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### RESEARCH ARTICLE

**“A study to assess the effectiveness of Planned Teaching Programme (PTP) on the knowledge regarding management of pre-eclampsia among antenatal mothers attending antenatal clinic in selected hospitals of Faridkot, Punjab”.**

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#### Abstract

Pre-eclampsia is a common complication of pregnancy. Appropriate awareness regarding the management of pre-eclampsia during the antenatal period in the belief that helps to prevent eclamptic fits and subsequent poor outcomes for mother and infant and making mothers aware of the type of symptoms associated with pre-eclampsia.

This study was conducted to assess the effectiveness of planned teaching programme regarding management of pre-eclampsia among antenatal mothers attending antenatal clinic in selected hospitals of Faridkot, Punjab.

Quantitative Evaluative research approach and a single group pretest and posttest research design were adopted. The sample size was 30 antenatal mothers selected by using non probability convenient sampling technique from selected hospitals of Faridkot, Punjab. Data was collected by using structured interview schedule. Pretest was conducted to assess the knowledge on antenatal mothers followed by administration of Planned Teaching Programme. After 7days post-test was conducted using same questionnaire. The study finding revealed that after the administration of planned teaching programme posttest mean value  $\pm$ SD i.e.  $20.4 \pm 5.30$  was higher than the pretest mean value  $\pm$ SD i.e.  $10 \pm 3.35$ . At 0.05 level of significant the calculated t- value i.e. 9.12 was more than the tabulated value i.e. 2.05. Hence there was statistically significant difference between pretest and posttest knowledge scores and the hypothesis was accepted.

There was no statistically significant ( $p > 0.05$ ) association between posttest knowledge scores and socio-demographic variables.

The study concluded that planned teaching programme was found to be effective in improving the knowledge of antenatal mothers regarding management of pre-eclampsia.

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**Introduction:-**

*“Maternal death is an avoidable tragedy: we can prevent it.”*

(White Ribbon Alliance, 1999)

Pregnancy is a long and very special journey for a woman. It can be a thrilling and wonderful part of a woman's life. Mothers enter pregnancy with the expectation that their pregnancy and delivery will not be associated with any complicating condition, only gives happiness.<sup>1</sup>

Antenatal period is an important period for systematic supervision of a woman during pregnancy and identify threat to mother and unborn baby.

PIH is the commonest high risk pregnancy from all above mentioned high risk cases which will complicate the pregnancy and childbirth.<sup>2</sup>

**Need of the study –**

Health maintenance is an important aspect of prenatal care. Participation of the mother in the care ensures the prompt reporting of the possible problems. Prenatal care is one of the models of primary and secondary prevention of disease. The developed countries have reduced maternal mortality not only by medical improvements, but also due to advanced general health, education and social position of the women.<sup>3,4</sup>

An epidemiological study conducted by Kamala and Dhall MD in, Nehru Hospital, PGI, Chandigarh, India, on 1107 of Pre-eclampsia and Eclampsia reveals that the incidence of Pre-eclampsia and Eclampsia was found to be 10.2 and 0.6%, respectively, of all hospital deliveries<sup>7</sup>.

Agarwal S (2001) conducted a retrospective study on analysis of eclampsia cases at P.U.N.M medical college and hospital, Raipur. The findings showed that 92% of the eclampsia cases were unbooked; among these 78% were primigravidae and 80% belonged to low socio-economic status.<sup>8</sup>

**Research statement:-**

“A study to assess the effectiveness of Planned Teaching Programme (PTP) on the knowledge regarding management of pre-eclampsia among antenatal mothers attending antenatal clinic in selected hospitals of Faridkot, Punjab”.

**Objective of the study:-**

The study is intended “to assess the effectiveness of planned teaching programme on the knowledge regarding management of pre-eclampsia among antenatal mothers attending antenatal clinic”.

**Hypotheses:-**

**H<sub>1A</sub>:** There will be a significant increase in posttest mean knowledge score compared to pretest mean knowledge score among antenatal mothers regarding management of pre-eclampsia.

**H<sub>1B</sub>:** There will be a significant association of posttest knowledge score among antenatal mothers with selected socio demographic variables.

**Conceptual framework:-**

The conceptual framework of this study is based on Context, Input, Process and Product (CIPP) model on evaluation developed by Daniel L. Stufflebeam (2003).

**Review of the literature:-**

A review of literature involves systematic identification, location and summary of written material that contain information on a research problem.

**In present study researcher review the literature on following**

- Review related to pre-eclampsia (incidence, causes and risk factors, sign and symptoms, types, diagnostic evaluation and complications)
- Review of literature related to management of pre-eclampsia
- Review related to effectiveness of planned teaching program

**Research methodology:-**

In the present study researcher adopted Quantitative Evaluative Approach, Pre experimental single group pretest posttest design.

**Research Setting:-**

Selected Hospitals of Faridkot, Punjab

**Target Population:-**

Antenatal mothers who are attending antenatal clinic in selected hospital's of Faridkot, Punjab.

**Sample and Sample Size:-**

Antenatal mothers who are in 2<sup>nd</sup> or 3<sup>rd</sup> trimester and are in age group of 18-35 years and sample consist of 30 antenatal mothers.

**Sampling technique:-**

Non probability convenient sampling technique was used to select the sample of the present study.

**Selection and development of research tool:-**

There were two research tools evolved:-

- Teaching Tool: Planned Teaching Programme
- Knowledge Assessment: Structured Questionnaire

**Data collection procedure:-**

The data was collected during the month of December-January 2015 from the antenatal mothers from the hospitals of Faridkot, Punjab. Data was collected during the morning, afternoon and evening time according to the availability of study subjects.

**Ethical considerations-**

Informed written consents were obtained from the study subjects before enrolling them in the present study.

**Data analysis and interpretation:-**

Table -1 Frequency and percentage distribution of selected socio-demographic variables of antenatal mothers.

N=30

S/N	Socio demographic Variables	Frequency	Percentage Distribution
1.	<b>Age (in years):</b> a) 18-20 b) 21-25 c) 26-30 d) 31-35	03 09 11 07	10% 30% 36.6% 23.4%
2.	<b>Age at marriage (in years):</b> a) 18-20 b) 21-23 c) 24-26 d) More than 27 years	12 16 02 00	40% 53.3% 6.7% 00%
3.	<b>Religion :</b> a) Hindu b) Sikh c) Muslim d) Christian	06 24 00 00	20% 80% 00% 00%

4.	<b>Educational Status:</b> a) Illiterate b) Middle c) Senior Secondary d) Graduation e) More than graduation	00 04 12 11 03	00% 13.3% 40% 36.7% 10%
5.	<b>Occupation :</b> a) House Wife b) Business c) Private job d) Government job	22 00 03 05	73.3% 00% 10 % 16.7%
6.	<b>Type of family:</b> a) Nuclear family b) Joint family c) Extended family	15 15 00	50% 50% 00%
7.	<b>Food habits:</b> a) Vegetarian b) Non- vegetarian	18 12	60% 40%
8.	<b>Family income per month :</b> a) < 5000 Rs. b) 5001- 10000 c) 10001- 15000 d) > 15000	01 05 02 22	3.33% 16.7% 6.7% 73.3%
9.	<b>Trimester of Pregnancy:</b> a) 1 <sup>st</sup> b) 2 <sup>nd</sup> c) 3 <sup>rd</sup>	00 19 11	00% 63.3% 36.7%
10.	<b>Gravida of the mother :</b> a) Primigravida b) Multigravida	14 16	46.7% 53.3%
11.	<b>Period of gestation (in weeks):</b> a) 20- 25 b) 26-31 c) 32-37 d) > 37	07 13 08 02	23.3% 43.3% 26.7% 6.7%

Table-2 Frequency and percentage distribution of subjects according to their pretest and posttest level of knowledge score regarding management of pre-eclampsia.

N=30

Level of knowledge score	Range	Pretest		Posttest	
		N	percentage	N	Percentage
Very poor	0-7	09	30%	00	00%
Poor	8-14	20	66.67%	06	20%
Average	15-21	01	3.33%	09	30%
Good	22-28	00	00%	13	43.33%
Excellent	29-34	00	00%	02	6.67%

Minimum Score: - 0

Maximum Score: - 34

**Table-3 Comparison of mean Pretest and Posttest knowledge score regarding management of pre-eclampsia.**

N	Pretest		Posttest		t- value	df	Table value	p value
	Mean	S.D	Mean	S.D				
30	10 ± 3.35		20.4 ± 5.30		9.12*	29	2.05	P< 0.05

**\*Highly significant****Table -4 Association of posttest mean knowledge scores among antenatal mothers regarding management of pre-eclampsia with their socio demographic variables**

S/N	Socio- demographic variables	Level of knowledge Score					Chi-square	df	p value
		V. Poor	Poor	Average	Good	Excellent			
1	Age in Year								
	a) 18-20	00	01	01	01	00	3.20 (NS)	9	16.92
	b) 21-25	00	02	03	04	00			
	c) 26-30	00	02	04	04	01			
	d) 31-35	00	01	01	04	01			
2	Age at Marriage (in years)								
	a) 18 – 20	00	02	03	07	00	9.287 (NS)	6	12.59
	b) 21-23	00	04	06	05	01			
	c) 24-26	00	00	00	01	01			
	d) >27	00	00	00	00	00			
3	Religion								
	a) Hindu	00	01	02	03	00	0.667 (NS)	3	7.82
	b) Sikh	00	05	07	10	02			
	c) Christian	00	00	00	00	00			
	d) Muslim	00	00	00	00	00			
4	Education								
	a) Illiterate	00	00	00	00	00	19.421 (S)	9	16.92
	b) Middle	00	01	03	00	00			
	c) Senior Secondary	00	05	04	03	00			
	d) Graduate	00	00	02	08	01			
	e) Post Graduate	00	00	00	02	01			
5	Occupation								
	a) House wife	00	06	07	09	00	12.803 (S)	6	12.59
	b) Own business	00	00	00	00	00			
	c) Private job	00	00	01	02	00			
	d) Government job	00	00	01	02	02			
6	Type of Family								
	a) Nuclear	00	01	05	08	01	3.470 NS	3	7.82
	b) Joint	00	05	04	05	01			
	c) Extended	00	00	00	00	00			
7	Food Habits								
	a) Vegetarian	00	05	06	06	01	2.650 NS	3	7.82
	b) Non- Vegetarian	00	01	03	07	01			
8	Family income per month								
	a) <5000	00	00	00	01	00	10.079 NS	9	16.92
	b) 5001-10000	00	00	04	01	00			

	c) 10001-15000	00	00	01	01	00			
	d) >15000	00	06	04	10	02			
9	<b>Trimester of pregnancy</b>								
	a) 1 <sup>st</sup>	00	00	00	00	00	1.734	3	7.82
	b) 2 <sup>nd</sup>	00	04	06	07	02	NS		
	c) 3 <sup>rd</sup>	00	02	03	06	00			
10	<b>Gravida of the mother</b>								
	a) Primigravidae	00	02	05	06	01	0.725	3	7.82
	b) Multigravidae	00	04	04	07	01	NS		
11	<b>Period of gestation (in weeks)</b>								
	a) 20-25	00	01	04	02	00	7.872	9	16.92
	b) 26-31	00	03	03	05	02	NS		
	c) 32-37	00	02	02	04	00			
	d) >37	00	00	00	02	00			

### Discussion:-

Analysis findings showed that there was statistically highly significant ( $p < 0.05$ ) enhancement in the subjects' posttest knowledge scores (20.4) as compared to their pretest knowledge scores (10) on management of pre-eclampsia. These results are supported by the findings of a similar study conducted earlier by **Kumari SK (1996)** assess the effectiveness of planned teaching programme (PTP) on pregnancy induced hypertension in primigravida in one of the hospitals in Mangalore. The findings showed that  $t = 20.34$  ( $p < 0.01$ ) which depicts enhancement in knowledge after administration of PTP.<sup>7,10</sup>

Analysis findings depicted that the posttest knowledge scores of the study subjects and selected socio-demographic variables was found to be statistically insignificant ( $p > 0.05$ ). These findings are not supported by any of the previously conducted studies on management of pre-eclampsia.

But the posttest knowledge scores of the study subjects were statistically significantly ( $p < 0.05$ ) associated with their education (19.42) and occupation (12.80) only. These findings are supported by the findings of the similar study conducted earlier by **Namitha Jose et al., (2010)** assess the knowledge regarding pre-eclampsia and its self care measures among antenatal women attending outpatient department of KLES Dr. Prabhakar Kore Hospital, Belgaum. The study findings showed that occupation (27.90) and education (29.4) were statistically significantly ( $p < 0.05$ ) associated with their posttest knowledge scores.<sup>4,7,10</sup>

### Conclusion:-

It is concluded that baseline knowledge of antenatal mothers regarding management of pre-eclampsia was inadequate. In pretest it was found that few of them have not even heard about management of pre-eclampsia and those who were having knowledge it was inadequate. After planned teaching programme the concept of management regarding pre-eclampsia was very much clear to them as indicated by significant increase in posttest knowledge scores.

The educational programme highlighting the knowledge needed regarding management of pre-eclampsia to antenatal mothers. The gain in knowledge of antenatal mothers regarding management of pre-eclampsia can be helpful to minimize the occurrence of pre-eclampsia and to some extent decrease in the maternal and neonatal mortality and morbidity rate.

### Conflict of interest:-

There are no conflicts of interest.

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