

“A STUDY TO DEVELOP & EVALUATE THE EFFECTIVENESS OF SELF-INSTRUCTIONAL MODULE (SIM) ON KNOWLEDGE OF POSTNATAL MOTHERS REGARDING PERINEAL CARE MANAGEMENT & PREVENTION OF COMPLICATION AFTER EPISIOTOMY SUTURING IN MAHAMAYA RAJKIYA ALLOPATHIC MEDICAL HOSPITAL, AMBEDKAR NAGAR (UP).

¹**AUTHOR: -MRS.KANCHAN LATA SINGH, ASSOCIATE PROFESSOR, SUNDAR LAL RAMA COLLEGE OF NURSING, AKBARPUR, AMBEDKAR NAGAR, UTTAR PRADESH.**

ABSTRACT:

Background: Episiotomy is one of the minor surgeries on perineum, and perineum is a very sensitive area, in which there are muscles involved in sitting, walking, bending down, squatting, urination, defecation any incision in this area cause pain and disorder. These disorders interfere with resting, sleeping, eating, and babysitting, therefore has mental, social and physical effects on women **Objectives:** 1) Assess the knowledge of the Post natal Mothers regarding Perineal care Management & Prevention of Complication after Episiotomy suturing. 2) Find out the Effectiveness of Self-Instructional Module regarding Perineal care Management & Prevention of Complication after Episiotomy suture among Postnatal Mothers. 3) Find out the association between the Post test knowledge score of Postnatal Mothers on knowledge regarding Perineal care Management & Complication after Episiotomy suturing with their demographic variables. **Material and methods:** Quantitative/experimental approach was considered as appropriate research approach for the present study. Sample size was 50 postnatal mothers who are admitted the Mahamaya Rajkiya Allopathic Medical Hospital, Ambedkar Nagar, U.P. Simple Random Sampling Technique was used to select the sample for the present study.

KEY WORDS: Effectiveness, Evaluate, Self Instructional Module, Episiotomy complications, Management, Prevention.

INTRODUCTION:

Episiotomy is one of the minor surgeries on perineum, and perineum is a very sensitive area, in which there are muscles involved in sitting, walking, bending down, squatting, urination, defecation (Pillitteri, 1995 & Karacam, 2003), any incision in this area cause pain and disorder. These disorders interfere with resting, sleeping, eating, and babysitting (Pillitteri, 1995), therefore has mental, social and physical effects on women. Episiotomy in India is done in more than 90 percent of deliveries and in a recent study is shown to be done in 88.31% of the primiparous women. Since the perineum in primiparous mothers is less elastic, they need episiotomy more than multiparous mothers. Studies show that women do not want to take care of episiotomy with oral analgesia.

The perceived advantages of episiotomies include reduction in the incidence of perineal lacerations especially third-degree perineal tears. They are easier to repair, and heal better than lacerations, being clean incisions. They are thought to preserve muscle relaxation of the pelvic floor and perineum leading to improved sexual function, and a reduced risk of faecal and/or urinary incontinence. Episiotomies are also thought to protect from intracranial hemorrhage especially when it is premature, and also reduce the likelihood of shoulder dystocia. These beneficial effects are now being challenged as they are not backed by strong scientific evidence and more selective use of episiotomies is advocated

NEED FOR THE STUDY:

Episiotomy refers to a surgical incision of the female perineum performed by the accoucheur at the time of parturition. It is usually performed with the scissors when the perineum is stretched and distended just prior to crowing of the fetal head. The complications of episiotomy are perineal pain, dyspareunia, incontinence of bowel and stool, episiotomy dehiscence, infections, pelvic floor defect, sexual dysfunction (Zetterstrom, J.,1999).

According to WHO the birth rate in India is 23.8 per thousand births in 2024. In Karnataka crude birth rate is 22.5 per thousand live births while maternal mortality rate is 2 per thousand live birth 2007. In India 23% of women report health problem in first month after delivery related to episiotomy as perineal tear, urinary incontinence, uterine prolapsed. In 2024, 29.1% of birth were delivered by cesarean delivery and 60% delivered per vaginal. The incidence of episiotomy remains common today, occurring in more than 1 million of the roughly 4.2 million births nationwide each year. Among first-time mothers, 70 percent to 80 percent have an episiotomy

OBJECTIVES OF THE STUDY

1. Assess the knowledge of the Postnatal Mothers regarding Perineal care Management & Prevention of Complication after Episiotomy suturing.
2. Find out the Effectiveness of Self-Instructional Module regarding Perineal care Management & Prevention of Complication after Episiotomy suture among Postnatal Mothers.
3. Find out the association between the Post test knowledge score of Postnatal Mothers on knowledge regarding Perineal care Management & Complication after Episiotomy suturing with their demographic variables

HYPOTHESIS: -

H₁ There will be a significant difference between pre test and post test knowledge scores on Perineal care Management & Prevention of Complication after Episiotomy suturing among the Postnatal Mothers at the level of $P < 0.05$.

H₂ - There will be a significant association between knowledge scores of the Postnatal Mothers regarding Perineal care Management & Prevention of Complication after Episiotomy suturing with selected demographic variables.

MATERIAL AND METHODS:**Research Approach**

Quantitative/experimental approach.

Research Design

One group pre-test and post-test (pre-experimental) design.

Sampling Technique

Simple Random Sampling Technique was used this study.

Inclusion Criteria

All postnatal mothers who were—

- Admitted in Mahamaya Rajkiya Allopathic Medical Hospital, Ambedkar Nagar
- Who are willing to participate in the study
- Within the age group of 18 to 35 years
- Who are available during the data collection period
- Who are Able to understand Hindi.

Exclusion Criteria

- Who are not co-operating with the study.
- Who are not available during the study.
- Postnatal mothers with complications or seriously ill.

Tools and technique

Part-I: consisted of 7 items related to demographic data of the subjects such as Age in years, Dietary pattern, Religion, Educational status, Type of the family. Family Income/month (Rs), Source of Information.

Part-II: Self Instructional Module (**SIM**) consisting of 30 items on knowledge of regarding Perineal care Management & Prevention of Complication after Episiotomy suture among Postnatal Mothers. It consists of Pretesting and reliability of the tool was established prior to the pilot study.

Data Collection Procedure:

Data collection is the gathering of information needed to address a research problem. The formal permission was obtained from the authorities Mahamaya Rajkiya Allopathic Medical Hospital, Ambedkar Nagar, U.P. The data was collected from 50 Postnatal mothers were selected by using Simple Random Sampling technique. The sample was administered Self Instructional Module Personally by the investigator and they spent 30-45 minutes to answer questionnaires. All the samples were receptive and co-operative during data collection.

Data Analysis:

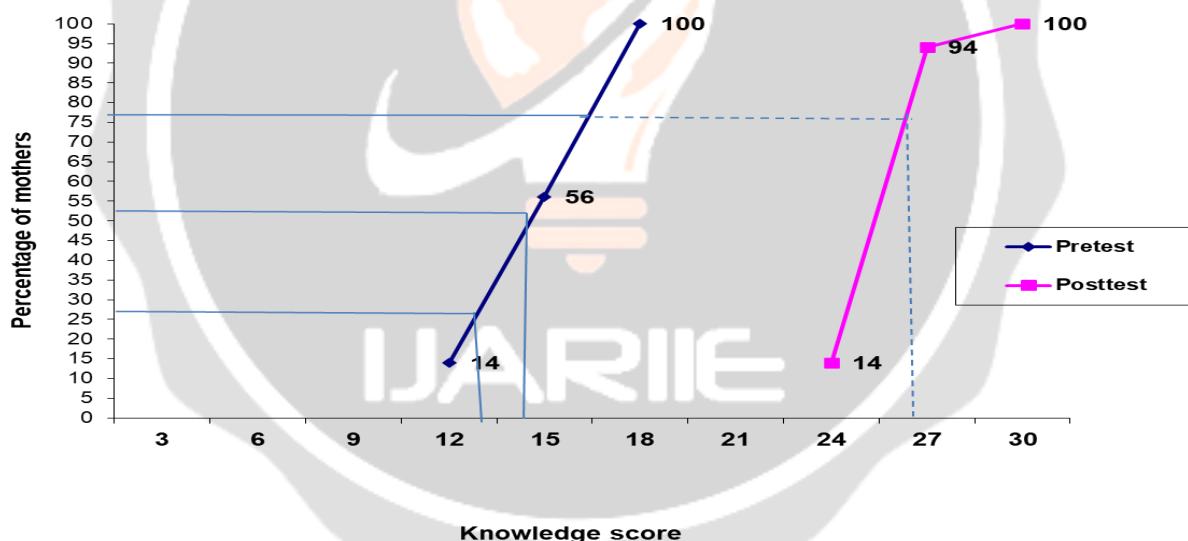
Descriptive statistics like frequency, mean, SD, mean percentage was used for description of demographic characteristics and assessment of knowledge. Inferential statics like paired t test was used to evaluate the effectiveness of Self-Instructional Module and chi-square test was used to find out the association between Knowledge with Demographic Variables.

Description of demographic characteristics of Postnatal Mothers:

According to their age group shows that highest percentage (56%) of them was in the age group of 25 – 35 years where as lowest percentage (44%) of them where in the age group of 18 – 25 years (Figure. No- 4.1.1) which is supported by the findings of Sukanya (2005), who reported that 55.55% of the postnatal mothers where in the age groups of 18 - 20 years..

Assessment of knowledge of Postnatal Mothers regarding Perineal care Management and Prevention of Complication after Episiotomy suturing prior to the implementation of Self Instructional Module (SIM):

Distribution of mean, SD and mean percentage of pre test knowledge scores of Postnatal Mothers regarding Perineal care Management & Prevention of Complication after Episiotomy suturing shows that out of 50 maximum attainable scores the overall mean score (14.92 ± 1.95) which is 49.74% of the total score revealing that the postnatal mothers had poor knowledge.



Comparison of knowledge score of pre-test and post-test scores
comparison of Pre and Post test knowledge scores of Postnatal Mothers regarding definition of Perineal care Management.

N = 50

Item	Pretest correct responses (X) %	Post test correct responses (Y) %	Effectiveness of SIM $E = (Y-X) \%$
The Perineum washed should be back to front	54%	56%	2%
Episiotomy is the Incision of perineum to delivery	68%	100%	32%
Patients receive the episiotomy is multi gravid	68%	54%	14%
Mostly the episiotomy is performed is primi gravid	52%	100%	48%

Recommendation

Based on the findings of the study it is recommended that

1. A replication of present study can be conducted with a larger population.
2. A similar study may be replicated with randomization in selecting the participants.
3. This study can be conducted in different settings in rural and urban areas and then due results can be compared.

CONCLUSION

From the findings of the present study, it can be concluded that Self Instructional Module (SIM) regarding Perineal care Management and Prevention of Complication after Episiotomy suturing. Most (56%) of the postnatal mothers were in the age group of 25 – 35 years. Majority (64%) of them were belonging from joint family. Most (82%) of the postnatal mothers working in house wife and were from rural area (90%).

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