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# Effectiveness of Structured Teaching Programme about the Knowledge of Mothers on early ambulation and its impact on the recovery after Caesarean Section

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## INTRODUCTION:

Women and children are our nations greatest assets. Health of the women is the basis for the better health of family as well as of the nation. It is therefore expedient that a women should possess optimum health.

In order to achieve it every, women should receive the required health care and attention. A women during her life cycle ha to pass through different phase like childhood, puberty, womanhood, motherhood & old age. The birth of baby is delightful experience for mother and whole family.

The birth of baby can occur either by normal vaginal delivery or by caesarean section. For caesarean section a women has to get hospitalised. Caesarean section is a type of major abdominal surgery. It can be define as a surgical incision made on the pregnant uterus through abdominal wall to remove the foetus after 28 week gestation.

Caesarean birth have progressively increased from earlier times. Early ambulation helps to enhance the involution of uterus and drainage of lochia. Ambulation is to encourage the patient to move and walk after in order to have fast recovery.

## STATEMENT OF THE PROBLEM:

A Quasi experimental study to assess the effect of structured teaching programme about the knowledge of mothers on early ambulation and its impact on the recovery of caesarean section in selected hospitals at Mathura (U.P).

## OBJECTIVES:

- 1] To assess the pre test knowledge score of caesarean section mother regarding early ambulation in experimental and control group.
- 2] To assess the post test knowledge score of the

caesarean section mother regarding early ambulation in experimental and control group.

- 3] To compare the pre test and post test knowledge score of caesarean section mothers in experimental and control group.
- 4] To compare the recovery of caesarean section mothers in experimental and control group in terms of the set Criteria.
- 5] To find out the relationship of knowledge with the recovery of caesarean section mother in experimental and control group.
- 6] To findout the effectiveness of planned teaching programme for early ambulation of post- operative C S mothers.

## REVIEW OF LITERATURE:

- 1] Literature relates to caesarean section.
- 2] Literature related to early ambulation.
- 3] Literature related to effectiveness of the structured teaching programme and the post operative outcomes.

## CONCEPTUAL FRAMEWORK & METHODOLOGY:

Conceptual framework adopted for this study is based on self care deficit theory of nursing adopted by Orem's 1991.

Pre test and post test design was adopted for the study data was collected using a questionnaire & observational checklist to assess the post operative recovery of caesarean mothers.

## DESCRIPTION FOR TOOL:

Tool has four parts which are as follows:

- 1] Personal information
- 2] Questionnaire to assess the knowledge of caesarean section
- 3] Lesson plan for structured teaching
- 4] Observation checklist to assess the post operative recovery of caesarean section mother

## DATA ANALYSIS:

Data analysis was done by using descriptive & inferential statistics as follows:

- 1] The frequency & percentage for analysis of demographic variable.
- 2] Arithmetic mean and standard deviation of caesarean mother in experimental and control group
- 3] To compare the mean and standard deviation of both group by 't' test
- 4] The correlation co-efficient was used. The level of significance was set at .05. Bar diagram & Pie charts were used to depict the findings.

## MAJOR FINDINGS:

- [a] Majority of caesarean section mothers were in the age group of 21-25 years i.e (15,12) in both the control and experimental group and they were educated up to senior secondary majority 30% and 40%, majority of mothers were from joint family 70% and 60% their main source of information was mass media and above (18,21) 60%, 70% and 70% undergone spinal anaesthesia and for 60% and 50%(18,13) of mothers it was the first caesarean delivery in both control group and experimental group.
- [b] The mean pre test knowledge score of caesarean section mother of control group was 10 while that of experimental group was 10.3.
- [c] The mean post test knowledge of caesarean section mothers of control group was 11 and 24 of experimental group which indicates that structured teaching programme was effective for experimental group.
- [d] The mean recovery score of control group was higher 29.4 than experimental group 14.9 the mean suture pain and bowel function score of caesarean section mothers in control group was higher than 5

and 2.7 where as it was 1.56 and 1.56 in experimental group. Hence it shows that control group mothers feel more pain than experimental group.

- [e] The correlation between knowledge and recovery was calculated statistically pre test correlation found to be reversely negative in both the group and post test correlation mild positive in both group.

## IMPLICATIONS:

The findings of the study has several implications, which are discussed in three areas

- 1] Nursing Education
- 2] Nursing Services
- 3] Nursing Administrations

## RECOMMENDATIONS:

- 1] The study can be replicated on a larger sample of patients to generalize the findings
- 2] The study may be conducted in different settings
- 3] The study can be done to assess the knowledge and practice of caesarean section mothers and also their attitude towards early ambulation
- 4] The study can be done after 12 hours of caesarean section in those mothers who have got spinal anaesthesia with assistance of medical team on low risk patients

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