

# A Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge and Compliance Regarding Daily Fetal Movement Count among Antenatal Mothers in Selected Hospital

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**Abstract:** *The aim of the study was to assess effectiveness of structured teaching programme on practice about self assessment of fetal well-being among primigravida women. The Design of the study was a quasi-experimental design. The studied participants comprised all eligible pregnant women according to inclusion criteria amounting to 140 of women. Tools of this study included socio-demographic characteristics, fetal kick count chart, antenatal grow chart using fundal height, anthropometric measurements and gestational weight chart. There was a highly statistically significant difference between the mean score of total practice among the studied participants at the pre-test and the post-test intervention. It was concluded that, there was a higher statistical improvement in the maternal' practices about self-assessment of fetal well-being after using fetal kick count chart, antenatal grow chart after measuring symphysiofundal height and gestational weight gain chart than before. It is recommended that encouraging the use of fetal kick count chart, antenatal grow chart and gestational weight chart to self-assess fetal wellbeing as it is safe and less expensive for pregnant women.*

**Keywords:** fetal well-being, primigravida education, maternal self-assessment, antenatal monitoring, kick count chart

## 1. Introduction

Pregnancy is considered as a very precious event in every woman's life. It is filled with happiness, joy and surprises. Every parent hopes for a healthy baby, but may sometimes become sorrowful when danger sets in either to the mother or to the fetus. Pregnancy links mother and fetus together and is the basis for regeneration and generation.

Pregnancy is divided into three trimesters, each lasting for approximately 3 months. The first trimester includes conception, which is when the sperm fertilizes the egg. The fertilized egg then travels down the fallopian tube and attaches to the inside of the uterus, where it begins to form the embryo and placenta. During the first trimester, the possibility of miscarriage (natural death of embryo or fetus) is at its highest. Around the middle of the second trimester, movement of the fetus may be felt. At 28 weeks, more than 90% of babies can survive outside of the uterus if provided with high-quality medical care.

## Statement of the Problem

A study to assess the effectiveness of structured teaching programme on knowledge and compliance regarding Daily Fetal Movement Count among antenatal mothers in selected hospital

## Objectives

- 1) To assess the knowledge regarding Daily Fetal Movement Count among antenatal mothers in a selected hospital.
- 2) To assess the compliance regarding Daily Fetal Movement Count among antenatal mothers in a selected hospital.

- 3) To assess the effectiveness of structured teaching programme on knowledge regarding Daily Fetal Movement Count among antenatal mothers in a selected hospital.
- 4) To assess the effectiveness of structured teaching programme on compliance regarding Daily Fetal Movement Count among antenatal mothers in a selected hospital.
- 5) To find the association between pretest knowledge regarding Daily Fetal Movement Count among antenatal mothers and demographic variables such as age, education, occupation, parity, type of family, income, available social support system, source of information regarding DFMC and gestational age.
- 6) To find the association between pretest compliance to Daily Fetal Movement Count among antenatal mothers and demographic variables such as age, education, occupation, parity, type of family, income, available social support system, source of information regarding DFMC and gestational age.

## Hypothesis

NH1: There is no significant difference between pre test and post test Knowledge scores on daily fetal movement count among antenatal mothers.

NH2: There is no significant association between the post test knowledge score with selected demographic variables among antenatal mothers.

## Research Methodology

Structured knowledge questionnaire was administered to collect the data from Antenatal mothers. The questionnaire

consists of 30 items related to knowledge and compliance regarding Daily Fetal Movement Count. Pre-test was administered to the participants using structured knowledge questionnaire. After pre test researcher conducted structured teaching programme on knowledge and compliance regarding Daily Fetal Movement Count. After 7 days of intervention the investigator administered the post- test to assess the level of knowledge and compliance regarding daily fetal movement count using the same structured knowledge questionnaire. The data collected were analysed using frequency percentage, paired t- test and Fishers exact test

## 2. Final Result

Frequency and Percentage Distribution of Knowledge Scores among Antenatal Mothers

Level of Knowledge	Pretest		Posttest	
	Frequency	Percentage	Frequency	Percentage
Poor	0	0	0	0
Average	17	56.67	0	0
Good	10	33.33	1	3.33
Excellent	3	10	29	96.67

Frequency and Percentage Wise Distribution of Compliance Scores among Antenatal Mothers

Level of Compliance	Pretest		Posttest	
	Frequency	Percentage	Frequency	Percentage
Low	9	30	0	0
Moderate	19	63.66	2	6.67
High	2	6.67	28	93.33

In the pre-test the data analysed showed that, level of knowledge highest percentage 56% of antenatal mothers were inadequate knowledge, 33.33% of antenatal mothers were moderately adequate knowledge and 10% of antenatal mothers were adequate knowledge. Over all the pre-test mean score was with the standard deviation of 16.1%. The results indicate the necessity for imparting structure teaching programme.

The post-test level of knowledge highest percentage 99.3% of antenatal mothers were adequate knowledge, 6.67% of antenatal mothers were moderately adequate knowledge and 0% of antenatal mothers were inadequate knowledge. Hence there is improvement of knowledge regarding assessment of daily fetal movement count.

Compare the pre-test and post-test level of knowledge regarding Daily Fetal Movement Count among antenatal mother in experimental group. The pre-test mean value is 32.2 and the standard deviation is 16.1. Post-test mean value is 82.6 and standard deviation is 6.3. The paired "t" value is 38.8 which is statistically significant at  $p < 0.001$ . Hence the structured teaching programme is found to be more effective regarding assessment on daily fetal movement count.

## 3. Conclusion

This chapter has clearly shown that the educational intervention package is an effective strategy in improving

the knowledge of mothers regarding assessment on daily fetal movement count. This chapter has brought out the various implications of this study and has also provided suggestion for future studies. So, there was no significant difference in pretest knowledge score between experimental and control group. This result indicated that the structured teaching programme regarding DFMC was effective in improving the knowledge regarding DFMC among antenatal mothers

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