A Study to Assess the Effectiveness of Planned Teaching Program on Knowledge and Practice of Labour Care Guide During Labour Among Nursing Students Posted in Labour Room at Sgt Hospital, Gurugram

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ABSTRACT

The aim of the study was to assess the knowledge of labour care guide during labour among nursing students posted in labour room before teaching is administered. To identify the practice of labour care guide during labour among nursing students posted in labour room before teaching is administered To assess the knowledge regarding labour care guide among nursing students posted in labour room after the teaching is administered. To identify the practice regarding labour care guide among nursing students posted in labour room after teaching is administered. The aim of the study to the effectiveness of planned teaching program on knowledge and practice of labour care guide among nursing students posted in labour room. To associate demographic variables with knowledge and practices of labour care guide among nursing students posted in labour room was to study the effectiveness of planned teaching program on knowledge and practice of labour care guide among nursing students posted in labour room. A pre-experimental study was conducted from month of April 2023 to September 2023 among 60 Nursing students posted in labour room at SGT Hospital, Gurugram after obtaining informed consent. The finding of the study revealed that in pre-test knowledge- 31.7% had inadequate, 68.3% had moderate knowledge and pre-test practice 16.7% had poor and 83.3% had average practice regarding labour care guide among nursing students. Post-test knowledge 86.7% had adequate and 13.3% had moderate knowledge. Post-test practice 91.7% had good practice and 8.3% had average practice regarding labour care guide. Knowledge was significantly associated with educational qualification 0.042 and previous experience in hospital 0.038 significantly associated at p<0.05 level. Practice was significantly associated with the previous experience in hospital 0.047 significantly associated at p<0.05 level. Planned teaching programme will be effective in improving knowledge and practice regarding labour care guide among nursing students posted in labour room in SGT Hospital, Gurugram

Keyword: *Knowledge, Practice, Planned Teaching Program, Labour Care Guide*

1. INTRODUCTION

Labour care refers to the support and assistance provided to a women during childbirth. This can encompass various aspect, including medical care, emotional support, and practical assistance . Labour care often involves healthcare professional such as obstetricians, midwives, and nurses who monitor the progress of labour, provide pain relief options, offer guidance on breathing techniques and ensure the well-being of both the mother and the baby. Overall labour care aims to ensure a safe and positive experience for the mother and her baby during childbirth, addressing both the physical and emotional aspects of the process.

A **Labour room** also known as a delivery room or birthing suite, is a specialized hospital room or area where women give birth under the care of medical professionals such as obstetricians, midwives, and nurses. Labour rooms are equipped with various medical facilities and equipment necessary for childbirth, including monitoring devices for fetal heart rate contraction, birthing beds, medical supplies for intervention such as epidurals or caesarean section and equipment for new-born care.

The **partograph** has been established as the "gold standard" labour monitoring tool universally. It has recommended by the World Health Organization (WHO) for use in active labour . The function of the partograph is to monitor the progress of labour and identify and intervene in cases of abnormal labour. Even though the partograph has been utilized for over four decades in obstetric practice, reports of obstructed labour and its serious maternal and fetal sequelae have questioned

the

efficacy of the partograph at times. Moreover, evidence of efficacy of partograph is equivocal as suggested by a Cochrane review . However, some of the trials studied in this Cochrane review have limitations with respect to the settings, population studied and conduct of labour. The partograph is an "easy-to-use" tool, but if not used correctly it will affect the final outcome.

The study's objective was to evaluate nursing students stationed in labor rooms' understanding of the labor care guide prior to instruction. To determine if nursing students stationed in the labor room adhere to the labor care guidelines before instruction is given to determine nursing students stationed in labor rooms' understanding of the labor care guide following instruction. to ascertain the labor care guide practices of nursing students assigned to the labor room following instruction. The purpose of the study was to evaluate how well nursing students assigned to labor rooms understood and applied the labor care guide. To correlate labor care practices and knowledge with demographic characteristics

2. METHODOLOGY

A quantitative approach and a pre-experimental, one-group, pre- test, post-test design was used for this study as. It aimed to assess the effectiveness of planned teaching program on knowledge and practice of labour among nursing students posted in labour room at SGT Hospital, Gurugram. The sample of the study comprises of 60 students. The sample was selected by Purposive sampling technique. The study was conducted over a period of 2024. An informed consent was taken from the students. Inclusion criteria include Nursing students who agreed to take part in the research and were easily accessible during data collecting and the Exclusion criteria include those nursing students who declined to take part in the study.

Data collection tool was. developed with the help of review of literature, journals.. and books and after consultation with the experts.

Tool included 3 parts:-

Section A: It consist of socio demographic variable which include – Age, Gender, Marital Status, Educational Qualification, Previous Experience and whether they have attended any Workshop on labour care guide.

Section B: It consists of Structured knowledge questionnaire on use of labour care guide.

Section C: Structured practice checklist on use of labour care guide in labour room.

Nursing students were given teaching on labour care guide. Validity of the tool was done by 5 experts from the field of Nursing, Obstetrics and Gynaecology department in order to determine the content validity and corrections and modifications were made after consulting with the guide. Reliability is done in SGT University, Faculty of Nursing. The tool was administered to 6 students in the institution .By using the split half odd even approach, the dependability was demonstrated. The tool's reliability for the knowledge questionnaire was 0.90, and for the practice checklist, it was 0.88. It indicated the tool was reliable. For the analysis of data descriptive and inferential statistics were used. The result of the data collection was recorded in the master data sheet.

3. RESULT

The finding of the study revealed that pre-test knowledge31.7% had inadequate,68.3% had moderate knowledge and pre-test practice 16.7% had poor and 83.3% had average practice regarding labour care guide among nursing students. Post-test knowledge 86.7% had adequate ad 13.3% had moderate knowledge. Post-test practice 91.7% had good practice and 8.3% had average practice regarding labour care guide. Knowledge was significantly associated with educational qualification 0.042 and previous experience in hospital 0.038 significantly associated at $p < 0.05$ level. There is no association found between knowledge and other variables like Age, Gender, Marital Status and attended any workshop on monitoring labour care guide. Practice was significantly associated with the previous experience in hospital 0.047 significantly associated at $p < 0.05$ level. There is no association found between practice and other variables like Age, Gender, Educational qualification and previously attended any workshop on monitoring process.

Table 1: Description of the participant's socio-demographic characteristics in terms of   Frequency and percentage

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distribution n=60

Socio-Demographic Variables		Frequency (f)	Percentage (%)
Age	17 -19	0	0
	20 -22	31	61.7
	23 -25	21	35
	25 Above	2	3.3
Gender	Male	12	0
	Female	48	20
	Others	0	80
Marital status	Married	10	16.7
	Single	48	80
	Other	2	3.3
Education Qualification	GNM	19	31.7
	B.Sc. Nursing	10	16.67
	Post basic B.Sc. Nursing	12	20
	M.Sc. Nursing	6	10
	A.N.M	13	21.67
Previous Experience in hospital	Yes	31	51.7
	No	29	48.3
Have you attended any workshops/Conferences on labour care guide	Yes	32	53.3
	No	28	48.7

Table 1 depicts that the majority (61.07%) of Nursing Students were in the age group of 20 – 22 years, a few (35%) were in the age group of 23- 25 years a minority (3.3%) were 25 years and above. According to education qualification, Maximum (31.7%) were G.N.M Students, while (21.67%) were A.N.M students, (20%) were Post B.S.C Nursing students and (20%) were M.S.C Nursing students. A large number (51.7%) of students have previous experience in the hospital and (48.3%) do not have any previous experience in the hospital. More than half number (53.3%) of students have attended a workshop/conference on labour care guide and (48.7%) of students have not attended any workshop/conference on labour care guide.

Table 2: Knowledge score regarding Labour Care Guide among nursing students before and after administration of planned teaching programme. N=60

Level of knowledge	Pre-Test Knowledge Score		Post -Test Knowledge score	
	Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
Inadequate knowledge	19	31.7	0	0
Moderate knowledge	41	68.3	8	13.3
Adequate knowledge	0	0	52	86.7

Table 2 depicts the frequency and percentage distribution of knowledge regarding Labour Care Guide Among nursing students before and after the administration of the structured teaching program. Results revealed that before administrating teaching majority (68.3%) of participants had moderate knowledge while (31.7%) of participants had inadequate knowledge but after the administration of a structured teaching programme, The majority (86.7%) of participants had Adequate knowledge while (13.3%) of participants had moderate knowledge regarding Labour Care Guide.

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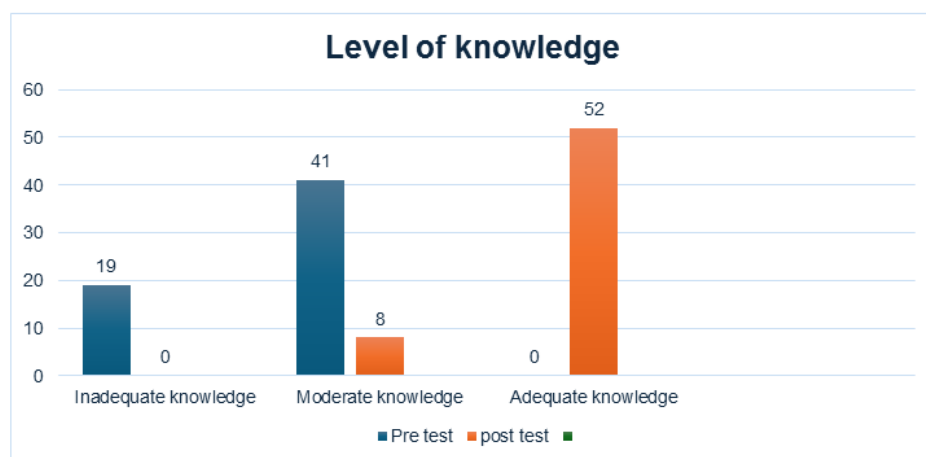
Figure 1: Percentage distribution of knowledge scores regarding Labour Care Guide among nursing students before and after the administration of the planned teaching programme.

Table 3: Distribution of level of practice regarding Labour Care Guide among nursing students before and after administration of planned teaching programme. N=60

Level of Practice	Pre-Test Practice Score		Post -Test Practice score	
	Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
Poor Practice	10	16.7	0	0
Average Practice	50	83.3	5	8.3
Good Practice	0	0	55	91.7

Table 3 depicts the frequency and percentage distribution of practice regarding the Labour Care Guide among nursing students before and after the administration ofthe planned teaching programme. Results revealed thatbefore administrating teaching majority(83.3%) of participants had Average Practice while(16.7%) of participants had Poor Practicebut after the administration of a planned teaching programme, The majority (91.7%) of participants had Good Practice while(8.3%) of participants had Average Practice regarding Labour Care Guide.
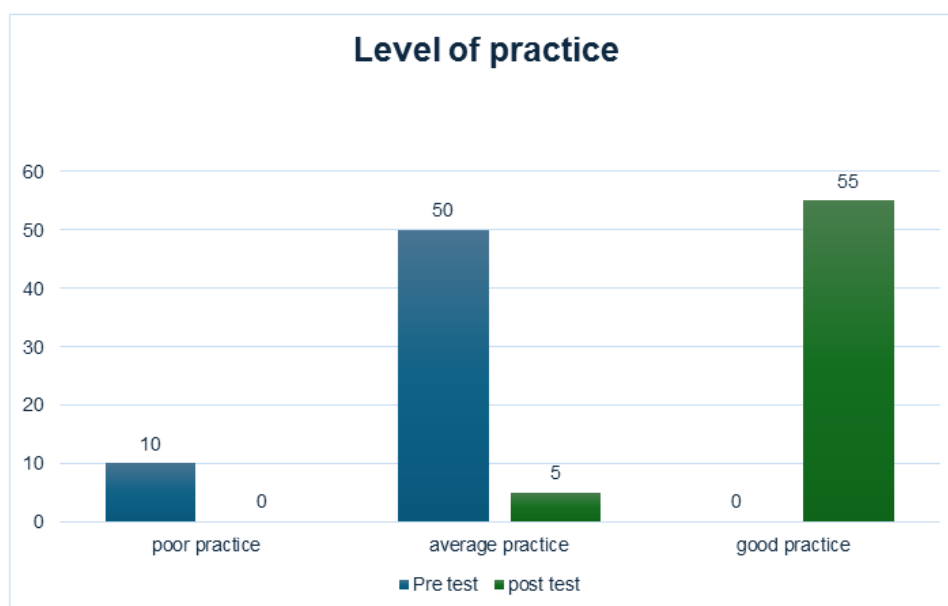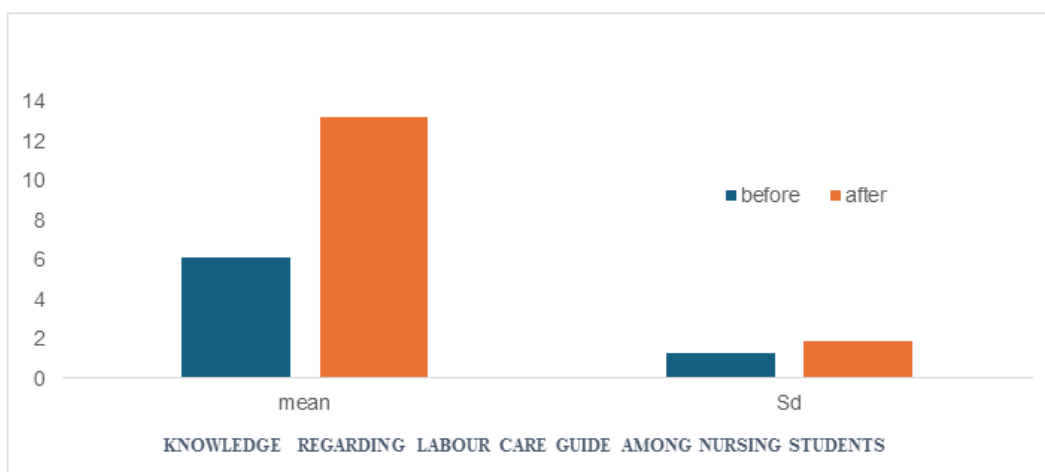

Figure 2: Percentage distribution of Practice score regarding Labour Care Guide among nursing students before and after administration of planned teaching programme.

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Table 4: Compare the level of knowledge regarding labour care guides among nursing students before and after the administration of a planned teaching programme. N=60

Comparison knowledge Score	Mean	SD	Mean Difference	T-test value	df	P value
Before Knowledge	6.13	1.25	7.02	15.37	59	0.045
After Knowledge	13.15	1.87				

*Significant at<0.05 level of significance

Table 4 depicts the comparison of the level of knowledge regarding among labour care guide before and after the administration of a planned teaching programme which was tested by using paired t-test. Results revealed that before the administration of teaching mean knowledge score was 6.13±1.25 and after the administration of teaching mean knowledge score was 13.15±1.87 with a mean difference was 7.02 with obtained (t=15.37) at df =58 was statistically significant at p<0.05 level. Findings showed that a structured teaching programme was effective in improving the knowledge regarding labour care guide among nursing students. Hence, the findings concluded that there was a significant difference between pre-test knowledge and post-test knowledge scores regarding labour care guide among nursing students at 0.05 level of significance. The H1 hypothesis was accepted.

Figure 3: Distribution of Mean and standard deviation of knowledge regarding labour care guide among nursing students before and after administration of planned teaching programme

Table 5: Compare the level of practice regarding labour care guide among nursing students before and after the administration of planned teaching programme. N=60

Comparison practice Score	Mean	SD	Mean Difference	t-test value	df	P -value
Before practice	7.35	1.80	6.05	13.83	59	0.013
After practice	13.4	1.65				

Table 5 depicts the comparison of the level of practice regarding labour care guide among nursing students before and after the administration of a planned teaching programme which was tested by using paired t-test. Results revealed that before the administration of teaching mean practice score was 7.35±1.80 and after the administration of the planned teaching programme mean practice score was 13.4±1.65 with a mean difference was 6.05 with obtained (t=13.83) at df =58 statistically significant at p<0.05 level. Findings showed that a planned teaching programme was effective in improving the practice regarding labour care guide among nursing students. Hence, the findings concluded that there was a significant difference between pre-test practice and post-test practice scores regarding labour care guide among nursing students at 0.05 level of significance. The H1 hypothesis was accepted.
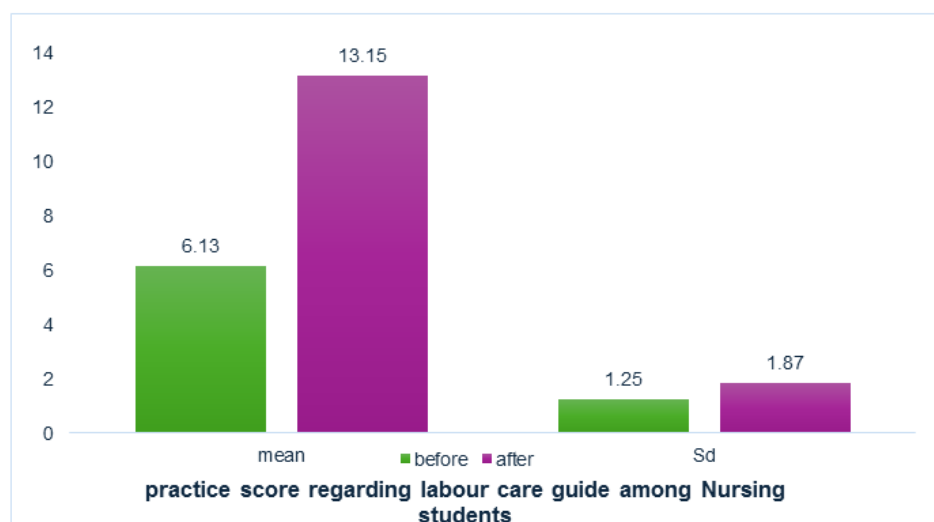
Figure 4: Distribution of Mean and standard deviation regarding labour care guide among nursing students before and after administration of planned teaching programme.

In order to evaluate the association of the post-test knowledge score regarding the labour care guide among nursing students and their selected socio-demographic variables, the following hypothesis was adopted.

H2- There is a significant association between the level of knowledge and practices related to the Labour care guide with selected demographic variables among Nursing students.

Chi-square (χ^2) was computed in order to find out the association between post-test knowledge score regarding labour care guide among nursing students with selected socio-demographic variables.

Table 6: Association between knowledge score regarding Labour care guide among nursing students after administration of teaching with selected demographic variables. N=60

S. No	Socio-Demographic Variables		Post-test knowledge score		Chi-square (χ^2)	df	p-value
			Adequate	Moderate			
1	Age	17 -19	0	0	1.105	2	0.576
		20 -22	33	4			
		23 -25	17	4			
		25 Above	2	0			
2	Gender	Male	5	7	2.308	1	0.129
		Female	14	34			
		others	0	0			
3	Marital status	Married	7	3	3.065	2	0.216
		Single	45	5			
		Other	0	0			
4	Education Qualification	GNM	17	2	0.662	3	0.042
		B.S.C Nursing	9	1			
		Post basic B.S.C Nursing	11	1			
		M.S.C Nursing	4	2			
		A.N.M	11	2			
5	Previous Experience in hospital	Yes	28	3	0.742	1	0.038
		No	24	5			
6	Have you attended any workshop on monitoring the labour care guide	Yes	27	5	0.312	1	0.517
		No	25	3			

Table 6 depicts the association between post-test level of knowledge score regarding labour care guide among nursing students which was tested using a chi-square test. The chi-square values revealed that education qualification (0.042) and previous experience in hospital (0.038) were found to be statistically significant associated at p<0.05 level. While, other variables such as Age, Gender, Marital status, and attending any workshop on monitoring labour care guide were not found to be statistically significant.

The results related to the association between post-test level of practice score regarding labour care guide among

nursing students.

In order to evaluate the association of the post-test practice Score regarding labour care guide among nursing students and their selected socio-demographic variables, the following hypothesis was adopted.

H2- There is a significant association between the level of knowledge and practices related to labour care guide with selected demographic variables among nursing students.

Chi-square (χ^2) was computed in order to find out the association between post-test practice scores regarding labour care guide among nursing students with selected socio-demographic variables.

Table 7: Association between practice score regarding Labour care guide among nursing students after administration of planned teaching programme with selected demographic variables. N=60

S. No	Socio-Demographic Variables		Post-test Practice score		Chi-square (χ^2)	df	p-value
			Good	Average			
1	Age	17 -19	0	0	0.223	2	0.894
		20 -22	34	3			
		23 -25	19	2			
		25 Above	2	0			
2	Gender	Male	11	1	0	1	1
		Female	44	4			
		others	0	0			
3	Marital status	Married	9	1	0.218	2	0.897
		Single	46	4			
		Other	0	0			
4	Education Qualification	GNM	18	1	5.388	4	0.184
		B.S.C Nursing	10	0			
		Post basic B.S.C Nursing	11	1			
		M.S.C Nursing	6	0			
		A.N.M	10	3			
5	Previous Experience in hospital	Yes	28	3	0.152	1	0.047
		No	27	2			
6	Have you attended any workshops/conference on monitoring the labour care guide	Yes	31	1	2.435	1	0.119
		No	24	4			

Table 7 depicts the association between post-test level of practice score regarding labour care guide among nursing students which was tested using a chi-square test. The chi-square values revealed the association between post-test level of practice regarding labour care guide among nursing students which was tested using the chi-square test. The chi-square values revealed that Previous Experience in hospital (0.047)was found to be statistically significant associated at $p<0.05$ level. While, other variables like Age, Gender, Marital Status, Education Qualification, and Previous attend any workshop on labour care guide were not found to be statistically significant.

4. CONCLUSION

Planned teaching programme will be effective in improving knowledge and   practice regarding labour care guide among nursing students posted in labour room in SGT Hospital, Gurugram.

LIMITATION

This study was conducted only for nursing students who are posted in labour room.

•   The research study is limited to 60 Nursing students. The study did not use a control group. The investigator had no control on the events that took place between pre-test and post-test.

•   A structured knowledge questionnaire and practice checklist was used, which restricted the amount of information that could be obtained from the respondents

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