Effectiveness of dry ginger powder in reduction of nausea and vomiting among antenatal mothers.

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Problem Statement:
"Effectiveness of dry ginger powder in reduction of nausea and vomiting among antenatal mothers residing at selected areas.

Objectives of the study
1. To assess the nausea and vomiting among antenatal mothers before administration of dry ginger powder in experimental group and control group.
2. To assess the nausea and vomiting among antenatal mothers after administration of dry ginger powder in experimental group.
3. To compare the nausea and vomiting among the experimental group and control group.

This study was based on quasi experimental (quantitative) approach. The population was the antenatal mothers from selected areas. Total 60 subjects (30 experimental and 30 control) were selected as per the inclusion criteria. The inclusion criteria was antenatal mothers suffering from nausea and vomiting, antenatal mothers who are willing to participate in the study, antenatal mothers who are available during the time of study. The exclusion criteria was antenatal mothers who under pharmacological management for nausea and vomiting and antenatal mothers who do not understand English and Marathi or Hindi. The sampling technique used in the study was non-probability purposive sampling technique. The technique used was interview technique. The tool was a Modified scale. In order to obtain content validity, the tool was given to a total 11 experts 8 experts from Obstetric and Gynecological Nursing Department, 2 experts from department of Obstetrics and Gynecological, 1 expert of Ayurveda Department. After receiving the opinion from the experts some modifications were done in framing of the items and same were incorporated into the tool.

The pilot study was conducted in selected areas. The pilot study was conducted from 19/11/12 to 26/11/12 to assess the feasibility of the study and to decide the statistical analysis and practicability of research. 6 subjects were selected (3 for experimental group and 3 for control group) by Non-Probability Purposive sampling technique, based on the inclusion criteria to assess the feasibility of the study and to decide the statistical analysis and practicability of research.

A formal permission was obtained from the concerned authorities. The actual data collection period was from 3rd December to 7th January 2012. Antenatal mothers from selected areas who fit in the criteria were selected from various areas. The investigator introduced self and informed the subjects about the nature of the study so as to ensure better co-operation during the data collection. Objectives of study were discussed and consent was obtained for participating in study. Subjects were assured about the confidentiality of the data. Pretest was taken to score nausea and vomiting using Modified Rhodes index. Administration of dry ginger powder was given to
Major findings of the study:

Findings regarding demographic data

- In experimental group, 30% of the antenatal mothers were from age group 18-20 years, 46.7% of them had age 22-25 years and 23.3% of them had age 26-29 years.
- In control group, 23.3% of the antenatal mothers were from age group 18-20 years, 53.3% of them had age 22-25 years and 20% of them had age 26-29 years and remaining 3.3% of them were from 30-35 years of age.
- In experimental, 56.7% of them were primigravida and 43.35 of them were multigravida.
- In control group, 56.7% of them were primigravida and 43.35 of them were multigravida.
- In experimental group, 90% of them were Hindu, 6.7% of them were muslim and remaining 3.3% of them were Christians.
- In control group, 83.3% of them were Hindu and 16.7% of them were muslim.
- None of the antenatal mother from experimental and control group had any home remedy for nausea and vomiting.

Findings regarding assessment of nausea and vomiting in experimental and control group

- In pretest, all the antenatal mothers in experimental and control group had severe nausea and vomiting.
- All the antenatal mothers in experimental and control group had severe nausea and vomiting till day 1. On day 2, more than half (56.7%) of them had and 43.3% of them had severe moderate nausea and vomiting. On day 3, majority 86.7% of them had moderate and remaining 13.3% of them had severe nausea and vomiting. This indicates that there is improvement in nausea and vomiting of antenatal mothers after administration of dry ginger powder.
- On the other hand, in control group, all the antenatal mothers had severe nausea and vomiting till day 4. There was no improvement in their condition.

Table 8.1: Paired t-test for comparing pre and post administration of ginger powder in antenatal mothers.

<table>
<thead>
<tr>
<th>Admin</th>
<th>Mean</th>
<th>SD</th>
<th>T</th>
<th>P-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pretest</td>
<td>31.8</td>
<td>2.62</td>
<td></td>
<td>0.0003</td>
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<tr>
<td>Day1</td>
<td>30.8</td>
<td>2.23</td>
<td>3.0</td>
<td></td>
</tr>
<tr>
<td>Day2</td>
<td>27.4</td>
<td>2.62</td>
<td>7.9</td>
<td>0.0000</td>
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<tr>
<td>Day3</td>
<td>22.5</td>
<td>4.39</td>
<td>12.4</td>
<td>0.0000</td>
</tr>
<tr>
<td>Day4</td>
<td>16.4</td>
<td>5.68</td>
<td>15.3</td>
<td>0.0000</td>
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</table>
The dry ginger powder significantly brought out improvement in reduction of nausea and vomiting of antenatal mothers residing at selected areas of pune. Analysis of data showed that there was significant difference between pre-test and post-test nausea and vomiting.

References