

Evaluate the Effectiveness of Nursing Care for Mothers Underwent Lower Segmental Caesarean Section in Terms of Pain Coping, Early Ambulation and Progress in Wound Healing.

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Abstract: ***Background:** The research studies and working experience created an insight in the investigator that, there is a lack of practice regarding early ambulation, pain coping and progress in wound healing among mothers after caesarean section. **Methods:** Quantitative research approach with one group pre-test and post-test was used in this study. The study was conducted at Maternity Hospital in Puducherry. The data were collected from 15 mothers who underwent Lower Segmental Caesarean Section were selected by using convenient sampling technique. The data were tabulated, analyzed and interpreted. **Results:** Therefore the finding of the study revealed the importance of nursing care, effective in improving the level of pain coping, early ambulation and progress in wound healing of mothers who underwent lower segmental caesarean section. The study participants get benefited by participating in this study.*

Keywords: pain coping, early ambulation, wound healing, lower segmental caesarean section

1. Introduction

Vaginal delivery of a full term normal pregnancy is a natural physiological process. In caesarean section the specific needs of the mother much more than by the normal child birth. Caesarean section can be in the form of planned elective or emergency procedure. Physical, physiological, psychological and social culture factors are the various kinds of stressors experienced by each woman who undergoes caesarean section. Hence the role of a nurse is to identify areas in health promotion, illness prevention, rehabilitation or treatment is needed. The nurses will stimulate each mother individually and plan rehabilitative program accordingly.

2. Need for the Study

A mother delivering by caesarean section will have many physical discomforts associated with any major abdominal surgeries. Although there will be no episiotomy the same changes occur in the uterus, pelvic floor, urinary tract, gastrointestinal tract, respiratory tract, and moreover wound problems, blood clots and delayed recovery. The post caesarean mothers who had early ambulated were more satisfied in the early postoperative period without apparent harm and with benefit. The research studies and working experience created an insight in the investigator that there is a lack of practice regarding early ambulation, pain coping and progress in wound healing among mothers after caesarean section.

3. Statement of the Problem

A study to assess the effectiveness of nursing care for mothers underwent Lower Segmental Caesarean Section in

terms of pain coping, early ambulation and progress in wound healing at selected maternity hospital in Puducherry.

4. Materials and Methods

A Quantitative research approach with one group pre-test and post-test design was selected for this study. The study sample consists of 15 mothers who underwent Lower Segmental Caesarean Section at Maternity Hospital in Puducherry. Convenient sampling technique was used for sample selection.

5. Data Collection Procedure

Part-I: Selected Demographic Data.	Which includes, Age, education, occupation, family income, marital status, religion, number of children's.
Part-II: Modified scale for assessment of pain coping.	They were assessed by using 6 point rating scale as 0- Very happy, 2- Hurts just a little bit, 4- Hurts a little more, 6- Hurts even more, 8- Hurts a whole lot, 10- Hurts the worst
Part-III : Check list for the assessment of level of ambulation	This check list consists of ten divisions each covers an aspect of ambulation.
Part-IV :	Check list for the assessment of Progress in Wound Healing.

Technique of data analysis and interpretation

Totally 15 mothers who underwent Lower Segmental Caesarean Section were selected by using convenient sampling technique. The purpose of the study was explained to the mothers. On the first post operative day (Lower Segmental Caesarean Section) pre-test was done for mothers by using modified scale for assessment of pain coping, check list for the assessment of level of ambulation and Check list for the assessment of Progress in Wound Healing

to assess the level of pain coping, level of ambulation and progress in wound healing respectively. And the post natal care was given to the mothers up to seventh postoperative day. Post-test was conducted. The data were analysed by

using descriptive and inferential statistics, the results are presented under the following table.

6. Results and Discussion

Level of pain coping (N=15).

Level of pain coping	Mean	Standard Deviation	Paired 't' Test value	The post- test mean score was 2.93 with standard deviation 1.0671 which is lower than the pre-test mean score 8.8 with standard deviation 1.014. The paired 't' test valve was 24.8164 which is statistically significant at the level of p<0.05.
Pre test	8.8	1.014	t = 24.8164	
Post test	2.93	1.0671	df = 14 (S)	

Level of ambulation (N=15).

Level of ambulation	Mean	Standard Deviation	Paired 't' Test value	The post -test mean score was 10.46 with standard deviation 0.743 which is lower than the pre-test mean score 26.46 with standard deviation 0.7435. the paired 't' test value was 61.9530 which is statistically significant at the level of p<0.05.
Pre test	26.46	0.7435	t = 61.9530	
Post test	10.46	0.743	df = 14 (S)	

Level of progress in wound healing (N=15).

Level progress in wound healing	Mean	Standard Deviation	Paired 't' Test value	The post -test mean score was 2.4 with standard deviation 1.1832 which is higher than the pre-test mean score 10.2 with standard deviation 1.424. The paired 't' test value was 14.5468 which is statistically significant at the level of p<0.05.
Pre test	10.2	1.424	t = 14.5468	
Post test	2.4	1.1832	df = 14 (S)	

7. Conclusion

The study may help the nurses to provide effective nursing care to the mothers underwent Lower Segmental Cesarean Section in terms of pain coping, early ambulation and progress in wound healing.

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