

Effectiveness of preoperative teaching with post operative Outcome among mothers undergone caesarean section at selected hospitals in Indore.

Mrs . Meenu Paul, Research Scholar, Malwanchal University

Prof .Dr.,Jinu K Rajan ,Research Supervisor Malwanchal University

Introduction

Motherhood has always been a top priority for governments, health specialists, and members of the general public. Pregnancy is essential as a foundation for future generations. Menarche marks the beginning of a woman's reproductive life and menopause marks the conclusion, depending on her age. From 13 to 45 years in length, biological variance might be found in different regions. It is highly rare for a woman to become pregnant before the age of 12 or after the age of 50. An elective caesarean section was performed in this study, and the researchers wanted to see if the preoperative instruction had any effect on the postoperative results of the women who had it.

Methodology

The researchers in this study used an evaluative technique and a pre-post test design, both of which are considered experimental in nature. Indore's government hospital served as the site of the study's execution. The study would focus on women who had been scheduled for an elective caesarean section when the decision was made. The study involved 60 mothers in all. Researcher conducted in-depth interviews with each of our customers and collected demographic data on each one. The participants' knowledge of post-operative care was assessed through the use of multiple-choice questionnaires. One group was the control group, while another was used as a test subject. Prior to the surgery, the experimental group received pre-operative instruction. An observational checklist was used to conduct the post-operative evaluation following the preoperative instructions.

Results

As the study's goals, conceptual framework, and pertinent literature reviews all came together, the findings were evaluated. Initially, the researchers wanted to find out how much knowledge moms had regarding post-surgery therapy and care. Of the experimental group's moms, 24 (80%) had insufficient knowledge about postoperative care, whereas only six (20%) had a good understanding of the topic. 15 (50 percent) of the women in the control group had a poor understanding of postoperative care, whereas 15 (50 percent) of the moms had a good grasp of the situation.

Study participants who had elective caesarean sections were found to be unaware of the post-operative care they would need to provide for themselves and their children. Secondly, the researchers wanted to see if pre-operative instruction had an impact on post-operative outcomes.

Preoperative training improved the health status of the remaining 14 mothers (46.7 percent) to fair, while the majority of the 16 women (53.3 percent) obtained good health status. Most of the moms in the control group (14/46.7%) had poor health, 8/26.7% had good health, and 8/26.7% had sufficient health after receiving preoperative counselling in terms of health status.

According to this study, study participants' health status improved as a result of pre-operative teaching on post-operative care for moms.

Preoperative instruction's effectiveness can be correlated with a patient's demographic variables. Statistics show that there is no statistically significant link ($p < 0.05$) between the degree of health status and demographic factors

in general practise. Thus, preoperative teaching on postsurgical outcomes was found to be useful in improving health status.

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