Effectiveness of planned health teaching on the knowledge regarding warning signs of pregnancy among antenatal women

Ms. Swati Khandare
M.Sc. Obstetrics and Gynecological Nursing.
swatikhandare89@gmail.com

**Problem statement**
‘A study to assess the effectiveness of planned health teaching on the knowledge regarding warning signs of pregnancy (trimester wise) among antenatal women residing in selected areas.’

**Objectives**
1. To assess the knowledge about warning signs of pregnancy (trimester wise) among the antenatal women before implementation of planned health teaching.
2. To assess the knowledge about warning signs of pregnancy (trimester wise) among the antenatal women after implementation of planned health teaching.
3. To compare the pre-test knowledge scores with the post-test knowledge scores within the group.

**Hypothesis**
H0: There is no significant effect of planned health teaching on the level of knowledge regarding warning signs of pregnancy (trimester wise) among the antenatal women residing in selected areas.

H1: There is a significant effect of planned health teaching on the level of knowledge regarding warning signs of pregnancy (trimester wise) among the antenatal women residing in selected areas.

**Conceptual framework**
This study is intended to evaluate the effectiveness of planned health teaching regarding warning signs in pregnancy. The Conceptual framework of the present study is based on Pender’s Health Promotion Model. It mentions cognitive, perceptual and modifying factors. Women knowledge before implementation of planned health teaching is assessed by conducting pretest and then in cognitive factors knowledge regarding warning sign is given in the form of planned health teaching and then posttest is assessed after the implementation of planned health teaching.

**Research Methodology**
The investigator used one group pre and post test research design. 60 antenatal women were included as per the inclusion criteria from the selected areas.

This study was based on Quasi research approach. The populations were the antenatal women from selected areas. Total 60 samples were selected as per the inclusion criteria. The sampling technique used in the study was non-probability convenient sampling. The tool for the present study was semi-structured questionnaire which had two sections:

- Section 1- semi-structured questionnaire on Warning signs in pregnancy
In order to obtain content validity, the tool was given to a total 11 experts. 8 experts from obstetrical and gynecological Nursing, 2 experts from obstetrical and gynecological department, 1 expert from community health nursing and 1 statistician. After receiving the opinion from the experts some modifications were done in framing of the questions and same were incorporated into the tool. Some of the questions were deleted.

The pilot study was conducted in selected areas. 6 samples were selected by Non-Probability Purposive sampling technique, based on the inclusion criteria from 19th Nov. 2012 to 26th Nov. 2012, to assess the feasibility of the study and to decide the statistical analysis and practicability of research.

The data gathering process began from 3rd Dec. 2012 to 7th Jan. 2013. A formal permission was obtained from the concerned authorities. The premenopausal women who fit in the inclusion criteria were selected. The investigator introduced self and informed the samples 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. The necessary information was collected through semi-structured questionnaires then the collected data was analysed by using different statistics. Interpretations were based on the objectives designed for the study.

### The Major Findings of the study

1) **Section 1**: Distribution of pre-test knowledge score about warning signs of pregnancy among the antenatal women (trimester wise)
   
   In pretest, 55% of the antenatal women had poor knowledge (score 0-11) and 45% of them had average knowledge (score 12-22).

2) **Section 2**: Analysis of data related to knowledge about warning signs of pregnancy (trimester wise) among the antenatal women after implementation of planned health teaching.
   
   In posttest, all of the antenatal mothers had good knowledge (score 22-32) regarding warning signs of pregnancy (trimester wise).

3) **Section 3**: Analysis of data related to comparison of pretest and posttest knowledge about warning signs of pregnancy (trimester wise) among the antenatal women.
   
   In pretest, 55% of the antenatal women had poor knowledge (score 0-11) and 45% of them had average knowledge (score 12-22). In posttest, all of the antenatal mothers had good knowledge (score 22-32) regarding warning signs of pregnancy (trimester wise). This indicates that there is improvement in knowledge of antenatal women after planned health teaching.

### Limitations

The limitations recognized in the study were:

1. The sample size of the study was small which imposes limitations on generalizations.
2. The study is limited to antenatal women in first trimester.
3. The study is limited to 60 samples only.

### Conclusion

The planned health teaching significantly brought improvement in the knowledge of antenatal women regarding warning signs during pregnancy. Analysis of the data showed that there was significant difference between pretest and posttest knowledge scores.

### References