

A Study to Assess Correlation between Increase in Satisfaction and Decrease of Postnatal Nursing Problems after Implementation of Comprehensive Postnatal Nursing Strategies by Nurses among Postnatal Mother in Selected Hospital Bangalore

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Abstract: *Postnatal period is commonly neglected part of health care where Postnatal Complications are common due to lack of early and timely systemic postnatal interventions that are the main cause for maternal morbidity and mortality in India and all over the world. Many researchers have been done to prove the systemic postnatal care improves outcomes of postnatal care, and reduce incidence of postnatal complications and promote early discharge. The main objectives of the study to find the correlation of postnatal satisfaction with postnatal nursing problems after implementation of CPNS by the nurses in the study group, out of 174, out of that 86 sample in study group and 88 sample of control group were selected conveniently from total of 24 maternity centers of Bangalore Bruhat Mahanagar pallikae, postnatal mothers are chosen as per staff inspection committee norms ratio of 1:5 i.e. that is sample of one nurse: five postnatal mothers were selected, therefore for 86 nurses 430 postnatal mothers chosen for study group, 88 nurses for 440 postnatal mothers in control group were included as per inclusive criteria. Sample selection done by non-probability convenient sampling as per inclusive criteria were chosen and postnatal mothers after delivery. An Non-equivalent control group post-test only design were selected for the study with the study and control group that had only post test conducted for both groups with intervention as implementation of comprehensive postnatal nursing care strategies is done only for the study group, data collection using interview schedules prepared on selected demographic variables of postnatal mother and nurses, assess the physical, functional and psychological nursing problems after implementation of comprehensive postnatal nursing care among the postnatal mothers. Karl Pearson coefficient calculation was done to find the correlation with postnatal satisfaction and reduction of postnatal nursing problems after implementation of CPNS.*

Keywords: CPNS, postnatal care, nursing problems, correlation and satisfaction

1. Introduction

Puerperium is the period following the body tissues especially the pelvic organ revert back approximately to pre-pregnant state both anatomically and physiologically by within six weeks (DC. Dutta 2016). Puerperium period is hard, irritable and stress full period where the mother needs to be cared well to protect her from immediate health problems, Though physiological changes in Puerperium occurs naturally there are several nursing problems faced by the postnatal mothers in their crucial puerperal period,

In this study investigator has adapted the WHO guidelines (2013) and modified it as teaching module taken only slice of perinatal care that is comprehensive postnatal nursing strategies under expert guidance, this CPNS module is taken as training and reinforcement tool to educate the nurses to follow the strategies of CPNS and assess the correlation of postnatal nursing problems and satisfaction of CPNS, since all postnatal mothers are vulnerable to common postpartum illness that increases the chance to postpartum mortality and morbidity rate, this study had the aim to find the ass, important components or strategies of CPNS are, to promote physical wellbeing that strategies that reduces postnatal physical nursing problems includes encourage and assist the mother in early ambulation after adequate rest will reduce leg pain and prevent thrombosis.

2. Need of the Study

Quality care is always expected in today's health sector, since quality care determines the efficiency of nursing care given to the patients, nowadays the quantity of care is more than quality of care which reflects the poor quality of care because on world level about 287,000 maternal deaths have occurred in the year 2010, MMR was 210 per 100,000 live births, sub-Saharan Africa 56% and southern Asia 29% accounted for 85% of maternal deaths in 2010, and at country level India accounted for 19% (56000 in numbers) of all global maternal deaths. Therefore standard Recommendations were given by WHO on postnatal care has to be followed in every health settings on postnatal care, since as per the Latest Sample Registration report (2010) about MMR given by Registrar-General of India on MMR in Kerala 66, Tamilnadu 90 Maharashtra 87, Andhra 110 and Karnataka 144 found to decline in south India in comparing north India. On comparing all states in south, Karnataka state needs more attention than other states. The investigator has planned to implement these CPNS strategies and assess the correlation with increase in satisfaction of postnatal care and reduction of postnatal Nursing Problems

Statement of problem

A Study to identify the correlation of CPNS between increase of Satisfaction and Reduction of Postnatal Nursing Problems after implementation of comprehensive postnatal nursing strategies by the nurses among postnatal mothers in the selected hospitals at Bengaluru, Karnataka", Bangalore.

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Objectives:

- 1) To compare the level of satisfaction and postnatal nursing problems after implementation of CPNS among the postnatal mothers in control and study group
- 2) To identify the correlation of CPNS after implementation of CPNS among the postnatal mothers in control and study group

Hypotheses

- 1) There will be significant difference in the level of satisfaction and postnatal nursing problems after implementation of CPNS by nurses among postnatal mother in study group than the postnatal mother who availed routine postnatal nursing care in control group.
- 2) There will be significant correlation with satisfaction level of CPNS implementation and level of postnatal nursing problems among postnatal mother in study group than the postnatal mother who availed routine postnatal nursing care in control group.

Research approach: A quantitative approach was considered to be most appropriate for the study

Research design: To achieve the objective of the study the research design selected was 'quasi experimental Non-equivalent control group post-test only design.

Variables:

Independent: CPNS-implementation of comprehensive postnatal nursing care strategies

Dependent: level of satisfaction of postnatal nursing care and postnatal nursing problems

Extraneous variables:

- a) Nurse: age, education, type of family, monthly income, designation, and professional experience,
- b) Postnatal mother: Age, education, Gravida, Care taker, previous delivery experience, source of information and co-morbidity conditions.

Setting of the study: the present study was conducted in twenty four maternity hospitals of Bruhat Bangalore Mahanagar palike in Bangalore

Population: postnatal mothers and nurses in maternity hospitals of Bruhat Bangalore Mahanagar palike in Bangalore

Sample size:

About 174 ,out of that 86 sample in study group and 88 sample of control group were selected conveniently from total of 24 maternity centres, postnatal mothers are chosen as per staff inspection committee norms ratio of 1:5 i.e. that is sample of one nurse: five postnatal mothers were selected, therefore for 86 nurses 430 postnatal mothers chosen for study group, 88 nurses for 440 postnatal mothers in control group were included as per inclusive criteria

Sampling technique:

Sample selection done by non-probability convenient sampling as per inclusive criteria were chosen and postnatal mothers after delivery

Inclusive criteria: Nurses who are

- 1) Willing to participate in the study
- 2) Working only in the postnatal ward.
- 3) Working in the BBMP hospitals.
- 4) Experienced in the field of midwifery more than two years

Postnatal mothers who

- 1) Are willing to participate in the study.
- 2) Can read and write in Kannada, and English.
- 3) With normal pregnancy and also mother with co-morbidity conditions like Gestational diabetes, PIH and anemia undergone normal delivery are chosen.

Exclusive criteria: Nurses who are:

- 1) Not willing to participate
- 2) Working other than postnatal ward
- 3) Has no experience in field of midwifery

Postnatal mothers who:

- 1) Are not willing to participate
- 2) Are with medical illness example cardiac thoracic diseases, and bronchial Asthma
- 3) Postnatal Mother with psychiatric illness
- 4) Postnatal mother undergone caesarean section

Description of tool:

Part I: Background variables of postnatal mother

Age, education, Gravida, caretaker, source of information and co morbidity conditions, a verbal response is obtained from the postnatal mothers under gone normal delivery.

Part II: Background variables of Nurse

Age, type of family, course, monthly income, designation and professional experience in postnatal ward. A verbal response is obtained from the nurses who participated in the study.

Part III: Interview schedule to assess satisfaction of CPNS in postnatal mother

3. Scoring and Interpretation

The total items in this tool are 14, interview schedule to assess the satisfaction of CPNS in postnatal mother are measured as satisfaction score. The maximum score is 70, minimum score is 14

Part IV: Interview schedule to elicit postnatal nursing problems after implementation of CPNS in postnatal mother: Total score 30

Data Collection Process

After obtaining permission to conduct research from Institutional Ethics Committee, Head of the department OBG, from Directorate of BBMP hospitals to collect the data from nurses and conduct the training and reinforcement sessions and collect the data from the postnatal mother at BBMP hospitals.

- 1) **Getting data from the nurse:** the list of available nurses working in BBMP hospitals are obtained from the

register, study group nurses in morning shift and intermediate and evening shift are identified per day three nurses are met per setting. the nurses who fulfilled the inclusive criteria also who gave the informed consent after adequate explanations about the risk and benefits of the study are approached, the data collection focused on collecting the demographic data by interview schedule from the nurse in their shift.

2) **Getting information from the mother:** The investigator introduced self to the group, the purposes of the study and their right to participate or withdraw from the study were explained to the postnatal mothers for obtaining the written informed consent. Such consenting postnatal mothers who fulfilled the inclusion criteria were enrolled for the study. The available postnatal mothers as per admission to ward are enrolled, strict privacy is maintained on collection of data from each postnatal mother Ethical principles were adhered to throughout the study. data on demographic variables are collected on first postnatal day for about 15 minutes, On fifth postnatal natal day post-test was conducted, about 15 – 30 minutes was taken to conduct the interview to administer the tool to get response about satisfaction of CPNS from the postnatal mother.

1) Findings on postnatal mothers according over all postnatal nursing problems in between the groups

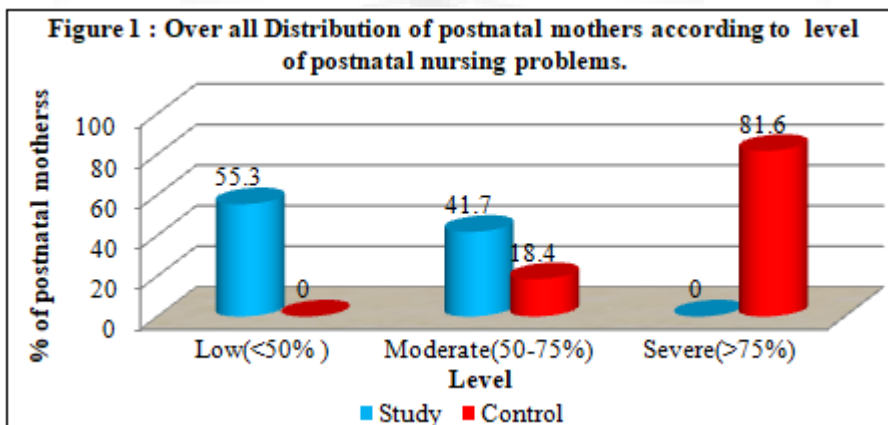
Table 2: Distribution of postnatal mothers according over all postnatal nursing problems in between the groups

| S.No. | Level of postnatal nursing problems | Study | | Control | |
|-------|-------------------------------------|-------|------|---------|------|
| | | No. | % | No. | % |
| 1 | Low(<50%) | 238 | 55.3 | 0 | 0 |
| 2 | Moderate (50-75%) | 192 | 44.7 | 81 | 18.4 |
| 3 | High (>75%) | 0 | 0 | 359 | 81.6 |
| 4 | Over all | 430 | 100 | 440 | 100 |

The above table 1 presents the frequency distribution of postnatal mothers according to level of postnatal nursing problems after the implementation of CPNS through nurses in study group over the routine nursing care given by nurses in control group.

In study group none of them had high level postnatal nursing problems, in study group 192(44.7%) had moderate level of postnatal nursing problems 258(55.3%) had very low postnatal nursing problems in study group, whereas in control group majority 359(81.6%) had severe and least had 81(18.4%) moderate postnatal nursing problems and none of them had low postnatal nursing problems (Figure-1)

4. Results



It evidenced the proportion of postnatal mothers according to level of postnatal problems differs in between study and control group. Further, it was observed that a majority had low postnatal problems in study group. But a majority had severe postnatal problems in control group.

From the table 3 represents Correlation between postnatal nursing problems and satisfaction level among postnatal mothers

Table 3: Correlation between postnatal nursing problems and satisfaction level among postnatal mothers:

| S. no | Aspects of Postnatal nursing problems | Satisfaction level | | | |
|-------|---------------------------------------|--------------------|---------|---------|---------|
| | | Study | | Control | |
| | | r | p-value | r | P-value |
| 1 | Physical | -0.942* | P<0.001 | -0.742* | P<0.001 |
| 2 | Functional | -0.942* | P<0.001 | -0.805* | P<0.001 |
| 3 | Psychological | -0.942* | P<0.001 | -0.805* | P<0.001 |
| | Over all aspect of postnatal problems | -0.942* | P<0.001 | -0.767* | P<0.001 |

Note: *-significant (p<0.001)

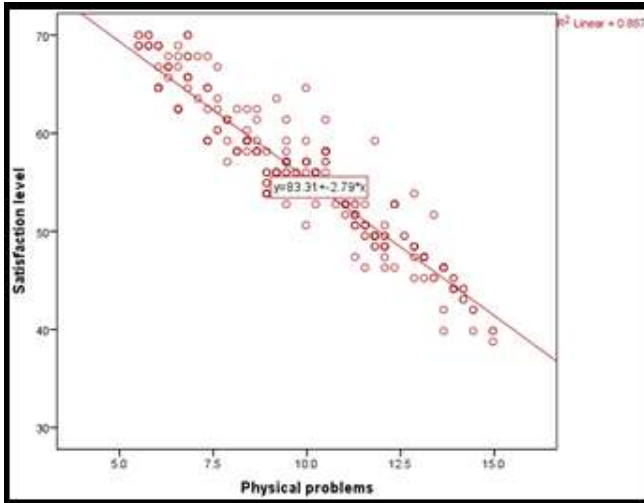


Figure 2: Scatter graph for linear correlation of postnatal physical nursing problems and the satisfaction level in study group

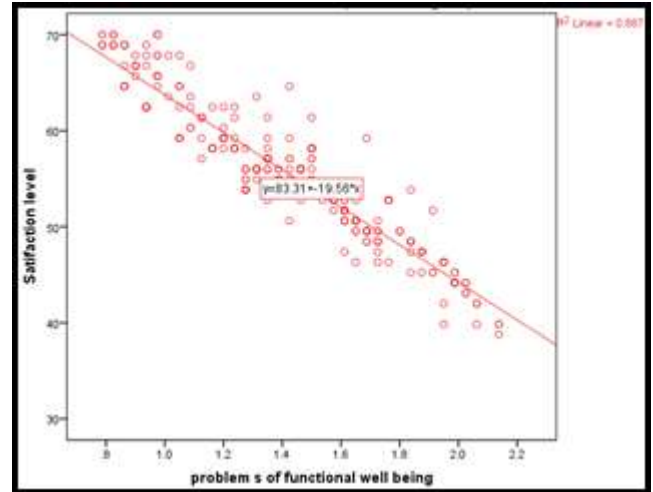


Figure 4: Scatter graph for linear correlation of postnatal functional nursing problems and the satisfaction level in study group

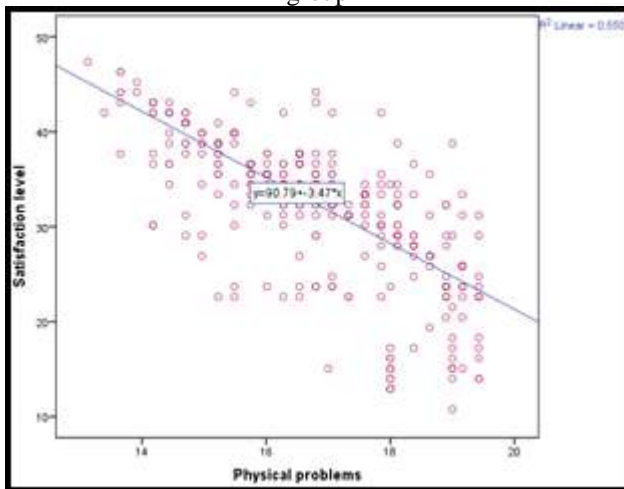


Figure 3: Scatter graph for linear correlation of postnatal physical nursing problems and the satisfaction level in control group

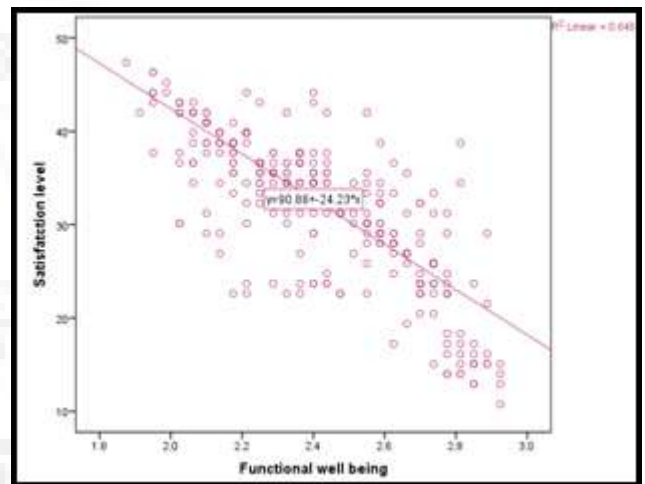


Figure 5: Scatter graph for linear correlation of postnatal functional nursing problems and the satisfaction level in control group

Regarding the correlation with postnatal physical nursing problem (figure 2 & 3) Karl Pearson correlation value were -0.942 in study group and -0.742 in control group with P value $P < 0.001$, therefore correlation coefficient findings reveal that low level of postnatal physical nursing problems are highly correlated with high level of satisfaction in postnatal mothers who availed CPNS, whereas in control group there are high levels postnatal physical nursing problems are correlated with low satisfaction level among the postnatal mothers who received routine care in control group.

Regarding the correlation with postnatal functional nursing problem (Figure 4 & 5) Karl Pearson correlation value were -0.942 in study group and -0.805 in control group with P value $P < 0.001$, therefore Karl Pearson's correlation coefficient findings reveal that low level of postnatal functional nursing problems are correlated with increase in satisfaction in postnatal mothers who availed CPNS, whereas in control group there is moderate increase in postnatal functional nursing problems are correlated with decrease in satisfaction level among the postnatal mothers who received routine care in control group.

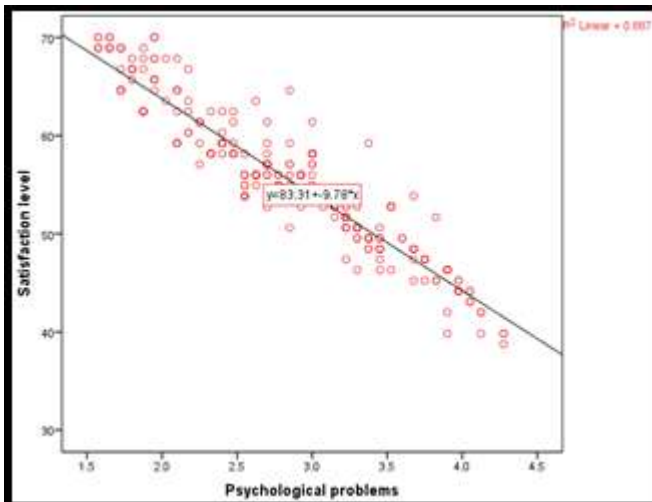


Figure 6: Scatter graph for linear correlation of postnatal psychological nursing problems and the satisfaction level in study group

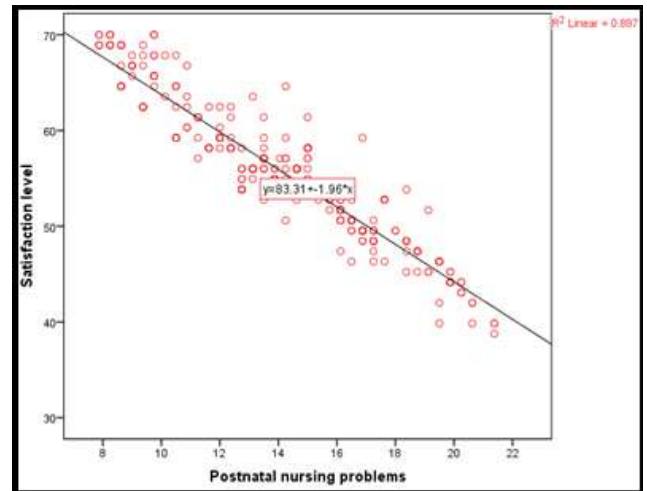


Figure 8: Scatter graph for linear correlation of overall postnatal nursing problems and the satisfaction level in study group

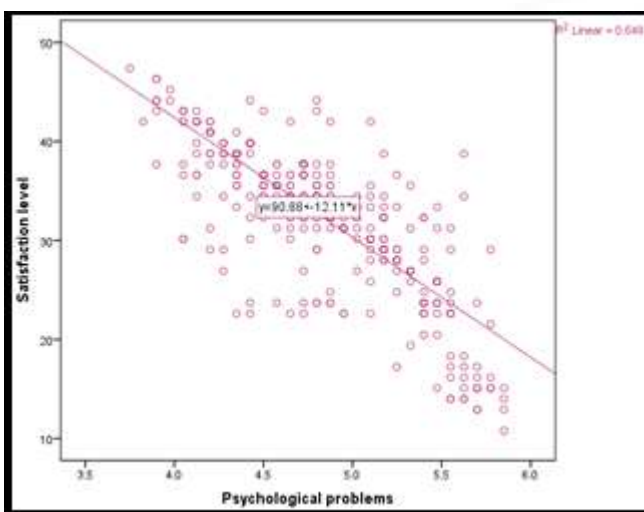


Figure 7: Scatter graph for linear correlation of overall postnatal psychological nursing problems and the satisfaction level in control group

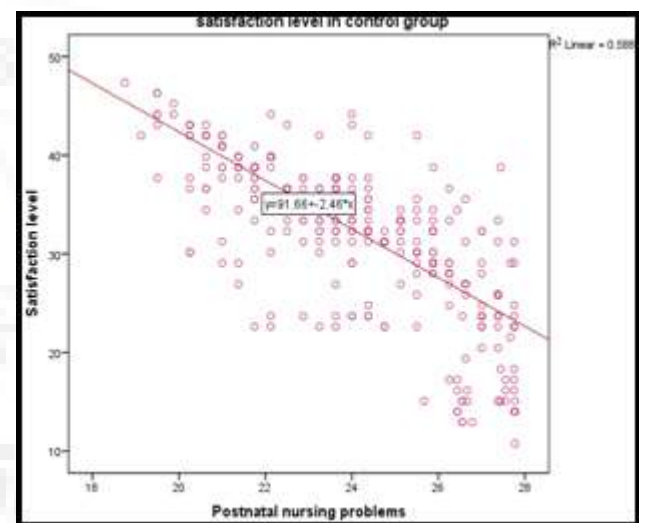


Figure 9: Scatter graph for linear correlation of overall postnatal nursing problems and the satisfaction level in control group

Regarding the correlation with postnatal psychological nursing problem (Figure 6& 7) Karl Pearson correlation value were -0.942 in study group and -0.805 in control group with P value $P < 0.001$, therefore Karl Pearson's correlation coefficient findings reveal that low level of postnatal functional nursing problems are highly correlated with increase in satisfaction in postnatal mothers who availed CPNS, whereas in control group there is moderate increase in postnatal functional nursing problems are correlated with decrease in satisfaction level among the postnatal mothers who received routine care in control group.

Regarding the correlation with overall postnatal nursing problem (Figure 8&9) Karl Pearson correlation value in study group were -0.942 and -0.767 in control group with P value $P < 0.001$, therefore Karl Pearson's correlation coefficient findings reveal that low level of overall aspects of postnatal nursing problems are highly correlated with increase in satisfaction in postnatal mothers who availed CPNS, whereas in control group high level of postnatal functional nursing problems are correlated with decrease in satisfaction level among the postnatal mothers who received routine care in control group.

The Karl Pearson correlation was computed between postnatal nursing problems and satisfaction level among the postnatal mothers. The correlation between over all aspects of postnatal nursing problems with satisfaction level, aspect of physical problem with satisfaction, functional wellbeing with satisfaction and psychological problem with satisfaction level were found to be negative and remain significant ($p < 0.001$). It evidenced that decrease in postnatal problems has further increase in satisfaction level among the postnatal mothers received the CPNS through nurses.

The similar result of significant correlation was seen in control group also, but degree of correlation and strength of regression found more in between the satisfaction and postnatal nursing problems among postnatal mothers in experimental group than control group.

5. Conclusion

The study concluded that CPNS implementation by the nurses are found to increase the satisfaction level with decrease in postnatal nursing problems among the postnatal mothers, since from the findings it is clear that practice of standard nursing practices with regular evaluation of nursing care proves to increase in satisfaction of postnatal care and decreases potential postnatal complications, further strict adherence to systematic nursing practices reduces the potential maternal mortality rate.

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