

Statement of the problem

“A study to assess the effectiveness of structured teaching programme on knowledge regarding new born resuscitation among staff nurses in selected hospital.”

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ARTICLE INFO

ABSTRACT

Article History:

Received on 09/10/2021

Received in
revised form 14/10/2021

Accepted on 29/10/2021

Published online on 28/10/2021

Key Words:

STP, Newborn resuscitation, staff nurses

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The fruitful change from intrauterine to extrauterine life is reliant upon important physiologic change that happen at birth. Objectives: 1.To assess the level of knowledge on neonatal resuscitation among staff nurses. 2.To assess the effectiveness of structured teaching programme on neonatal resuscitation among staff nurses. 3.To determine the association between level of knowledge on neonatal resuscitation among staff nurses with their selected demographic variables. Quasi experimental design (pre-test post-test design without control group) was used in the study. Result shows that association between the level of pain with their selected demographic variables, in this there were significant association found with age and occupation and others were not significant such as education, type of family, monthly income, religion.

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Introduction

The fruitful change from intrauterine to extrauterine life is reliant upon important physiologic change that happen at birth. In almost all infants (90%), these changes are successfully completed at delivery without requiring any special assistance. However, about 10% of infants will need some intervention, and 1% will require extensive resuscitative measures at birth.

Statement of the Problem

“A study to assess the effectiveness of structured teaching programme on knowledge regarding new born resuscitation among staff nurses in selected hospital.”

Objectives of the study

- 1.To assess the level of knowledge on neonatal resuscitation among staff nurses.
- 2.To assess the effectiveness of structured teaching programme on neonatal resuscitation among staff nurses.
- 3.To determine the association between level of knowledge on neonatal resuscitation among staff nurses with their selected demographic variables.

Assumptions

- 1.The nursing staff have some knowledge regarding neonatal resuscitation.
- 2.Structured teaching program is an accepted method for imparting the information regarding neonatal resuscitation.

Hypotheses

H_0 : There is no significant difference in pre-test and post-test level of knowledge regarding neonatal resuscitation among staff nurses which is measured at $p < 0.05$ level of significance.

H_1 : There is significant difference between pre-test and post-test level of knowledge regarding neonatal resuscitation among staff nurses which is measured at $p < 0.05$ level of significance.

Conceptual framework

The conceptual frame work for this study was derived from the concepts of shuffle Beam's-CIPP model. The CIPP model is a simple systems model applied to programme evaluation.

Methodology

Research Approach: Quantitative research approach

Research Design : Quasi experimental design (pre-test post-test design without control group)

Research method : one group pre-test post-test design

Research setting : Selected hospital

Variables :

Independent: structured teaching programme

Dependent: Knowledge of the staff nurses

Research population : staff nurses who are working in hospital

Target population : .staff nurses

Sample size : 30 staff nurses

Sampling Technique : Non-probability purposive sampling technique

Selection Criteria for Samples:

Inclusion criteria: who are willing to participate in the study

Exclusion criteria : who are not available during data collection

Description of the tool

Section I: Demographic tool

Section II: Structured knowledge questionnaire.

Results: Benson relaxation technique on level of pain among post caesarean mother's, the post-test mean score 4.43 was lesser than the pre-test mean score 6.88. the obtained 't' value was 32.60 which was found to be significant at $p < 0.05$ level.

Major findings of the study were as below: Regarding demographic variables among post caesarean mothers, majority of mothers belonged to the grouped 1825 years, had higher secondary school education, regarding occupation majority of mothers were unemployed, regarding type of family, and their monthly income Rs.>4000 and majority of mother's

1. Regarding obstetric variables majority of post caesarean mothers were married at the age of 20-25 years, were primigravida and primiparous mothers had no abortion and had elective caesarean sections.

2. Regarding the level of pain in both experimental group and control group during post-test majority of mother's in experimental group had moderate pain and in control group there were no measurable difference.

3. With regard to effectiveness of Benson relaxation technique on level of pain among post caesarean mother's, the post-test mean score 4.43 was lesser than the pre-test mean score 6.88. the obtained 't' value was 32.60 which was found to be significant at $p < 0.05$ level.

4. With regard to association between the level of pain with their selected demographic variables, in this there were significant association found with age and occupation and others were not significant such as education, type of family, monthly income, religion.

Discussion

This deals with summary, conclusion limitation and recommendation of the study. Further it includes implications for nursing practice, nursing education, nursing administration and recommendation for further nursing research.

Nursing Implications

Nursing practice

The findings of the study clearly point out that Benson relaxation technique intervention is effective in reduction of pain among post caesarean mothers. the reduction of pin among post caesarean mothers has an important role to play in enabling effectiveness of Benson relaxation technique intervention as an independent nursing intervention. This can be facilitated by motivating nurses to:

- Learn accurate assessment of level of pain with numerical pain assessment scale.
- Practice Benson relaxation technique to reduce pain among post caesarean mothers.
- Understand the importance of Benson relaxation technique intervention as an adjunct to the pharmacologic therapy.

Nursing education:

Health personnel may separate the theory and practice while treating the pain of caesarean mothers and tend to reduce the level of pain which can be beneficial for the patients. So, nursing educators should motivate students to arrange participation in demonstrating Benson relaxation technique and by audio-visual aids, group conferences and bed sides clinics. Nurses can be taught regarding the practice of Benson relaxation technique post caesarean section.

Nursing administration: Collaborate with hospital authorities in formulating policies to employ the specially qualifies nurses in post-operative ward and periodically supervise their application Benson relaxation technique intervention. In service education programme can be organized for the nurses on this complimentary technique.

Nursing research

- There is a necessity to conduct further research studies in developing countries like India to prove the effectiveness of Benson relaxation technique on reducing pain.
- The finding of present study may help to expand the study in different disease conditions and operative procedures.
- The study findings can be added to the research review the effectiveness of Benson relaxation technique on reducing pain.

Recommendations

- The study can be replicated with large sample.
- The same study can be conducted in patients undergoing other major surgeries.
- The comparative study between Benson Relaxation technique can do the alternative therapies.
- A study can be conducted to assess the attitude and practice of Benson relaxation technique among nurses posted in post-operative ward.
- The study can be conducted to stimulate lactation, reduce postnatal depression and to enhance perineum healing.
- The study can be conducted in different settings.
- A study can be conducted to assess the effectiveness of Benson relaxation technique enhancing post-operative pain management.

Limitations

- The study was done only for 60 samples with no randomization, so generalization is possible only for the selected samples.
- The study covered a population of patients who had undergone caesarean section in Janet hospital Trichy, others were excluded.

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