

# Effectiveness of Planned Teaching Programme on Danger Signs in Pregnancy of Antenatal Mothers in Terms of Knowledge in Kamla Nehru Mother and Child Hospital: A Quasi Experimental Study

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**Abstract:** A study to evaluate the effectiveness of planned teaching programme on danger signs in pregnancy of antenatal mothers in terms of knowledge in selected hospital of Shimla. Research approach adopted for the study was quasi-experimental approach with pre-test post-test design. The sample consists of the 20 antenatal mothers. The tools used for the study were structured knowledge interview schedule. The internal consistency method by using Kuder Richardson-20 was used to establish reliability of Structured Knowledge interview schedule. The final study was conducted at Kamla Nehru Mother and Child Hospital after obtaining formal administrative approval. The data obtained were organized and analysed using both descriptive and inferential statistics according to objectives and hypothesis of the study. The findings of the study revealed that, the mean post-test knowledge scores were higher than their mean pre-test knowledge scores. The planned teaching programme on danger signs of pregnancy of antenatal mothers was found to be effective in enhancing the knowledge of antenatal mothers.

**Keywords:** Planned teaching programme, Knowledge, danger signs during pregnancy, and antenatal mothers

## 1. Introduction

In a woman's life, pregnancy is regarded as a normal phenomenon. However, around 40% of pregnancies are said to be high risk, which could lead to adverse maternal and fetal outcomes. Every woman needs to be aware of the danger signs that occur during pregnancy, as complications can be unpredictable. These danger signs include vaginal bleeding, severe headache, vision problems, high fever, swollen hands/face, and reduced fetal movement. These danger signs usually indicate the presence of an obstetric complication that may arise during pregnancy, delivery or post delivery. The World Health Organization has reported that almost 830 women die daily as a result of complications during antenatal period and childbirth.

Knowledge of these danger signs will help women to make the right decisions and take appropriate healthcare seeking actions. If women and their families recognize these obstetric danger signs and seek timely health care, maternal morbidity and mortality may be significantly reduced.

In India about 20-30% pregnancies belong to high risk category, which is responsible for 75% of perinatal morbidity and mortality. Early detection and effective management of high risk pregnancy can contribute substantially in reduction of maternal and fetal adverse outcomes.(NHP,2019)

A longitudinal study on high risk pregnancy and its outcome among antenatal women attending rural primary health centre in Puducherry, South India was conducted by Marie Gilbert Majella, et al during March 2018 among 569 antenatal women who have attended rural health center of tertiary care institute. Study has shown that the significant modifiable factor to improve the knowledge about danger

signs is exposure to formal awareness raising health counseling classes. Structured mandatory health awareness sessions addressing the danger signs of pregnancy and child health to all pregnant women are mandatory.

## Objectives

The objectives of the study were to (1) develop a teaching programme on danger signs of pregnancy for antenatal mothers. (2) assess and evaluate the knowledge of antenatal mothers regarding danger signs of pregnancy before and after administration of planned teaching programme

## Operational definitions

- a) **Evaluate:** It refers to the extent to which planned teaching programme on danger signs of pregnancy has achieved the desirable outcomes in terms of gain in knowledge
- b) **Effectiveness:** It denotes enhancement of knowledge on danger signs of pregnancy after administration of planned teaching programme.
- c) **Planned Teaching Programme:** It refers to systemic well organized instructions designed to enhance the knowledge of antenatal mothers on danger signs of pregnancy. It consists of planned teaching programme, flash cards and powerpoint presentation on the danger signs during pregnancy.
- d) **Knowledge:** It refers to the ability of antenatal mothers to respond to the knowledge items will be given in knowledge interview schedule before and after administration of planned teaching programme on danger signs during pregnancy as evident from knowledge scores of structured knowledge interview schedule interpreted as poor (0-6), fair (7-12) and good (13-20) knowledge level.

- e) **Danger Signs During Pregnancy:** Danger signs during pregnancy is defined as signs which requires immediate hospital care. This includes bleeding per vagina, premature rupture of membrane, convulsions, swelling of leg, headache during pregnancy, reduced fetal movements, anemia and fever.
- f) **Antenatal Mothers:** It refers to pregnant women between 24-39 weeks of gestation were attending selected hospitals for antenatal care.

## 2. Methodology

Research approach adopted for the study was quasi-experimental approach with pre-test post-test design. The population comprises of antenatal mothers (24-39 Weeks POG) of selected hospital of Shimla. The sample consists of the 20 antenatal mothers (24-39 Weeks POG) of Kamla Nehru mother and child hospital and fulfilling the criteria were selected by purposive sampling technique by conveniently assigning to the experimental and control group. The independent variable in the study was Planned teaching programme on danger signs during pregnancy and dependent variable were knowledge scores of the antenatal mothers. The tools used for the study were structured knowledge interview schedule. The tool was validated and found to be valid. The internal consistency method by using Kuder Richardson-20 was used to compute the reliability of the structured knowledge interview schedule (0.82). The study was conducted at Kamla Nehru Mother and Child Hospital, Shimla after obtaining formal administrative approval. The sample consisted of 20 antenatal mothers. The data obtained were organized and analysed using both descriptive and inferential statistics according to objectives and hypothesis of the study.

## 3. Results

The findings of the study revealed that, the mean post-test knowledge (14.2) were higher than their mean pre-test knowledge (6.3). The Planned teaching programme on danger signs during pregnancy was found to be effective in enhancing the knowledge of antenatal mothers.

**Conclusion: On the basis of the finding conclusions were drawn-**

- 1) The present study identified deficit knowledge on danger signs during pregnancy among antenatal mothers.
- 2) Education was necessary for improving the knowledge of the antenatal mothers.
- 3) The Planned teaching programme was effective in improving the knowledge of antenatal mothers on danger signs during pregnancy.

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