

# Assess the Effectiveness of Video Assisted Teaching Programme on Knowledge and Practice regarding Postnatal Exercises among Postnatal Mothers at Selected Hospital

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**Abstract:** *This study was conducted with the purpose to determine the effectiveness of video assisted teaching programme regarding postnatal exercises among postnatal mothers at selected hospital. This study was based on quantitative research approach. The method used for this study was true experimental and pre test post test control group only research design. Depending on the objectives & hypothesis the data were analyzed by using various statistical tests. A structured knowledge questionnaire was prepared to assess the knowledge score and checklist was prepared to assess the practice level. The pre test was taken. Then video assisted teaching programme was administered to all subjects. The post test was taken after structured knowledge questionnaire. The findings are discussed on the basis of demographic characteristics and objectives. The study concluded that the video assisted teaching programme on postnatal exercises was effective on the postnatal mothers. Hence it proves that, the significance post test knowledge score was higher as compared to the pre test knowledge score. The significance post test practice level was higher as compared to the pre test practice level.*

**Keywords:** Postnatal mother, postnatal exercises, video assisted teaching programme, knowledge & practice

## 1. Introduction

Postnatal is the period beginning immediately after the birth of a child and extending for about six weeks [1] Postnatal exercise can help the mother to get pre-pregnancy shape. It's not true that all new mothers lose weight from breastfeeding alone. In fact, some mothers actually put on weight while breastfeeding. The best advice is to rely on regular exercise and a sensible diet to lose weight, rather than expect that breastfeeding will trim the kilos.[2]

A longitudinal follow up of women in their practice of perinatal pelvic floor exercise & stress urinary incontinence in worth east Scotland". The study reported that 6-12 months after delivery 60% women said that they were still doing the exercise. 33.1% reported stress incontinence at some time since having baby. The study concluded the women who had a operative vaginal delivery were more likely to report the practice of pelvic floor exercise than those having spontaneous delivery. [3]

The most important "exercises" to do during the first few weeks after birth are to rest and get to know your baby. Realize that it may take your body many weeks to recover from the changes of pregnancy. Try not to be a superwoman or rush immediately to regain you shape. Guidelines for exercises are to Progress at your own rate. Gentle exercises are important to help heal muscles, Relax and breathe deeply throughout and between the exercises. Exhale on the effort, do not hold your breath and Support your head and shoulders with a pillow for comfort. Start by doing each exercise twice.[4]

Fraser D.M,(2003) Reported that following the birth of the baby and expulsion of the placenta, the mothers a period of physical and psychological recuperation. The overall

expectation is the 6 weeks after the birth all the system in the women's body will have recovered from the effects of the pregnancy and returned to their non-pregnant state. The first 4 weeks after the birth is referred as the postnatal or postpartum period when the extra ordinary changes in physiology that occur throughout pregnancy are considered. It should come as no surprise that the period of physiological adjustment and recovery following the end of the pregnancy is both complex and closely related to the overall health status of the individual. The intricate relationships between physiological, psychological and sociological factors are encompassed in the remit of postnatal care.[5]

Many new mothers are understandably eager to work off the extra weight of pregnancy as soon as their baby is born. Eating sensibly and exercising regularly together give them the best chance of returning to a healthy weight more quickly and safely. A good goal is to lose no more than half a kilo a week.[6]

## 2. Literature Survey

Susan W.G,et.al(2008) they conducted an exploratory & qualitative study on new mothers view on weight and exercise sample including forty-nine ethnically diverse women and sampling technique was interviewed method which was conducted during the first year following child birth, regarding beliefs of weight, choices of exercise, walking for exercise, perceived benefits, barriers, and facilitators of exercise. Content analysis techniques were used to analyze the data. Results of their study weight was a significant concern for women, although the importance varied by race. New mothers reported that they would like to weigh less, and they endorsed walking for exercise. Clinical implication of their study since new mothers perceive walking a good form of exercise, nurses can use this

information to help them plan a daily walking schedule to aid in weight loss and control postpartum weight.[7]

**Megumi H,(2013)** conducted the study on The effects of an exercise program on health-related quality of life in postpartum mothers. They selected methods a randomized controlled trial in Tokyo, Japan. The intervention groups participated in ball-exercise classes (weekly exercise of 90 minutes for four weeks) at three months postpartum. The primary outcome measure was health-related Quality of Life (QOL) assessed using the MOS Short-Form 36-Item Health Survey (SF-36v2). Sampling technique is used Rosenberg Self-Esteem Scale (RSES) and Edinburgh Postnatal Depression Scale (EPDS) scores. The intervention group was compared to the control group at four months postpartum. Results of the 120 women screened, 110 women met the study criteria. Analysis of covariance adjusting for baseline values indicated that the SF36 subscales of physical functioning ( $p = 0.018$ ) and vitality ( $p = 0.016$ ) significantly improved in the intervention group compared to the control group, although there were no significant differences between the groups in the SF36 Physical Component Summary (PCS) and Mental Component Summary (MCS) scores. The RSES increased in the intervention group ( $p = 0.020$ ) compared to the control group. No significant group differences were observed in EPDS scores. They concluded that the postpartum exercise class program provided to healthy postpartum women appears to have contributed to promoting health-related QOL and self-esteem. [8]

### Problem definition

A study to assess the effectiveness of video assisted teaching programme on knowledge and practice regarding postnatal exercises among postnatal mothers at selected hospital in the city.

### 3. Objectives

- 1) To assess the pretest knowledge and practice score regarding postnatal exercise among postnatal mothers in experimental and control group.
- 2) To assess the posttest knowledge and practice score regarding postnatal exercises among experimental group and control group.
- 3) To determine the effectiveness of video assisted teaching programme on knowledge and practice regarding postnatal exercises among postnatal mothers in experimental group.
- 4) To find out the association between pretest level of knowledge and practice score with selected demographical variables.

### 4. Methodology

The present study is an experimental study, with quantitative research approach, the research design selected is true experimental and pre test post test control group only research design. This design was selected as it best matched this study. The study was conducted at selected hospitals in the city. The population & samples were 60 postnatal mothers & fulfilling the inclusion & exclusion criteria. The sampling technique used in this study was Simple random sampling & tools used for the data collection included

demographic Performa, structured knowledge questionnaire and practice check list.

### 5. Result

The overall mean knowledge score on pre test and post test which reveals the majority of postnatal mother among experimental group is having knowledge average 17(56.66%), good knowledge is a 9(30%) and whereas control group is 20(66.66%) and the practice level of experimental group is good 7(23.33%), average practice 20(66.66%) and the control group 24(80%) respectively. The statistical pared t test was used .hence it is statistically interpreted that the video assisted teaching programme was effective.

**The data was analyzed and is presented in the following sections:-**

**Section I:** Description of demographic variables of postnatal mothers

**Section II:**

- 1) To compare of knowledge pre and post test experimental and control group
- 2) To compare practice pre and post test experimental and control group.

Scores	Frequency	SD	Mean	t- value	p- value
Pre- Test	30	1.65	9.46	1.57	0.000
Post Test	30	5.03	18.93		

Significance -  $p < 0.05$

The data presented in this table shows that comparison of knowledge in pre and post test of control and experimental group. This Frequency value is 30 pre and post test subject. The findings are mean is 9.46 for pre test and 18.93 were post test subjects and S.D was 1.65 pretest and 5.03 post-test. The “t” test value of experimental group was 1.57%

Scores	Frequency	Mean	S.D.	t- value	P- value
Pre-test	30	10.63	3.35	9.31	0.000.
Post-test	30	19.13	4.66		

Significance- $p < 0.05$

The data presented in this table shows that comparison of pre and post test of practice in control and experimental group. This frequency value is 30 pre and post test subject. The findings mean is 10.63 for pre test and 19.13 were post test subjects and S.D was 3.35pre-test and 4.66 posttest. The “t” test value of experimental group was 9.31%.

**Section III:** 1. Association between pre test knowledge and practice with selected demographic variables.

Hence it proves that, the significance post test knowledge score was higher as compared to the pre test knowledge score. The significance post test practice level was higher as compared to the pre test practice level.

This statistical difference shows the effectiveness of video assisted teaching programme

There is no significance association between age, education, occupation, income, religion, parity, BMI, & source.

## 6. Discussion

The postnatal exercise is important during postpartum period, neglecting the mother doing postnatal exercise is the one of the factor contributing to the mother to develop a major reason for the high mortality rate is lack of care at birth and less awareness about the postnatal exercise. In India most the mothers are not aware of postnatal exercise. It is the responsibility of the nurse to educate mothers regarding the postnatal exercise, which is an extended activity for promotion of maternal and child well being.

Video assisted teaching programme was effective on knowledge and practice of postnatal mothers admitted in the ward at selected hospital regarding postnatal exercises. Postnatal mothers need to know about postnatal exercises indications, benefits, procedure, contraindications, warning signs and safety tips for exercise.

**Whitford H, et.al (2007)** they conducted the study on to establish the reported practice of pelvic floor exercises and stress urinary incontinence after delivery. Women who had an operative vaginal delivery (forceps or ventouse delivery) were more likely to report the practice of pelvic floor exercises than those having a spontaneous vaginal delivery. no significant difference was found in reported rates of stress incontinence between women who had different modes of delivery. The practice of pelvic floor exercises daily or more often during pregnancy was associated with less reported postnatal incontinence compared with less frequent practice. They concluded that self-reported rates of practice of pelvic floor exercises increased from pregnancy to the immediate postnatal period and subsequently declined implications for practice: midwives should continue to encourage regular and frequent practice of pelvic floor exercises in the postnatal period and beyond [9]

## 7. Conclusion

In this study, significant improvement in knowledge and practice regarding postnatal exercises is observed after imparting video assisted teaching programme. Such video assisted teaching programme has improved the knowledge and practice of postnatal mothers and motivated her for family planning. Suitable intervention packages need to be developed and in-service education need to be given periodically for the effectiveness of qualitative nursing services. So the every nurse working in postnatal unit can impart effective video assisted teaching programme

## 8. Future Scope

The future scope of this study has implications for nursing administration, nursing education, nursing research and nursing practice.

### Nursing practice:

This study indicate the need of in service education, continuing education and refreshment courses for staff nurses to make it possible for them to practice video assisted teaching programme, which is crucial with respect to the patient. When such video assisted teaching programme

among postnatal mothers are given which is more effective, it will provide sound and comprehensive knowledge to them and ultimately motivate them for adaption for postnatal exercises. It is essential that hospital administration should provide opportunities for the postnatal mothers to get complete information of all postnatal exercises.

### Nursing education:

In training programme learning to consider a holistic view that recognizes the health potential physically, psychologically socially and spiritually could be an important repertoire for nurses and caregivers. Thus there is a need to educate the postnatal women's regarding postnatal exercises. The nursing teachers can use the result of the study as an informative illustration for the students. Nursing education should help in inculcating values and a sense of responsibility in the students to educate the postnatal mothers to improve the health related postnatal complications.

### Nursing administration

The Nurse administrator can utilize this type of video assisted teaching programme to enhance the knowledge of postnatal mothers, students and staff nurses. Nursing administration can depute nurses for various workshops, conferences, special courses and also in-service education programs can be arranged for the nursing staff by the administrator. The findings of the study should be used as a basis of in-service education programs for nurses so as to make them aware regarding postnatal exercises

### Nursing research

Nursing research is an essential aspect of nursing as it uplifts the profession and develops new nursing norms and a body of knowledge. Very few studies have been done on a similar basis with on postnatal exercises. The research design, findings and the tool can be used as avenues for further research. There is a need for more experimental studies to test the effects of different nursing interventions. There is a need for extended and intensive nursing research in the area of postnatal exercises for staff nurses to improve their knowledge for better service.

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## Equations

### Chi-Square Test:

$$\chi^2 = \sum \frac{(O - E)^2}{E}$$

Where, O – Observed Frequency,

E – Expected frequency

d.f. = (r-1)\* (c-1)

$$\text{Expected Frequency} = \frac{\text{Row Total} * \text{Column Total}}{\text{Grand Total}}$$

Level of significance  $\alpha = 5\% = 0.05$

## Author Profile



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