



## **Effectiveness of self-instructional module regarding prevention of puerperal sepsis on knowledge and practice of postnatal mothers**

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### **Abstract**

Motherhood is a distinct bio-psychosocial process that transforms and broadens the role of women into that of a mother. Puerperium is a period, where the experiences are intense physical and emotional stress due to exhaustion, anxiety and excitement. Puerperal infection causes a number of distressing conditions into post natal women. There are chances of puerperal infection in the genital urinary tract and caesarean section, wound infection. This Study was conducted to assess the effectiveness of self-instructional module regarding prevention of puerperal sepsis on knowledge and practice of postnatal mothers in a selected hospital, Bangalore. A quasi experimental one group pre and post test design was undertaken on 50 post natal mothers who were selected by purposive sampling technique. Initially Level of Knowledge was assessed before administration of Self instructional Module. After that seven day post test was conducted with the same questionnaire. The study revealed that there was a significant difference between the Pre and Post test Level of Knowledge at  $p < 0.05$ .

**Keywords:** Self instructional module, postnatal mothers, puerperal sepsis

### **Introduction**

Motherhood is a distinct bio-psychosocial process that transforms and broadens the role of women into that of a mother. Puerperium is a period, where the experiences are intense physical and emotional stress due to exhaustion, anxiety and excitement. Each mother has to adjust the physical changes in her own body due to involution and lactation as well as puerperal complication mainly puerperal infection, bleeding, eclampsia etc.; puerperal infection causes a number of distressing conditions into post natal women. There are chances of puerperal infection in the genital urinary tract and caesarean section, wound infection. Woman in post partum period are in need of greater awareness to prevent puerperal infection there by to prevent further problems in puerperal period.

In hospitals, rural and urban community areas and through various studies observed that most of the postpartum mothers had lack of knowledge about puerperal infection and its prevention, thus the investigator wanted to test the effectiveness of self instructional module on knowledge on practice regarding prevention of puerperal infection among post partum mother is necessary for the present situation. Puerperal infection is need to be treated promptly or else it leads to so many complications like endometritis salpingitis, peritonitis etc. By means of this creating awareness to the postnatal mothers through self instructional manual will gain knowledge regarding prevention of puerperal infection and also these will promote the health of the mothers.

### **Statement of the Problem**

A study to assess the effectiveness of self-instructional module regarding prevention of puerperal sepsis on knowledge and practice of postnatal mothers in a selected hospital, Bangalore.

### **Objectives of the Study**

1. To assess
  - a. The pre-test knowledge and practice of postnatal mothers regarding prevention of puerperal sepsis.
  - b. The posttest knowledge and practice of postnatal mothers regarding prevention of puerperal sepsis.
2. To compare the pre and post test knowledge scores related to practice of postnatal mothers regarding prevention of puerperal sepsis.
3. To assess the effectiveness of self-instructional module regarding prevention of puerperal sepsis.
4. To find out the association between the knowledge and practice scores of postnatal mothers after intervention of SIM with their selected demographic variables.

### **Methodology**

A quasi experimental one group pre and post test design was undertaken on 50 post natal mothers who were selected by purposive sampling technique from postnatal ward in selected Hospital, Bangalore. To assess the effectiveness of self instructional module regarding prevention of puerperal sepsis on knowledge related to practice of the post natal mothers and the data were collected by using closed ended questionnaire. The T-test was used to find out the difference in the scores of knowledge on practice between pretest and

posttest. Chi square was used to find out the association between knowledge on practice scores and demographic variables and correlation coefficient was used to find out the relationship between post test knowledge on practice scores.

### Major Findings of the Study

Demographic findings revealed that majority of the

postnatal mothers were between the age group of 21-25 years (66%) residing at rural area (62%). Most (86%) of them were Hindus, 28% of them had high school education, 56% belonged to joint family, 36% belonged to the income group of > Rs. 3000 and 52% of them had one child.

Distribution of knowledge scores related to practice of the postnatal mothers regarding prevention of puerperal sepsis before and after implementation of self-instructional module.

Areas	Max score	Knowledge scores related to practice						Difference in mean %
		Pre test scores			Post test scores			
		Mean	SD	Mean %	Mean	SD	Mean %	
Meaning of puerperium	2	0.84	0.71	42	1.4	0.67	70	28
Meaning of puerperal sepsis	3	1.18	0.9	52	1.88	0.89	62.66	10.66
Factors related to puerperal sepsis	3	1.26	0.98	39.16	1.96	1.02	63.33	24.17
Care during puerperium	29	12.7	2.27	43.7	20.04	2.24	69.1	25.4
Complications	1	0.38	2.5	38	0.72	0.45	72	34
Overall	38	20.91	7.36	43.5	26	6.5	68.42	24.92

The difference in mean percentage shows highest effectiveness (34%) for the area "complications" where the pretest score was lowest (38%) and the lowest effectiveness (10.66%) for the area "meaning of puerperal sepsis" where the post test score was lowest (62.66%). When compared to pre test scores the effectiveness of SIM vary from 10.66% to 34%.

### Difference between pre and post-test knowledge scores related to practice of postnatal mothers regarding prevention of puerperal sepsis.

Paired 't' test was used to analyze the difference in pre and post-test knowledge scores related to practice of different areas on prevention of puerperal sepsis which shows highly significant difference between the overall score values and area wise score value of pre and post-test. Hence null hypothesis is rejected and it can be interpreted that the difference observed in the mean score value of the pre and post test score were true difference

### Discussion

Prior to implementation of SIM mothers had poor knowledge 1 (38%) regarding complication. After implementation of SIM mothers had good knowledge (72%) regarding prevention of puerperal sepsis and difference in mean percentage was 24.92% this shows the effectiveness of SIM.

Highly significant ( $p < 0.01$ ) difference was found between pre and post test knowledge scores related to practice of puerperal sepsis and no significant association between knowledge scores related to practice scores of mothers with demographic variables except occupation and type of family ( $p < 0.05$ ).

### References

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