

# “To Prepare and Test Effectiveness of Video Assisted Teaching Programme on Knowledge Regarding Postnatal Care” (Pilot Phase)

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**Abstract:** *Pregnancy and delivery are the normal physiological process and the outcomes of the most pregnancies are good. The postnatal period or puerperium is an adjustment after pregnancy. Mothers and their newborns are vulnerable during the postnatal period, especially during the first 24 hours following the birth. More than 2/3rd of newborn deaths will have occurred by the end of first week after delivery. 61% of maternal death takes places during labour, delivery or the immediate post-partum period. Integrated maternal and newborn postnatal care during the first few days after delivery should be provided to all the mother and newborn as a concerted strategy to improve survival of both. Purpose: To prepare and test effectiveness of video assisted teaching programme on knowledge regarding postnatal care. Objectives: To assess the effectiveness of video assisted teaching programme on knowledge regarding postnatal care. Material and methods: This was a quantitative quasi experimental pilot study with non equivalence control group design. Non probability convenience sampling technique was used for the selection of sample. 20 samples for experimental group and 20 samples for control group from two different settings. During 15<sup>th</sup> December 2015 to 29<sup>th</sup> February 2016 collected data. Tool was developed in two parts, first was demographic data of the mother, second part includes semi structured questionnaire on knowledge regarding post natal care. Result In experimental group, majority of mother 50% of them had 23-27 years of age, 65% of them were Hindu, 50% of them had secondary education, 90% of them were homemakers, 45% of them had monthly family income less than Rs. 10,000, 85% of them had mother as a support person, 50% of them had nuclear family, 80% of them had full term normal delivery with episiotomy. In control group, majority of mother 45% of them had 23-27 years of age, 90% of them were Hindu, 45% of them had secondary education, 80% of them were homemakers, 80% of them had monthly family income Rs. 10001-20000, 75% of them had mother as a support system, 55% of them had nuclear family, 65% of them had full term normal delivery with episiotomy. In pretest, in experimental group, 95% of the primipara mothers had poor knowledge and in control group, 90% of the primipara mothers had poor knowledge regarding postnatal care. On 15<sup>th</sup> day, in experimental group, 70% of them had good knowledge regarding postnatal care. On 45<sup>th</sup> day, in experimental group, 85% of them had good knowledge regarding postnatal care. On 15<sup>th</sup> day, in control group, 80% of them had poor knowledge. On 45<sup>th</sup> day, in control group, 70% of them had poor knowledge. Average knowledge score in pretest was 13.4 which increased to 30.3 on 15<sup>th</sup> day and which is further maintained at 32 on 45<sup>th</sup> day. This shows that there is improvement in the knowledge of mothers in experimental group than control group. Conclusion The study concluded that Video assisted teaching program is proved to be significantly effective in improving the knowledge of postnatal mothers regarding postnatal care.*

**Keywords:** Effectiveness, Video assisted teaching program(VATP), knowledge, postnatal care

## 1. Introduction

The postnatal period is an adjustment after pregnancy. During this time women recover from the stress of pregnancy and delivery. The requirements during this period are the notorious diet, personal hygiene, postnatal exercises, breast feeding, family planning and immunization of the baby. In reality the postpartum period is comprised of an amazing variety of complex physiological and psychological adaptation. The important role of the nurse is to assist the mother to adjust with the postpartum period and also support them to make a new life.<sup>1</sup>

## 2. Review of Literature

A study to assess the effectiveness of video teaching Programme on physical care of newborn among Primigravida mothers admitted in urban health .Maternity centres, Coimbatore, Tamilnadu. Distribution of experimental group according to their level of pre and post test knowledge regarding physical care shows in post test all of them had excellent knowledge. Whereas in pre test it shows 40% of mothers had very poor knowledge and

remaining 60% had poor knowledge on physical care aspects. From the findings it can be concluded that after implementation of video teaching programme the experimental group mothers gained excellent knowledge and completely adoptive practice on physical care aspects whereas control group had very poor knowledge and not adoptive practice in pre and post test scores. There was highly significant difference was found between pre and post test knowledge scores in experimental group when compared to control group it was only significant.<sup>2</sup>

A study conducted to identifying the knowledge of mothers regarding Postnatal visit in Nepal. A descriptive cross sectional study was carried out in 2 neighboring village in 2006. A total of 150 women who had delivered in previous 24 months were ask to participate in the study using a semi structured questionnaire. The study was found that the proportion of women who had a postnatal check up after the delivery was low (34%). Less than one in 5 women received a postnatal health check up within 48 hours after delivery. Women in one village had less access to postnatal care than women in the second village studied. The study concludes

that there is a need to give education and awareness to the mother the need of postnatal care and visit.<sup>3</sup>

### 3. Materials and Methods

This study used the quantitative research approach. A quasi experimental study with non equivalence control group design was considered best suited to the study. This design was used since the study evaluated the effectiveness of video assisted teaching programme on knowledge and practice regarding postnatal care.

**Inclusion criteria** - Primipara mothers who had hospital delivery, who had admitted in Postnatal ward during early postpartum period on day 7, who are willing to participate in study.,

**Exclusion criteria** - Primipara mothers who had IUD ,still birth., who are critically ill.

#### Description of the tool:

**Section I: Demographic profile** Section I dealt with structured questionnaire for base line data of mother. It includes age, religion, education, occupation, monthly income, support person during postnatal care, type of family, mode of delivery.

#### Section II: Assessment of Knowledge questionnaire related to post natal care

Dealt with Assessment of Knowledge questionnaire related to post natal care was selected through the wide use of reference material and consultation with experts in the field. It consists of selected aspects of knowledge of post natal care of mother regarding Rest and sleep, Activity, Postnatal Diet ,Postnatal exercise ,Postnatal hygiene, Minor discomfort during postnatal period and selected aspects of knowledge of newborn care regarding Breastfeeding, Thermoregulation, Cord care, Immunization, Hygienic care. Total 45 items were selected for questionnaire. Every correct answer was given a score of one.

### 4. Results and Analysis

#### Section I: Demographic profile –

In experimental group, majority of mother 50% of them had 23-27 years of age, 65% of them were Hindu, 50% of them had secondary education, 90% of them were homemakers, 45% of them had monthly family income less than Rs. 10000, 85% of them had mother as a support person, 50% of them had nuclear family, 80% of them had full term normal delivery with episiotomy.

In control group, majority of mother 45% of them had 23-27 years of age, 90% of them were Hindu, 45% of them had secondary education, 80% of them were homemakers, 80% of them had monthly family income Rs. 10001-20000,75% of them had mother as a support system,55% of them had nuclear family,65% of them had full term normal delivery with episiotomy.

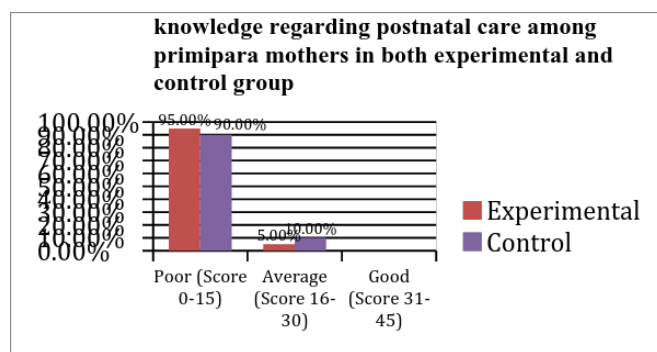
#### Section-II: Findings related to analysis of the data related to the pre assessment the knowledge regarding

#### postnatal care among primipara mothers in both group.

**Table 1:** Pre assessment of knowledge regarding postnatal care among primipara mothers in both experimental and control group, n=20,20

Group	Day	Knowledge		
		Score	Freq	%
Experimental	7 <sup>th</sup> day	Poor(0-15)	19	95%
		Average(16-30)	1	5%
		Good(31-45)	0	0%
Control	7 <sup>th</sup> day	Poor(0-15)	18	90%
		Average(16-30)	2	10%
		Good(31-45)	0	0%

Table 1 shows that in pretest, in experimental group, 95% of the mothers had poor knowledge and 5% of them had average knowledge regarding postnatal care. In pretest, in control group, 90% of the mothers had poor knowledge and 10% of them had average knowledge regarding postnatal care.



**Figure 1:** Pre assessment of knowledge regarding postnatal care among primipara mothers in both group.

#### Section-III: Findings related to analysis of the data related to knowledge regarding postnatal care in both group, after the administration of VATP in experimental group.

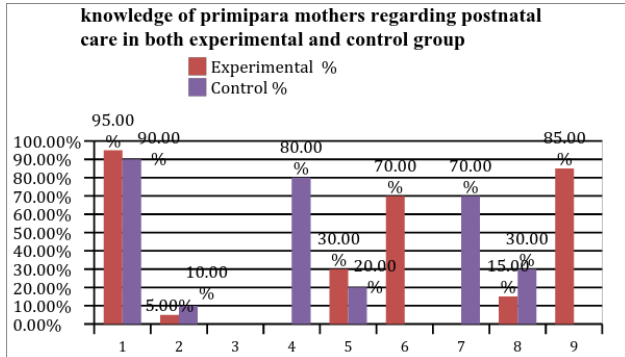
**Table 2:** Knowledge regarding postnatal care among primipara mothers in both group, after the administration of VATP in experimental group, n=20,20

Group	Post Assessment	Knowledge		
		Score	Freq	%
Experimental	15 <sup>th</sup> day	Poor(0-15)	0	0%
		Average(16-30)	6	30%
		Good(31-45)	14	70%
Experimental	45 <sup>th</sup> day	Poor(0-15)	0	0%
		Average(16-30)	3	15%
		Good(31-45)	17	85%
Control	15 <sup>th</sup> day	Poor(0-15)	16	80%
		Average(16-30)	4	20%
		Good(31-45)	0	0%
Control	45 <sup>th</sup> day	Poor(0-15)	14	70%
		Average(16-30)	6	30%
		Good(31-45)	0	0%

On 15th day, in experimental group, 70% of them had good knowledge regarding postnatal care. On 45th day, in experimental group, 85% of them had good knowledge regarding postnatal care. On 15th day, in control group, 80%

of them had poor knowledge On 45th day, in control group, 70% of them had poor knowledge.

**Section-IV: To compare pre and post assessment of knowledge and self-reported practices among primipara mothers regarding postnatal care in both the group, n=20,20**



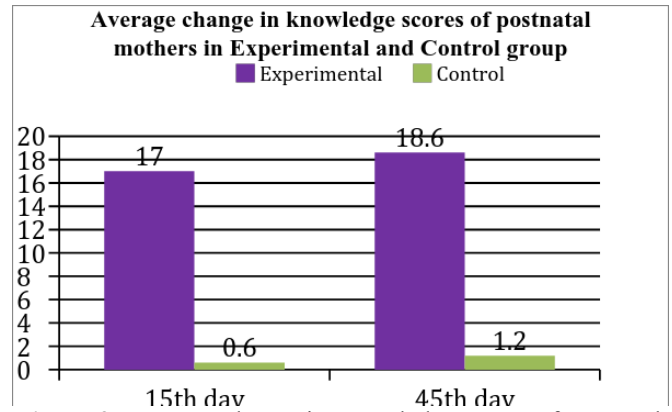
**Figure 2:** Compare pre and post assessment of knowledge among primipara mothers regarding postnatal care in both the group

Figure 2 shows that in pretest, in experimental group, 95% of the mothers had poor knowledge regarding postnatal care. On 15th day, in experimental group, 70% of them had good knowledge regarding postnatal care. On 45th day, in experimental group 85% of them had good knowledge regarding postnatal care. But in pretest, in control group, 90% of the mothers had poor knowledge regarding postnatal care. On 15th day, in control group, 80% of them had poor knowledge regarding postnatal care. On 45th day, in control group, 70% of them had poor knowledge regarding postnatal care. This indicates that the knowledge of postnatal mothers improved remarkably after VATP.

**Table 3:** Two sample t-test for comparison of knowledge of mothers regarding postnatal care in both experimental and control group, n=20,20

Day	Experimental group		Control group		T	df	p-value
	Mean	SD	Mean	SD			
15th day	17.0	4.7	0.6	0.7	6.4	38	0.000
45th day	18.6	4.04	1.2	1.1	6.6	38	0.000

Two sample t-test for comparison of average change in knowledge scores of postnatal mothers regarding postnatal care. T-values for this comparison were 6.4 and 6.6 on day 15 and day 45. Average knowledge gain in experimental group is significantly higher than that in control group. Video assisted teaching program was proved to be significantly effective in improving the knowledge of postnatal mothers regarding postnatal care.



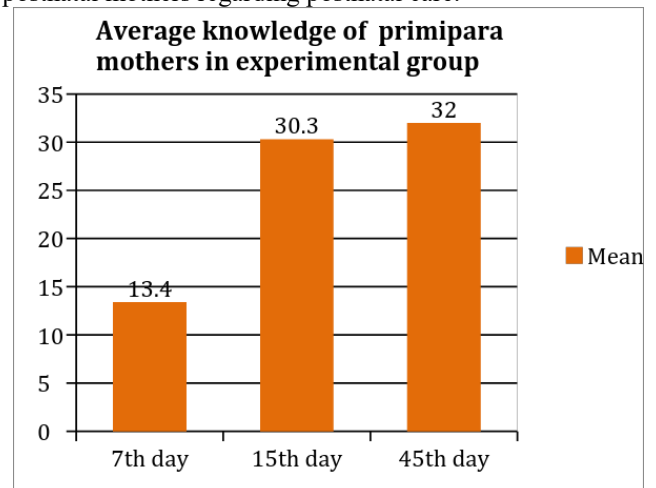
**Figure 3:** Average change in Knowledge scores of postnatal mothers in both group

**Section-V: To determine the effect of video assisted teaching programme on knowledge and practices regarding postnatal care among primipara mothers.**

**Table 4:** Paired t-test for effect of video assisted teaching program on knowledge regarding postnatal care among primipara mothers in experimental group, n=20,20

Day	Mean	SD	T	df	p-value
7th day	13.4	2.0			
15th day	30.3	5.1	6.7	19	0.000
45th day	32	4.7	7.3	19	0.000

**Table 4** shows that paired t-test for checking the effect of video assisted teaching program on knowledge of postnatal mothers regarding postnatal care. Average knowledge score in pretest was 13.4 which increased to 30.3 on 15<sup>th</sup> day and which is further maintained at 32 on 45<sup>th</sup> day. T-values for this comparison were 6.7 and 7.3 on day 15 and day 45 respectively with 19 degrees of freedom. Corresponding p-values were small (less than 0.05), the null hypothesis is rejected. Video assisted teaching program is proved to be significantly effective in improving the knowledge of postnatal mothers regarding postnatal care.



**Figure 4:** Average Knowledge scores of postnatal mothers in Experimental group

## 5. Discussion

Total 40 primipara mothers were assessed using Non probability purposive sampling technique. Pre –test scores of knowledge based on semi structured questionnaire was

taken. Video assisted teaching program was administered on 7<sup>th</sup> day. The study concluded that Video assisted teaching program is proved to be significantly effective in improving the knowledge of postnatal mothers regarding postnatal care. The results of this study cannot be generalized to all mothers, as the size of sample in this study was small.

## 6. Conclusion

In the Indian context, there are many studies carried out on checking the effectiveness of structured teaching programme on different aspect of postnatal care like postnatal diet ,postnatal exercise ,postnatal hygiene ,newborn care ,Breastfeeding but less studies are carried out on prepare and test the effectiveness of Video assisted teaching program on postnatal care including mother and newborn care

## 7. Scope of the Study

Finding suggests that, Video assisted teaching program is proved to be significantly effective in improving the knowledge of postnatal mothers regarding postnatal care. The postnatal period is an adjustment after pregnancy. During this time women recover from the stress of pregnancy and delivery by receiving the knowledge in form of videos.

## 8. Acknowledgement

The Author is thankful to administrative authority of Bharati Vidyapeeth college of Nursing, Bharati Hospital and Research centre and Kamla Nehru Hospital for their cooperation.

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## Author Profile



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