



A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING SELF ASSESSMENT OF DAILY FETAL MOVEMENT COUNT, AMONG NORMAL AND HIGH RISK PRIMIGRAVIDA MOTHERS AT SREE BALAJI MEDICAL COLLEGE AND HOSPITAL

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ABSTRACT

Quickening' is the first point at which the woman experiences fetal movements in early pregnancy. In primigravida, it may be felt from 18-22 weeks and in multigravida, from 16-20 weeks. A fetal movement chart records the frequency of fetal movements and thereby assesses the condition of the fetus. Decreased fetal movements are present in 5% to 15% of pregnancies and are associated with intrauterine fetal death and intrauterine growth restriction. Evaluative research approach was used to assess the effectiveness of educational awareness package regarding self assessment of fetal movement. The research design is pre experimental one group pre test-post test design. Compare the pre-test and post-test level of knowledge regarding Daily Fetal Movement Count among antenatal mother in experimental group. The pre-test mean value is 32.2 and the standard deviation is 16.1. Post-test mean value is 82.6 and standard deviation is 6.3. The paired "t" value is 38.8 which is statistically significant at $p < 0.001$. Hence the structured teaching programme is found to be more effective regarding assessment on daily fetal movement count.

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INTRODUCTION

Quickening' is the first point at which the woman experiences fetal movements in early pregnancy. In primigravida, it may be felt from 18-22 weeks and in multigravida, from 16-20 weeks. A fetal movement chart records the frequency of fetal movements and thereby assesses the condition of the fetus. Decreased fetal movements are present in 5% to 15% of pregnancies and are associated with intrauterine fetal death and intrauterine growth restriction.

The investigator found that most of the women do not have adequate knowledge regarding fetal movement count during pregnancy. Assessments of fetal movements are used as a marker of fetal viability and well being. It reduces the risk of still birth, Fetal Growth Restriction and fetal distress, causing reduction in perinatal mortality. Fetal kick counting (FKC) is a method by which a woman quantifies to self monitoring of fetal kicks she feels to evaluate the state of her fetus. The movements can be occur in various combinations and are widely described as kicks, twists or turned. Additionally the intensity of those kicks is constantly advancing until the 32nd week of gestational age and from then onwards remains at the same level. Also, a healthy fetus usually moves at least 10 times in 12 hours.

Kicks are not sensed in 20-40 minutes periods of fetal sleep, both during the day and night. It is essential to remember that those fetal sleep periods should not last longer than 1.5 hours.

Women self monitoring of fetal kick counting is simple and can be done at home. It is inexpensive, as there are no human or material resources needed, but it does intrude on the woman's time. FKC might reduce fetal hazard due to asphyxia by precipitating timely intervention. Furthermore, the daily self monitoring of fetal kicks counting may increase the mother's ability to recognize on time the warning signs and if the fetus is in danger, it will be properly intervened.

OBJECTIVES

1. To assess the pre-test knowledge regarding self assessment of daily fetal movement count, among normal and high risk primigravida mothers.
2. To assess the post-test knowledge regarding self assessment of daily fetal movement count, among normal and high risk primigravida mothers.
3. To compare the pre and post test knowledge regarding self assessment of daily fetal movement count, among normal and high risk primigravida mothers.
4. To evaluate the effectiveness of structured teaching programme on knowledge regarding self assessment of daily fetal movement count, among normal and high risk primigravida mothers.

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5. To associate post test knowledge score regarding self assessment of fetal movement with demographic variables among normal and high risk primigravida mothers.

Null Hypothesis

NH₁: There is no significant difference between pre test and post test Knowledge scores on daily fetal movement count among normal and high risk primigravidaantenatal mothers.

NH₂ : There is no significant association between the post test knowledge score with selected demographic variables among normal and high risk primigravida antenatal mothers.

METHODOLOGY

Evaluative research approach was used to assess the effectiveness of educational awareness package regarding self assessment of fetal movement. The research design is pre experimental one group pre test-post test design.

FINAL RESULT

In the pre-test the data analysed showed that, level of knowledge highest percentage 83.3% of antenatal mothers were inadequate knowledge, 13.3% of antenatal mothers were moderately adequate knowledge and 3.3% of antenatal mothers were adequate knowledge. Over all the pre-test mean score was with the standard deviation of 16.1% . The results indicates the necessity for imparting structure teaching programme.

The post-test level of knowledge highest percentage 76.7% of antenatal mothers were adequate knowledge, 23.3% of antenatal mothers were moderately adequate knowledge and 0% of antenatal mothers were inadequate knowledge. Hence there is improvement of knowledge regarding assessment of daily fetal movement count.

Compare the pre-test and post-test leve of knowledge regarding Daily Fetal Movement Count among antenatal mother in experimental group . The pre-test mean value is 32.2 and the standard deviation is 16.1. Post-test mean value is 82.6 and standard deviation is 6.3. The paired "t" value is 38.8 which is statistically significant at p <0.001. Hence the structured teaching programme is found to be more effective regarding assessment on daily fetal movement count.

Association of post assessment the level of knowledge regarding assessment on daily fetal movement count with selected demographical variables among mothers in experimental group, showed that there is no statistical significant associate was found between post-test knowledge score with selected demographic variable like age, education, occupation, income and religion etc.

CONCLUSION

This chapter has clearly shown that the educational intervention package is an effective strategy in improving the knowledge of mothers regarding assessment on daily fetal movement count. This chapter has brought out the various implications of this study and has also provided suggestion for future studies. The constant encouragement and direction of the guide, cooperation and interest of the subjects to participate in the study had contributed to the fruitful and successful completion of the study.

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