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A Study To Assess The Effectiveness of Structured Teaching Programme on Knowledge Regarding Insertion of Post-Partum Intrauterine Devices among GNM 3rd Year Students of Selected Nursing Institution at Barmer

Likhamaram Choudhary [1*], Khemchand [2]

[1] Nursig Tutor, GNMTC Govt. Hospital, Barmer, Rajastan, [2]Supervisor, Tantia University, Sri Ganganagar Rajasthan

Abstract

Birth spacing is an essential factor in reproductive life, to promote health and wellbeing of the mother and child. Postpartum period is one of the important and crucial times when women and couples are highly motivated and more receptive to family planning methods. IUCD's provide long-term, reversible protection against pregnancy and is immediately effective after insertion. It is Suitable for most women. Moreover, it can be used as an emergency contraceptive if inserted within five days of the first act of unprotected sexual intercourse. IUCD's can be replaced, without any gap, as many times as women desires. Insertion is one time procedure and is cost effective. It can be used by lactating women and does not interact with any medicines the client may be taking. Data reports that even after having most of the advantage as compared to other contraceptive methods, IUCD are still not popular among women as a method to prevent pregnancies. One of the main reasons this underutilization of IUCD in India is that many doctors/midwives and potential clients lack accurate, up to date information about IUCD's. Most of time, it is often found that the advantages are under estimated, the disadvantages tend to be exaggerated and many misconceptions are prevalent in the community and among the providers. The high discontinuation rate is due to problems related to provider's knowledge and skills leading to improper selection of clients, not following recommended steps of insertion, poor client counselling and lack of follow up, finally all resulting in poor quality of utilization.

Key Words - Effectiveness, Structured teaching programme, Knowledge, Post partum intrauterine devices (IUCD), GNM, Nursing.

Corresponding Author*: Likhamaram Choudhary, Nursig Tutor, GNMTC Govt. Hospital, Barmer, Rajastan, Email: likhamaramchoudhary1970@gmail.com

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INTRODUCTION

An intrauterine device, also known as intrauterine contraceptive device or coil, is a small,often T-shaped birth control device that is inserted into the uterus to prevent pregnancy. IUDs are one form of long-acting reversible birth control

Assess: To determine the value, evaluate in this study assess. Refers to statistical measurement of knowledge of students of GNM 3rd year Nursing regarding Insertion of Post-Partum Intrauterine devices by structured questionnaire.

Effectiveness: Effectiveness mean checking for the desire effect. Intended effect or an outcome. In this study, effectiveness refers to significant gain by knowledge scores after the administration of structured teaching in a selected group of student of GNM 3rd year Nursing.

Structured teaching programme: It "means" giving systematic information to the people that may enrich their knowledge. In this study, structured teaching program refers to the systematic plan of teaching and learning process between the GNM 3rd year nursing student and investigator using various teaching method on insertion of Post-Partum Intrauterine devices.

Knowledge: Something that is or may be known information in this study knowledge refers to correct response of GNM 3rd year nursing student in Insertion of Post-partum intrauterine device.

Aim

The aim of the study was assess the effectiveness of structured teaching programme on knowledge regarding insertion of post partum intrauterine devices among GNM 3rd year students of selected nursing institution at Barmer, Rajasthan.

Objectives

1. To assess the existing knowledge of GNM 3rd year students regarding post partum intra uterine devices.

2. To assess the post test knowledge of GNM 3rd year students regarding post partum intra uterine devices.

3. To assess the effectiveness of structured teaching programme regarding Knowledge of GNM 3rd year students regarding post partum intra uterine devices.

4. To find out the association of knowledge score with selected demographic variables.

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A quantitative pre experimental research approach with one group pre test-post test design was adopted for the study to assess the effectiveness of structured teaching programme on knowledge regarding insertion of post partum intrauterine devices among GNM 3rd year students of selected nursing institution.

The conceptual framework for the present study is based on the general system theory developed by Ludwig Von Bertanlanffy (1969). The present study was conducted at selected nursing centers and institutions of Barmer, Rajasthan. GNM 3rd year students who were studying in selected nursing centers and institutions were chosen for the study. The total sample size was 300. Convenient sampling technique was used for sample selection.

Hypotheses

Hypothesis I (H_1) - There will be statistically significant improvement in level of knowledge score in experimental group subjects at 7th day follow up, as assessed by knowledge questionnaire, at 0.05 level of significance.

Hypothesis II (H_2) - There will be statistically significant association of baseline scores of knowledge with the selected socio-demographic characteristics of GNM 3rd year students, at 0.05 level of significance.

All hypotheses will be tested at 0.05 level of significance. Structured teaching programme regarding insertion of postpartum intra uterine device was independent variable whereas knowledge of GNM 3rd year student regarding insertion of postpartum intra uterine device was dependent variable. All the GNM 3rd student of selected nursing institution at Barmer constituted population in the study.

Socio-demographic data sheet and knowledge questionnaire regarding insertion of post partum intrauterine devices were used to assess socio-demographic characteristics and knowledge by GNM 3rd year students who were studying in selected nursing centers and institutions. Validity of socio-demographic data sheet and Knowledge questionnaire was taken by experts in the field of obstetric, gynecological nursing. Reliability of the scales (socio-demographic data sheet and Knowledge questionnaire) was determined by test retest reliability.

On the basis of behavioral learning and knowledge theories as background, with the help of available literature (print and electronic), videos, subject's expert suggestions and supervised institutional training, structured teaching program

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regarding insertion of postpartum intra uterine device was developed.

Study approval was taken from ethical committee of the Tantia University, Sriganganagar to protect the rights of the subjects. A written permission to conduct study was taken from the principal GNMTC of Govt. Hospital, Barmer and principals of various nursing institutions.

A pilot study was conducted in order to assess the feasibility of the actual study in the same setting. It was conducted on 30 subjects who were present in GNM 3rd year of selected nursing school to find feasibility of the study. Analysis and interpretation was done in accordance with objectives. Descriptive and inferential statistics (frequency, percentages, paired t-test and chi-square test) were calculated. The statistical analysis was done with the help of S.P.S.S. version 20.0. Discussion was based on standard analysis, current trends and previous researches.

RESULT

Findings related to Socio-demographic characteristics of subjects

- Maximum frequency and percentage 150 (50%) of the subjects were in between 21-22 years of age group category followed by 30% in 23-24 years of age group category, 11.7% in 25-26 years of age group category and 8.3% in >26 years of age group category.
- Highest frequency and percentage (58.30%) of the subjects were female where as 41.7% of the subjects were male.
- Highest frequency and percentage (91.7%) of the subjects were unmarried where as only 8.3 % of the subjects were married.
- Majority (93.3%) of the subjects belong to Hindu religion followed by 3.3% of the subjects belong to Muslim and Christian religion, each.
- Majority (70%) of the subjects were residing in rural area where as 30% of the subjects were living in urban area.
- Maximum (63.3%) of the subjects were staying with nuclear family where as 36.7% of the subjects were staying with joint family.
- Majority (50.0%) of the subjects has monthly income in between Rs. 20001 – 30000 category followed by 30% in Rs. 10001 – 20000, 10% in Rs. ≤ 10000 and 10% in Rs. >30000 category.
- Majority (78.3%) of the subjects were 10+2 before taking admission in GNM where as 21.7% of the subjects were qualified above 10+2 before taking admission in GNM.

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- Majority (61.7%) of the subjects had Medical (PCB) subjects in 10+2 class where as 38.3% of the subjects had non-medical subjects in 10+2 before taking admission in GNM.
- Majority (66.7%) of the subjects joined GNM course voluntarily where as 33.3% of the subjects joined GNM course by force of parents/ friends before taking admission in GNM.
- Maximum of the subjects (78.3%) were studying in private nursing institutions where as 21.7% of the subjects were studying in Govt. nursing institutions.
- Majority (3.3%) of the subjects were in-service candidates where as 96.7% of the subjects were self sponsored students.
- None of subjects ever attended any training regarding insertion of post partum intrauterine devices.

Findings related to baseline (pre test) levels and mean score of knowledge of GNM students

- Baseline mean (SD) score of knowledge regarding insertion of intra uterine devices was 19.76 (6.27) with range of 26. The minimum score was 11 where as maximum achieved score was 37.
- Maximum of the subjects (60%) had poor knowledge regarding insertion of post partum intra uterine devices. Only 6.7% of the subjects had good knowledge regarding insertion of post partum intra uterine devices. None of the subjects had very good knowledge regarding insertion of post partum intra uterine devices. Hence, it can be said that maximum of the subjects had average to poor knowledge regarding insertion of post partum intra uterine devices among GNM 3rd year students.

Findings related to post test levels and mean score of knowledge of GNM students

- The post test mean (SD) score of knowledge regarding insertion of post partum intra uterine devices was 31.75 (6.38) with range of 24. The minimum score was 21 where as maximum achieved score was 45.
- Maximum of the subjects (46.7%) had good knowledge regarding insertion of post partum intra uterine devices. 15% of the subjects had very good knowledge regarding insertion of post partum intra uterine devices. A 38.3 % of the subjects had average knowledge regarding insertion of post partum intra uterine devices. None of the subjects had very poor knowledge regarding insertion of post partum intra uterine

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devices. Hence, it can be said that structured teaching programme regarding post partum intra uterine devices was effective in improving knowledge of GNM 3rd year students.

Findings related to effectiveness of structured teaching program on knowledge of the GNM students

- The mean (SD) knowledge score was 19.76 (6.27) at baseline where as the mean (SD) knowledge score was 31.75 (6.38) at post test after structured teaching programme. A paired t test was computed and it was found that there was a high significant improvement in mean knowledge score from baseline and post-test of knowledge (t=-31.48, p=<0.001). Thus, findings indicate that structured teaching programme was highly effective in improving knowledge in experimental group at post test.
- Maximum of the subjects (60%) had poor knowledge at pre test and none of the subjects had very good knowledge regarding insertion of post partum intra uterine devices. Maximum of the subjects (46.7%) had good knowledge at post test and 15% of the subjects had very good knowledge regarding insertion of post partum intra uterine devices. A χ^2 test was computed and it was found that there was a high significant improvement in frequency of knowledge levels from baseline and post-test of knowledge (χ^2=-162.17, p= <0.001). Thus, findings indicate that structured teaching programme was highly effective in improving levels of knowledge in experimental group at post test.

Findings related to association of knowledge with selected socio-demographic characteristics of GNM students at pre test.

- Age, gender and marital status had significant association with level of knowledge regarding insertion of post partum intra uterine devices at baseline (pre test) among GNM 3rd year students.
- Type of family, monthly per capita family income (Rs.) and educational qualification had significant association with level of knowledge regarding insertion of post partum intra uterine devices at baseline (pre test) among GNM 3rd year students.
- Stream in 10+2 class, type of nursing institution for training and in-service candidate status in study had significant association with level of knowledge regarding insertion of post partum intra uterine devices at baseline (pre test) among GNM 3rd year students.

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Recommendations - This study appraised the effectiveness of structured teaching programme on knowledge regarding insertion of post partum intrauterine devices among GNM 3rd year students. There is no published literature on structured teaching program for nurses in India related toinsertion of post partum intrauterine devices among GNM 3rd year students. The findings of this study are considered in relation to other studies and development overseas which form the basis of the following recommendations:

1. For effective post partum intrauterine devices insertion, counseling, cognitive behavioral therapy and motivational enhancement therapy is very important as these therapies may improve thought process of patient, remove errors in thinking and increase motivation to use post partum intrauterine devices correctly. So these therapies should be strictly integrated in nursing curriculum.
2. Another study should be conducted to large sample size.
3. Study may be conducted on psychological distress at the time of post partum intrauterine devices insertion and its impact on follow up.
4. Study may be conducted to assess indicators of intra post partum intrauterine devices failures and dropout.
5. Study may be conducted to assess quality of life among people with post partum intrauterine devices.

CONCLUSION

On the basis on findings of present study, it can be concluded that GNM 3rd year students had average to poor knowledge regarding insertion of post partum intra uterine devices among GNM 3rd year students at baseline. Baseline mean (SD) score of knowledge regarding insertion of intra uterine devices was 19.76 (6.27) and maximum of the subjects (60%) had poor knowledge. None of the subjects had very good knowledge regarding insertion of post partum intra uterine devices. After the structured teaching program regarding insertion of post partum intra uterine devices, the post test mean (SD) score of knowledge score was 31.75 (6.38) and maximum of the subjects (46.7%) had good knowledge. 15% of the subjects had very good knowledge. Hence, present study concluded that structured teaching programme regarding post partum intra uterine devices was effective in improving knowledge of GNM 3rd year students.

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