



Research Article

EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE REGARDING MANAGEMENT OF LOWER BACK PAIN DURING PREGNANCY AMONG ANTENATAL MOTHERS

Kamala K.N* and Santosh B.Sajjan

B.V.V.S Sajjalashree Institute of Nursing Sciences, Navanagar Bagalkot, 587102 Karnataka state

ARTICLE INFO

Article History:

Received 11th April, 2018

Received in revised form 4th

May, 2018 Accepted 23rd June, 2018

Published online 28th July, 2018

Key words:

Planned teaching programme, lower back pain, Antenatal mothers.

ABSTRACT

Background: Pregnancy is a special event not only in the life of women but also to the entire family. The labor and child birth process is an exciting, anxiety provoking but rewarding time for the women and the family.¹ Globally there are approximately 240 million pregnancy annually. These pregnancies results in 134 million births worldwide and approximately 30 million women in India experience pregnancy annually, 27 million have live births.²

Objective: To assess the knowledge and to evaluate effectiveness of planned teaching programme regarding management of lower back pain during pregnancy among antenatal mothers.

Design: Pre experiential study. 40 antenatal mothers were selected for the study by complete enumeration. The data was collected by structured interview schedule.

Results: The present study reveals that overall mean knowledge score obtained by the subjects was in 15.525% with standard deviation 2.86 in the pre-test and the overall knowledge obtained score was 28.65% with standard deviation 1.0989 in the post-test. The present study reveals that overall mean knowledge score obtained by the subjects was 13 in the pre-test where as the overall knowledge obtained by the subjects was 28.61 in the post-test. The improvement means score for overall knowledge was 28.61 with the 't' value of 27.16 and found to be significant at the level of $p < 0.05$. It evidenced that developed planned teaching programme was effective in improving the knowledge of antenatal mothers regarding management of lower back pain. There was no statistically significant association between the knowledge score with demographic variables like age, education status of antenatal mother, antenatal father, occupation, family income, gravida, type of family, food habits, religion and sources of information. **Conclusions:** This study indicated that structured teaching programme was effective in enhancing the knowledge of antenatal mothers.

Copyright©2018 Kamala K.N and Santosh B.Sajjan. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

INTRODUCTION

Pregnancy is a special event not only in the life of women but also to the entire family. The labor and child birth process is an exciting, anxiety provoking but rewarding time for the women and the family.³ Globally there are approximately 240 million pregnancies annually. These pregnancies results in 134 million births worldwide and approximately 30 million women in India experience pregnancy annually, 27 million have live births.⁴

As the pregnancy advance and the uterus enlarges, women's are likely is feel some discomfort. Backache is common disorder that is not restricted to a particular trimester but may span all the three trimester and continue in to the post natal period.

*Corresponding author: Kamala K.N

Sajjalashree Institute of Nursing, Navanagar, Bagalkot, Karnataka

It is caused by the increased weight of the growing fetus and uterus pulling forward on the lower back muscles. The centre of the gravity changes, and poor support from abdominal muscles causes compensatory lordosis and muscles strain.⁵

Low back pain is a frequently reported complaint during pregnancy. According to a Cochrane literature review more than two-thirds of pregnant women suffered from back pain during their pregnancies. These pains often remain underestimated and undertreated.⁶ According to Skaggs *et al.* 85% of patients suffering from back pain did not receive any treatment from their caregiver and among those who were treated, only 1% stated that they were relieved by the proposed therapy.⁷

The known risk factors of low back pain during pregnancy are previous history of back pain, maternal age and multiparity and physical activity. Increase in Body Mass Index during pregnancy is a much-debated risk factor in the occurrence of low back pain.⁸ The consequences in terms of economic

impact. During pregnancy, the occurrence of low back disorders could have global consequences involving physical, psychological and social impacts among women and their unborn children. Few studies have evaluated the impact of these pains on the quality of life and the progress of the pregnancy; the results of these studies are controversial.⁹

Specific exercise and posture can help the pregnant women to adopt to the physical changes in her body during the child bearing year, they will help to ease the minor aches and pains during pregnancy and may also help to prevent long term post partum problems.¹⁰

Objectives of the Study

- To assess the existing knowledge of antenatal mothers regarding management of lower back pain during pregnancy through pre test knowledge scores.
- To determine the effectiveness planned teaching programme regarding management of lower back pain during pregnancy among antenatal mothers by comparing pre and post test knowledge score.
- To find out the association between the knowledge scores with selected Socio-demographic variables of antenatal mothers regarding management of lower back pain during pregnancy.

Hypothesis

- **H1** – The post-test knowledge scores of antenatal mothers exposed to planned teaching programme will be significantly higher than the pretest knowledge scores.
- **H2** – There will be significant association between post test knowledge with selected demographic variables.

Variables

Independent variable: In this study the independent Variable refers to planned teaching programme on management of lower back pain during pregnancy.

Dependent variable: In the present study it refers to knowledge of antenatal mothers regarding management of lower back pain during pregnancy.

Socio demographic variables: It includes social and demographic characteristics such as age, education states of mother, marital status occupation, education, family income, religion, food habits, type of family, gravid, experience and Source of information.

MATERIALS AND METHODS

The researcher's objective was to determine the knowledge regarding management of lower back pain during pregnancy among antenatal mothers and evaluate the effectiveness of PTP by collecting the data by using Pre test and post test, So evaluative research approach and pre experimental research design with one group pre-test and post test design without control group was found to be appropriate. Target population was Antenatal mothers residing in Bagalkot. Accessible population was Antenatal mothers who are attendening Antenatal clinic at HSK Hospital Bagalkot.

At the time of data collection there were 40 antenatal mothers who are attendening Antenatal clinic at HSK Hospital

Bagalkot. The sample was selected by using convenient sampling technique.

The data was collected using a structured interview schedule prepared by the researcher. The tool consisted three parts. **Part – I:** Items to assess Socio-demographic information of the subjects. **Part – II:** Structured knowledge questionnaires regarding management of lower back pain during pregnancy among antenatal mothers.

The tool was validated by eight experts: Six from the department of OBG nursing faculty and Two from Medical surgical nursing department. The reliability of the tool was established by split half method ($r = 0.84$).

Data Analysis

The description of socio-demographic factors and analysis of results was done by using descriptive and inferential statistics. **RESULTS:** In this study Majority 57.5% of subjects belongs to the age group 21-25 years. 22.5% of subjects were completed their secondary education. In relation to the education 5% of subject's husband completed their graduation. 72.5% of subjects were house wife and only 12% mother's occupation was house wife. 55% of subject's family income was 2501-5000 rs and only 10% had family income below Rs5001-8000. 92.5% of subject's belongs to Hindu religion and only 2% were from others. 62% of subject's were having mixed diet and remaining was vegetarian. 55% of subject's were belonging to joint family and only 45% were belongs to nuclear family. 52.5% of subject's belongs to primi Gravida and only 10 % belong to Gravida three. Based on sources of information majority 52.5% of subject's had information from Radio /TV and only 16 % had information from News paper / Health magazines.

- The present study reveals that overall mean post test knowledge scores obtained by the subjects were in 89.80% with standard deviation 2.88%. In pre-test the overall knowledge scores obtained was 52.49 % with standard deviation 6%.
- The obtained t value is 27.16 is greater than the table value at 0.05 level of significance.
- Therefore, "t" value is found to be significant. It means there is gain in knowledge level of antenatal mothers.
- This supports that planned teaching programme on management of lower back pain is effective in increasing the knowledge level of antenatal mothers

Findings related to association between selected demographic variable and pre test knowledge level

Findings revealed that there was statically no significant association between the knowledge score with demographic variables like age, education status of antenatal mother, education status of antenatal husband, religion, food Type of diet, Type of family, No. of pregnancy and sources of information at the level of $p < 0.05$. Hence the research hypothesis stated that there will be significant association between the pretest knowledge score with selected demographic variable was rejected.

Implications of the Study

The findings of this study have implications in various areas of nursing namely nursing practice, nursing education, nursing administration and nursing research.

Nursing Practice

- Maternity nurse and midwife in the antenatal clinic play a vital role in imparting knowledge to the pregnant mothers.
- Study recommends that the nurses should encourage individual conservation with antenatal mother as a part of the basic programme, conducting pre pregnancy Counseling, enhancement of knowledge by providing health education on the routine antenatal care by health professionals in antenatal clinics.
- Such practices of involvement of the antenatal mother can lead to the maternal outcome to have healthy mother and healthy baby.

Recommendations

On the basis of the findings of the present study the following recommendations have been made for the further study.

- A similar study can be replicated on a large sample to generalize the findings.
- A comparative study may be conducted among antenatal mothers visiting rural and urban health centers.
- An experimental study can be conducted with the structured teaching programme regarding management of lower back pain.

CONCLUSION

Low back pain is a common reason for consultation during pregnancy and is strongly associated with an altered quality of life among pregnant women. Well-being and quality of life of pregnant women should be included within the scope of pregnancy monitoring and preventive health programs. All health professionals involved in pregnancy care (primary health care and hospital professionals) should thus be more sensitive to the different dimensions of health.

References

1. Wang SM, Dezinno P, Maranets I, Berman MR, Caldwell-Andrews AA, *et al.* (2004) Low back pain during pregnancy: prevalence, risk factors and outcomes. *Obstet Gynecol* 104: 65-70.
2. Vermani E, Mittal R, Weeks A (2010) Pelvic girdle pain and low back pain in pregnancy: A review. *Pain Pract* 10: 60-71.
3. Kovacs FM, Garcia E, Royuela A, Gonzalez L, Abraira V; Spanish Back Pain Research Network (2012) Prevalence and factors associated with low back pain and pelvic girdle pain during pregnancy: A multicentre study conducted in the Spanish National Health Service. *Spine* 37: 1516-1533.
4. Pennick VE, Young G (2007) Interventions for preventing and treating pelvic and back pain in pregnancy. *Cochrane Database Syst Rev*: CD001139
5. Skaggs CD, Prather H, Gross G, George JW, Thompson PA, *et al.* (2007) Back and pelvic pain in an underserved United States pregnant population: A preliminary descriptive survey. *J Manipulative Physiol Ther* 30: 130-134
6. Sabino J, Grauer JN (2008) Pregnancy and low back pain. *Curr Rev Musculoskelet Med* 1: 137-141.
7. Oksuz E. Prevalence, risk factors, and preference-based health states of low back pain in a Turkish population. *Spine (Phila Pa 1976)*. 2006 Dec 1;31(25):E968-72.
8. Bhasin S.K, Rajoura O.P, Sharma A.K., Metha M, Gupta N. *Indian Journal of Community medicine*. 2007. Jul-Sep; 32(3): 224-224.
9. Helene J. Krouse. A study to assess the effectiveness of video modeling to educate patients. *Journal of advanced nursing*. Volume 33, Issue 6, Pages 748- 757. Published online 7 July 2008.
10. Pennick VE, Young G. Interventions for preventing and treating pelvic and back pain in pregnancy. *Cochrane Database Syst Rev*. 2007 Apr 18; (2):CD001139.

How to cite this article:

Kamala K.N and Santosh B.Sajjan (2018) 'Effectiveness of Planned Teaching Programme on Knowledge Regarding Management of Lower Back Pain During Pregnancy Among Antenatal Mothers', *International Journal of Current Advanced Research*, 07(7), pp. 14291-14293. DOI: <http://dx.doi.org/10.24327/ijcar.2018.14293.2585>
