

A study to assess the effectiveness of planned teaching program on avoidance of fundal pressure practices among dais at selected rural area in Shahdol, (M.P.).

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Abstract

An experimental research design was conducted on 30 Dais residing in various rural areas in Shahdol, M.P. by Non-probability convenient sample technique. The main aim of the study was to assess the effectiveness of planned teaching programme on avoidance of fundal pressure practices among Dais at rural areas in Shahdol. The findings of the study revealed that about difference between pre-test and post test score of Dais regarding avoidance of fundal pressure practice. In this the mean value of pre-test is 19.3000 and standard deviation is 4.41119 and the mean value of post-test is 29.3000 and standard deviation is 3.86095. The overall t-test value is 15.418, P value is <0.000. That is statistically significant. The study indicated that administration of structural teaching program increase the knowledge of Dais regarding avoidance of fundal pressure practice.

Keywords: effectiveness of planned teaching programme on avoidance of fundal pressure, convenient sample technique

Introduction

Fundal pressure Otherwise called the 'Kris-teller move', is depicted as outer power connected at the highest segment of the uterus with one hand on the uterine fundus at a 30 to 45 edge to the maternal spine toward the pelvis. The pressure is connected a longitudinal way.

A survey in the United States found that 84% of the respondents used fundal pressure in their obstetric centres. There is little evidence to demonstrate that the use of fundal pressure is effective to improve maternal and neonatal outcomes. Several anecdotal reports suggest that fundal pressure is associated with maternal and neonatal complications: for example, uterine rupture, neonatal fractures and brain damage. There is a need for objective evaluation of the effectiveness and safety of fundal pressure in the second stage of labour (1).

In spite of an absence of confirmation with respect to fundal weight proficiency and wellbeing, it has been generally utilized by maternity tend to numerous decades to abbreviate the length of the second phase of work (2). This examination was led to assess any advantage or damage for the mother and her infant experienced fundal strain to empower nursing staff to apply the perfect administration of the second stage which permit the best possibility of unconstrained conveyance with minimal danger of maternal, foetal and neonatal bleakness and mortality. Reason to assess the part of uterine fundal weight amid the second phase of work (Kris teller move) on pelvic floor brokenness (urinary and butt-centric incontinence, genital prolapse, pelvic floor quality). Techniques - 522 primiparous ladies, enlisted 3 months after vaginal conveyance, were isolated in two gatherings: bunch A (297 ladies) identify the ladies who got Kristeller moves with various signs (e.g. fetal misery, inability to advance, mother weariness), gather B (225 ladies) the ladies without move. Members were addressed about urogynecological side effects and inspected by Q- tip test, advanced test, vaginal perineometry and uroflowmetric

stop test score. Results shows that Mediolateral episiotomies, dyspareunia and perineal torment were significantly higher in Kristeller gathering, though urinary and butt-centric incontinence, genital prolapse and pelvic floor quality were not significantly extraordinary between the gatherings. Conclusions Kris teller move does not alter puerperal pelvic floor work but rather expands the rate of episiotomies (3).

Objectives

- To assess the pre-test score of Dais regarding avoidance of fundal pressure practices.
- To administer planned teaching programme regarding avoidance of fundal pressure practices among Dais.
- To assess the post score of Dais regarding avoidance of fundal pressure practices.
- To assess the effectiveness of planned teaching programme on avoidance of fundal pressure practices among Dais.
- To find out the association between post-test score practices by the Dais with their socio-demographic variables.

Material and Methods

Based on the objective an extensive research of literature was done to determine and develop the conceptual framework and methodology for the study.

One group pre and post-test group design with quantitative cross sectional and experimental approach was adopted to evaluate the study. The sample consists of 30 Dais residing at various rural areas of Shahdol. Non-Probability convenient sample technique was used for the selection of the participants. In the view of the nature of problem and to accomplish the objective of the study the investigator collect data of pre-test score of Dais regarding avoidance of fundal pressure practice by using check list of USAID JSI Research and Training Institute.

After pre-test, structured planned teaching program administered regarding avoidance of fundal pressure practice among Dais using pamphlet sheet. It included introduction, definition, effects, side effects, complications and all things for more knowledge about avoidance of fundal pressure during labour. After structured teaching program, post-test was carried out by the investigator using check list of USAID JSI Research and Training Institute. The data obtained were analysed by using descriptive and inferential statistics.

Results

Description of demographic variables of Dais -

Out of 30 participants (Dais), 53.3% of subjects belonged to age group of 45 years of age, 53.3% were residing in rural area, 40% were Hindu, 66.7% were 10th passed, 53.3% have more than 10000 Rs per month income.

Table 1: Distribution of pre-test knowledge score of Dais regarding avoidance of fundal pressure n=30 Pre-test score of Dais

Grade	Frequency	Percent
Poor	2	6.7
Average	24	80.0
Good	4	13.3
Total	30	100.0

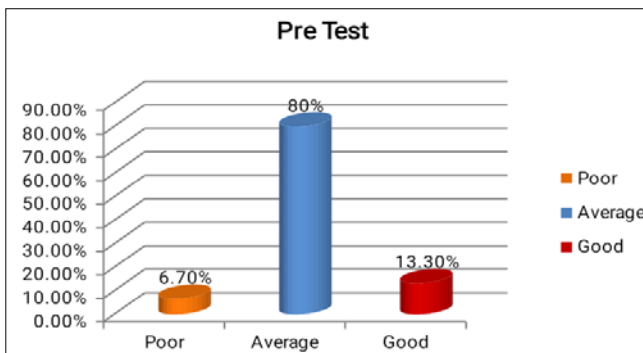


Fig 1: The frequency of pretest knowledge of Dais. Above figure depicts that 6.70% have poor knowledge, 13.30% have good knowledge and 80% have average knowledge.

Table 2: Distribution of post-test knowledge score of Dais regarding avoidance of fundal pressure after administration of structured teaching program. n=30 post-test score of Dais

Grade	Frequency	Percent
Poor	00	00
Average	5	16.7
Good	25	83.3
Total	30	100.0



Fig 2: The frequency of Post-test knowledge of Dais, above figure depicts that 16.70% have average knowledge and 83.30% of have good knowledge.

Analysis of the Effectiveness of Planned Teaching Programme on Knowledge Score of Dais

Table 3: Difference between pre-test and post-test knowledge score of Dais

Level of knowledge	Pre Test	Post Test
Poor	2	00
Average	24	5
Good	4	25
Total	30	30

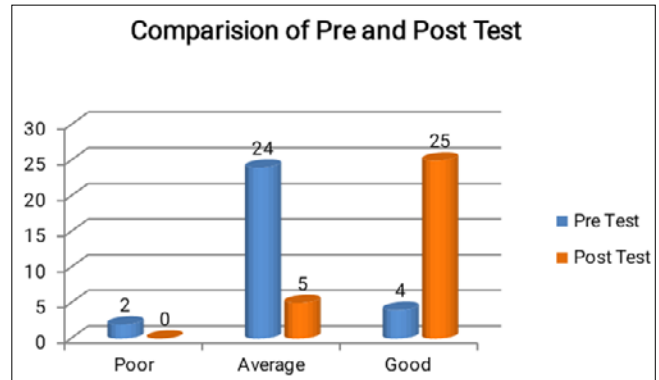


Fig 3: indicate the difference between pre-test and post-test knowledge of Dais regarding avoidance of fundal pressure.

Table 4: Analysis of section difference between pre-test and post-test knowledge score of Dais n=30

Knowledge	Mean	Std. Deviation	T	DF	P value
Pre test	19.3000	4.41119	15.418	29	.000*
Post test	29.3000	3.86095			

Discussion

The present study intends to evaluate the effectiveness of planned teaching programme on avoidance of fundal pressure practices among Dais at selected rural areas in Shahdol city. In order to achieve the objectives of the study, pre-experimental one group pre-test post-test design was adopted. Non – probability convenient sampling technique was used to select the sample. The data were collected from 30 Dais who were residing in selected rural areas in Shahdol city, by using structured knowledge questionnaire to assess the knowledge score on fundal pressure. The collected data was analysed by descriptive and inferential statistics. The result revealed that the participant has significantly improved their knowledge after administering the structural teaching program on avoidance of fundal pressure. On the whole the study was really an interesting and exciting experience to the investigator. The constant encouragement and the guidance, cooperation and interest of the respondent to participate in this study, contributed to successful completion of the study.

Conclusion

A survey in the United States found that 84% of the respondents used fundal pressure in their obstetric centres. There is little evidence to demonstrate that the use of fundal pressure is effective to improve maternal and neonatal outcomes. Several anecdotal reports suggest that fundal pressure is associated with maternal and neonatal complications: for example, uterine rupture, neonatal fractures and brain damage. So this study has been

conducted to assess the effectiveness of planned teaching programme on avoidance of fundal pressure practices among Dais at selected rural areas in Shahdol. From the finding of the study, Dais residing in rural areas in Shahdol have significantly improved their knowledge after administering the structured teaching program on avoidance of fundal pressure. Hence paired 't' test value was significantly to their P value.

Thus, it is concluded that administration of structured teaching program improved the knowledge of Dais on avoidance of fundal pressure.

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