Effectiveness of Information, Education, Communication (IEC) Package on Knowledge of Self-Care Management of Pregnancy Induced Hypertension (PIH) among Antenatal Mothers with PIH Attending Antenatal OPD

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Abstract: *The world is progressing towards the attainment of health for all.PIH is one of the common complications met in pregnancy and contributes significantly to maternal and perinatal morbidity and mortality Aim of the study was to assess the effectiveness of structured teaching programme on knowledge of self care management of Pregnancy Induced Hypertension (PIH) among antenatal mothers with PIH The research approach adopted for the study was True experimental pretest- post test design. The collected data was analyzed using descriptive and inferential statistics. The findings of the study revealedstudy it was concluded that IEC package on self care management of PIH is an effective method to improve the knowledge level of antenatal mothers. Antenatal mothers with PIH need to have constant reinforcement on knowledge of self care management of PIH.*

Keywords: PIH, knowledge, self care management

1. Introduction

Pregnancy is a normal process but it is unique and boon to every woman. The body undergoes enormous functional changes during pregnancy and the functioning is altered in order to nourish the mother, baby and to have normal delivery.

Normal pregnancy is dramatic and often underestimated. The timing and intensity of the changes vary between systems but all are designed to enable the women to nurture the fetus and to prepare her body for labor and lactation

Various complications can develop during the course of a pregnancy and can affect the health and wellbeing of the mother and fetus, as well as the outcome of the pregnancy. With early recognition and today's advanced technology, the incidence of maternal mortality resulting from complication is declining. Common health disorders completing pregnancy are PIH, GDM, cardiac diseases, renal diseases, and jaundice in pregnancy. In these conditions PIH is one of the important complication and demand comprehensive quality care from the health professionals.

2. Problem Statement

An experimental study to assess the effectiveness of Information, Education, Communication (IEC) package on knowledge of self-care management of Pregnancy Induced Hypertension (PIH) among antenatal mothers with PIH attending antenatal OPD of Government hospital at Sriperumbudur, Kanchipuram district

3. Methodology

3.1 Research Design

The research design selected was True experimental pretest-post test design.

3.2 Setting

The study was conducted in the antenatal OPD of Government hospital at Sriperumbudur, Kanchipuram district. This government hospital has 150 beds

3.3 Population

The population for the study includes all the antenatal mothers with PIH (After 20 weeks -32 weeks of gestational age) an on average of 30 antenatal mothers with PIH per week attended antenatal OPD.

3.4 Sample Size

Antenatal mothers with PIH who satisfied the inclusive criteria of the study were selected as samples. (30 for experimental group and 30 for control group)

3.5 Sampling Technique

The investigator collected the list of antenatal mothers from the antenatal OPD who satisfied the inclusive criteria. The simple random technique used to allot the samples to the experimental and control group (lottery method). Colour coding were given to the antenatal mothers as follows,
Ist day pretest – Green colour for Experimental groups – 7 antenatal mothers
(Tuesday) - Rose colour for Control group – 7 antenatal

mothers
IInd day pretest –Yellow colour for Experimental groups – 8 antenatal mothers
(Friday) - White colour for Control group – 8 antenatal mothers
Same was followed for the following weeks and post test was conducted 7 days after intervention of IEC package.

3.5.1 Inclusion Criteria
1) Antenatal mothers with PIH of 20-32 weeks of gestational age.
2) Antenatal mothers with Blood pressure 140 / 90 mm Hg or more
3) Antenatal mothers with PIH who have registered at OPD in Government hospital, Sriperumbudur.
4) Antenatal mothers with PIH who could understand Tamil or English.
5) Antenatal mothers with PIH who are willing to participate in the study.

3.5.2 Exclusion Criteria
1) Instrument Antenatal mothers with complications of PIH.
2) Instrument The tool constructed for this study was structured interview schedules to asses the knowledge on antenatal mothers attending antenatal OPD at Sriperumbudur, Kanchipuram district.
3) The tool was constructed after the extensive review of literature and guidance from medical and nursing experts.
4) The tool comprises of two parts:

Part- A:
Demographic variables like age, religion, education, occupation, income per month, diet pattern, gravida, information regarding PIH, family history of PIH.

Part- B:
Section I - Structured interview used to assess the knowledge on PIH.
Section II - Structured interview used to assess the knowledge on complication of PIH.
Section III - Structured interview used to assess the knowledge on self-care Management of PIH

4. Data Analysis

Descriptive Statistics
Frequency & percentage distribution were used to analyze the demographic data of Antenatal mothers with PIH.

Inferential Statistics
Comparison of data between the two groups of samples, the investigator used inferential statistics by means of paired 't' test and unpaired 't' test.sOne-way ANOVA will be used to find out the association between mean improvement knowledge and selected demographic variables.

5. Results

Table 1: Comparison of pre-test and post-test mean knowledge scores among antenatal mothers with PIH in experimental group, n=30

KNOWLEDGE VARIABLE	PRE TEST		POST TEST		't'VALUE
	Mean	S.D	Mean	S.D	
Knowledge on PIH	3.47	1.00	7.77	1.59	12.53**
Knowledge on Complication of PIH	4.33	1.76	6.80	1.42	5.94**
Knowledge on Self-care management of PIH	3.40	1.22	6.33	1.84	7.22**
Over all	11.20	2.44	20.90	3.63	12.07**

*p<0.05, **p<0.01, ***p<0.001

Table 1 shows The overall mean score of knowledge on PIH in the pre test11.20 and posttest 20.90 with S.D of 2.44 and 3.63, the calculated 't' value of 12.07. That shows the difference in moderately statistical Significance at p<0.01 level.

Table 2: Comparison of pre-test and post-test mean knowledge scores among antenatal mothers with PIH in control group

Knowledge Variables	PRE TEST		POST TEST		't' Value
	Mean	S.D	Mean	S.D	
Knowledge on PIH	2.93	1.11	4.13	2.04	2.81*
Knowledge on Complication of PIH	3.03	1.56	3.27	1.52	0.60
Knowledge on Self care management of PIH	3.30	1.05	3.70	1.29	1.31
Over all	9.27	2.27	11.10	3.11	1.91

*p<0.05, **p<0.01, ***p<0.001

The overall mean score of knowledge on PIH in the pre test was 9.27 and posttest score 11.10 with S.D of 2.27 and 3.11, the calculated 't' value was 1.91. This showed that there was no statistical difference in over all knowledge on PIH.
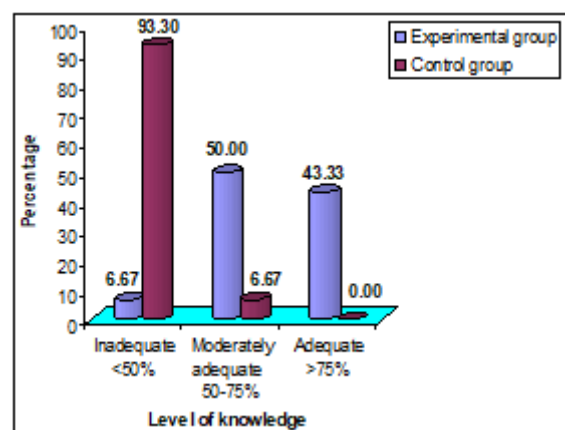

Figure 1: Frequency and Percentage distribution of post test level of overall knowledge scores among Antenatal mothers with PIH in Experimental group and control group.

6. Discussion

Effectiveness of structured teaching programme on knowledge and reported practice of homecare management of elderly diabetic clients.

Findings of the analysis revealed that, the majority 28 (93.33%) had inadequate knowledge, 2 (6.67%) had moderate knowledge and no one had adequate knowledge in Experimental group and All 30 (100%) had inadequate knowledge, where as no one had moderate and adequate knowledge in Control group.

Findings of the analysis revealed that, the majority 15 (50%) had moderate knowledge, 13(43.33%) had adequate knowledge and 2 (6.67%) had inadequate knowledge in Experimental group and the majority 28 (93.33%) had inadequate knowledge, 2 (6.67%) had moderate knowledge where as no one had adequate knowledge in Control group.

The over all improvement mean showed 't' value of 12.07 which was statistically significant at p<0.01. These findings revealed that there was a high significant difference in level of knowledge between the pre test and post test scores in experimental group.

The over all improvement mean showed 't' value of 1.91 which was low significant at p<0.02. These findings revealed that there was a no significant difference in level of knowledge between the pre test and post test scores in control group.

The over all improvement mean showed 't' value of 1.81 which was low significant at p<0.01 level. These findings revealed that there was no significant difference in level of knowledge between the pre test scores in experimental and control group.

The overall improvement mean showed a 't' value of 11.15 which was highly significant at p<0.001level. These findings revealed that there was a highly significant difference in level of knowledge between the post test scores in experimental and control group.

7. Nursing Implication

7.1 Nursing Practice

Nurse midwives working in the hospital, community should practice health education as an integral part of nursing profession. Community midwives can be a resource person for the PIH mothers and they can also educate the primary health workers at gross root level in imparting knowledge to the public.Nurse midwiveshave the responsibility to health educate each antenatal mother's in order to prevent complications.

7.2 Nursing Administration

The Nurse midwives as an administrator must be instrumental in chalking out relevant policies at the state and national level to ensure effective organization of programme and educate public including antenatal mothers with PIH.

The Nurse midwives should make arrangement for optimal resource allocation for implementation of the program and to control maternal and child mortality there by ensuring safe pregnancy outcome.

7.3 Nursing Education

More emphasis should be given for self care management of PIH in the B.Sc nursing curriculum for student nurses. Nurses can be given opportunity to conduct teaching session on self care management of PIH under supervision. A variety of Audio visual aids can be developed and used to make the teaching more effective.

7.4 Nursing Research

The essence of research is to build up a body of knowledge to nursing as it is an evolving profession. The findings of the study can be disseminated to clinical nursing, student nurses through website, literature, journals etc.

The findings of the study help the professional nurses and nursing students to develop inquiry on self care management of PIH. The generalization of the study result can be made by further replication of the study in varies setting, sample, and large population.

8. Conclusion

The present study assess the effectiveness of Information, Education, Communication (IEC) package on knowledge of self care management of Pregnancy Induced Hypertension (PIH) among antenatal mothers with PIH attending antenatal OPD of Government hospital at Sriperumbudur, Kanchipuram district , 2008. From the results of the study it was concluded that IEC package on self care management of PIH is an effective method to improve the knowledge level of antenatal mothers. Antenatal mothers with PIH need to have content reinforcement on knowledge of self care management of PIH.

9. Acknowledgement

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