpartum period. Each pregnancy is a unique experience for a woman. Each pregnancy experienced by a woman will be new and totally different This is why it is so important for midwives to know and understand common pregnancy disorders in order to counsel a woman on strategies that will help her have hope with this condition and minimize the effects she suffers.

II. LITERATURE REVIEW

Review of literature is the reading and organizing of previously written materials relevant to specific problem to be investigated frame work and methods appropriate to perform the study.

The review of literature is discussed under the following headings:

I.Related to minor aliments of pregnancy.

II. Related to knowledge regarding prevention of minor aliments of pregnancy

RELATED TO THE EFFECTIVENESS OF TEACHING PROGRAMME ON KNOWLEDGE REGARDING PREVENTION OF MINOR ALIMENTS OF PREGNANCY.

Shan M Bergin, Caroline A Brand, Peter G Colman, et al. (2015) conducted a study to assess women's awareness of minor pregnancy anomalies and signs of risk of obstetric complications among women in rural Tanzania. A total of 1118 parturient were interviewed, and the results showed that more than 98% of parturients had at least one prenatal examination, half of the parturient knew at least one obstetrical danger signal and very few parturients knew one or two abnormalities minors.

This suggests that women are under recognized as red flags for obstetric complications and minor pregnancy abnormalities.

H. Kebs (2014), Bangladesh A study to determine the effect of ginger on nausea and vomiting of pregnancy in Isfahan. This is a singlblind clinical trial study. Subjects included 67 pregnant women complaining of nausea and vomiting from Isfahan City Hospital. The participants were randomly divided into two groups, an experimental group and a control group.

The experimental group received 250 mg ginger capsules for 4 days, while the control group received the

same prescription of a placebo. Ginger showed a higher rate of improvement than placebo users (85% vs 56%: P < 0.01). The results showed that ginger is an effective herb to reduce nausea and vomiting during pregnancy.

RELATED TO MINOR ALIMENTS OF PREGNANCY

Koken G. (2014) A study of the relationship between nausea and vomiting in early pregnancy and anxiety and depression. 230 women were examined using the Rhode system. Comparing these scores and demographic data, P < 0.05 was considered significant. Significant correlations were found between Rhode scores and anxiety (r = 0.388, P < 0.001) and depression (r = 0.351, P < 0.001) scores. Gestational age was negatively correlated with anxiety scores (P = 0.019).

There were no significant correlations between demographic data and anxiety/depression scores or Rhodes scores.

The results suggest an association between anxiety and depression in the first trimester and the severity of pregnancy nausea and vomiting.

RELATED TO KNOWLEDGE REGARDING PREVENTION OF MINOR ALIMENTS OF PREGNANCY

Jeffery D, Aahley H (2013) Jeffery D, Aahley H A randomized, doubleblind, controlled study of nausea and vomiting of pregnancy conducted at Naval Hospital Jacksonville, Florida in July 2003. The results were showed that 33 women with hyperemesis gravidarum treated with oral methylprednisolone had recurrent vomiting, while women treated with oral promethazine had five relapses. The study authors suggest that methylprednisolone at a dose of 16 mg three times a day followed by a 2week taper is an attractive option for women with refractory hyperemesis gravidarum.

Colli J (2012) A German study on gastroesophageal reflux disease and its management in late pregnancy. A prospective study of 135 consecutive pregnant women in the third trimester was investigated. The results showed that the prevalence of GERD in this unselected population was 56.3%. Among these symptoms, reflux was the most frequent with 47 cases.3%, with heartburn considered the most severe symptom. Gastroesophageal reflux had a significant impact on the quality of life of pregnant women (P<0.001). 22.9% of patients with gastroesophageal reflux require drug treatment.

Cronin CG, (2011) The purpose of this study was to analyze the incidence of constipation in 41 normal pregnant women from the Obstetrics and Gynecology Clinic of San Casa de São Paulo Hospital. Using a method, patients fill out a questionnaire that includes questions about stool frequency, personal habits, symptoms, and any other relevant conditions before and after pregnancy. The results showed an overall prevalence of constipation of 27.6%, excluding subjects with a history.

Priti (2010) This research is advocated to find an appropriate alternative to treat this disease. Sample and Methods of 401 pregnant women in the second trimester of pregnancy who attended the antenatal clinic at ImamKhomeini Hospital between July and December 2002, 217 reported leg cramps of varying severity and frequency. According to the study, patients receiving B vitamins showed significant improvement, with71% complete relief from leg cramps and 19% relative relief, compared to 9% complete remission in the control group 29% in the magnesium and 52% calcium groups. (p<0.0001).

S.MSadikot,(2009)Conducted a study of pica behavior among pregnant women in Narrobi to determine the characteristics of women reporting descriptive studies of pica involving the use of questionnaires conducted in the form of interviews. The results of the study showed that the prevalence of pica in the subjects was very high; therefore, it is necessary to carry out regular screening of pica in pregnant women during antenatal visits.

III. RESEARCH METHODOLOGY

The researchers concluded that a quantitative experimental research approach was appropriate for evaluating the effectiveness of a structured teaching program for the prevention of minor ailments in primiparous women.

In view of the nature of the problem under study and to accomplish the objectives of the study, one group pre-test post – test design with pre experimental approach was used to evaluate the effectiveness of STP.

The formula used:

Pre – test (X) Treatment STP post test (Y)

=Effectiveness (Y -X)

Sampling technique:

Simple randomization sampling technique was followed for the present study.

IV.DATA ANALYSIS PLAN

The data collected will be analyzed using descriptive and inferential statistical methods such as the mean, standard deviation and range will be used to describe the pretest knowledge of primiparous women. Additionally, a set of pretest (X) and posttest (Y) models will be used to assess the effectiveness (YX) of the instructional program and analyzed using paired 't' tests. The data will be presented in the form of tables, graphs and diagrams.

VI. RESULTS

1. Frequency and percentage distribution of primigravidae women according to their level of knowledge in pre-test.

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2. Frequency and percentage distribution of primigravidae women level of knowledge in post test.

Frequency and percentage distributions of primiparous after testing knowledge scores. Most of the 48 (80%) had sufficient knowledge of secondary factors in pregnancy after administering the structured education program, and 12 of them (20%) had moderate knowledge of secondary factors in pregnancy.

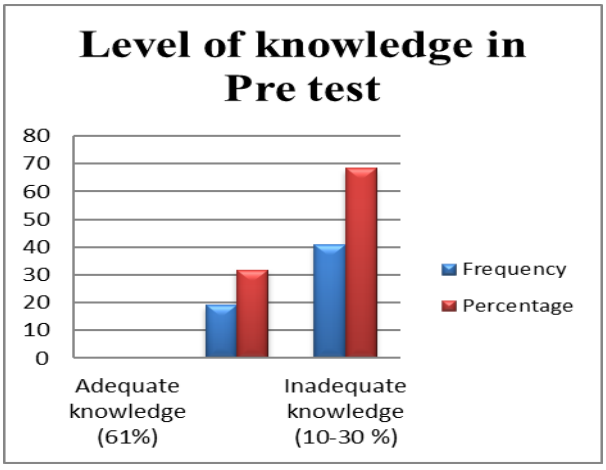

Fig-2.1: Bar Diagram Showing Percentage distribution of primigravida women level of knowledge in Pre-test.

n=60Table 2.1: Frequency and percentage distribution of primigravida women according to their level of knowledge in pre-test.

Level of knowledge in Pre test	frequency	Percentage
Adequate knowledge (61%) Moderate knowledge (31-60%) Inadequate knowledge (10-30 %)	0 19 41	0% 31.66% 68.33%

Fig-2.2: Percentage distribution of primigravida women levels of knowledge in post test.

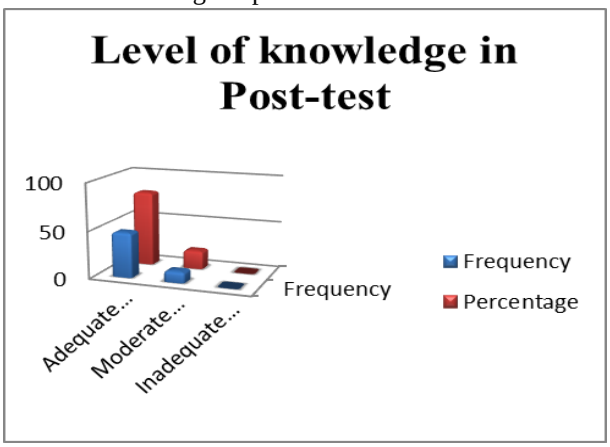

Table2.2: Frequency and percentage distribution of primigravida women level of knowledge in post test. n=60

Level of knowledge in post test	frequency	%
Adequate knowledge (> 75 %) Moderate knowledge (50-75%) Inadequate knowledge (<50 %)	48 12 0	80% 20% 0%

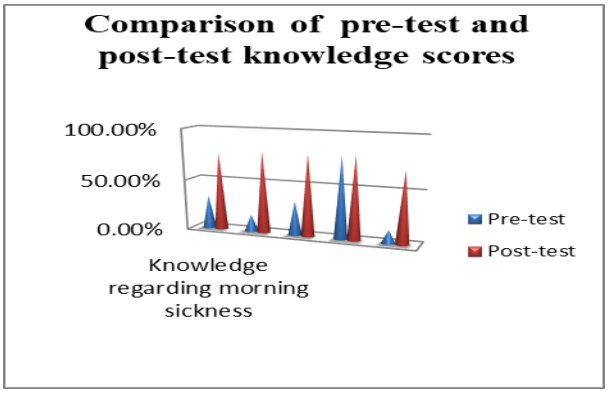

Fig 3.1: Bar Diagram showing comparison of primigravida women pre-test and post-test knowledge scores.

Table 3.1: Comparison of primigravida women pre test and post test knowledge scores regarding minor aliments in pregnancy.

n=60

No	Knowledge variable	Maximum score	Pre test		Post test		Mean%		Paired t value
			Mean	SD	Mean	SD	Pre-test	Post-test	
I	Knowledge regarding morning sickness	08	0.6	1.01	4.21	0.90	32.66%	76.71%	22.66*
II	Knowledge regarding pica	07	0.90	1.17	7.26	1.07	16.66%	79.66%	23.33*
III	Knowledge regarding vomiting	07	0.90	1.17	7.26	1.07	33.33%	79.66%	23.33*
IV	Knowledge regarding micturition	03	0.1	0.50	1.65	0.45	79.66%	80.71%	24.66*
V	Knowledge regarding Heartburn & Constipation	05	0.16	0.53	2.05	6.83	12.85%	69.53%	20.52*
	Overall	30	9.6	4.27	23.36	4.79	28.33%	81.22%	25.41*

* Significant at 5 % (P<0.05) level.

VII. DISCUSSION

This indicates a comparison of pretest and posttest knowledge scores on malnutrition in pregnancy. The average percent knowledge of morning sickness in the pretest was 32.66% and the posttest after the implementation of structured instruction was 76.71%, with a paired t value of 22.66. The average percentage of pica knowledge was 16.66% in the pretest and 79.66% in the posttest, with a paired t value of 23.33. The mean percentage on the pretest knowledge of vomiting was 33.33%, 79.66% after the test, with a paired t value of 23.33. The average knowledge percentage of urination was 79.66% and the posttest was 80 points.71%, with a paired t value of 24.66 Awareness of heartburn and constipation was 12.85%, posttest 69.53%, with a paired t value of 20.52. The mean percentage of the population was 28.33% in the pretest and 81.22% in the posttest, with a paired t value of 25.41 (t22.41=(P<0.05) This shows that the structured teaching program is effective.

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