



Effectiveness of Health Education on Post operative elective caesarean Section Outcome Among Women Admitted in Selected Hospitals in Kanpur

Dr. Akanksha Massey

Tutor, Govt College of Nursing, GSVM Medical College ,Kanpur, Uttar Pradesh.

Introduction

Medical technology and public health measures have been implemented to reduce childbirth complications and mortality, with caesarean section being the most promising intervention. Giving birth causes numerous changes in a woman's physical, emotional, and social well-being. The mother must strictly adhere to postnatal practises because they provide both physical and mental health benefits. Caesarean births typically have a longer postpartum recovery period. Women's physiological concerns following caesarean birth may include fatigue, activity intolerance, and incision issues. In India, nearly 11.5% of postnatal mothers die from puerperal sepsis, and 64% of mothers suffer from back pain and other puerperal complications as a result of not following healthy postnatal practises. The maternal mortality rate among the 29,000 women who died each year due to pregnancy-related causes was estimated by WHO (2008). Because of a lack of access to even the most basic form of medical care, 99% were in the developing world. Williams.J. (2010) conducted research to determine the maternal morbidity that is associated with caesarean deliveries in comparison to spontaneous vaginal deliveries.

In India, the maternal mortality and morbidity rates associated with caesarean sections are four to six times higher than those associated with vaginal births.

A research project titled "Influence of Physical Activity on the Well-Being of Mothers" was carried out by David Samuel.H. (2010). The findings demonstrated that a programme consisting of physical therapy, exercise, and health education is an efficient means of enhancing postnatal well-being. The use of this programme on a consistent basis has the potential to reduce longer-term issues, such as postpartum depression. Williams.J. (2010) conducted research in order to determine the level of maternal morbidity that is associated with caesarean deliveries in comparison to spontaneous vaginal deliveries.

In India, the rates of maternal mortality and morbidity associated with caesarean sections are four to six times higher than those associated with vaginal births. This is due to the fact that caesarean sections are more common in India.

David Samuel.H. conducted a study with the working title, "Influence of Physical Activity on the Well-Being of Mothers," during the course of his career (2010). According to the results of the study, a postnatal wellness programme that includes physical therapy, exercise, and health education is an effective way to improve a woman's health after giving birth. The consistent application of this programme has the potential to reduce more long-term issues, such as postpartum depression, which can occur after childbirth.

Methodology

The purpose of this study was to determine whether or not health education improves the post-operative outcome for mothers who choose to have elective caesarean sections. The investigation was carried out using an analytical methodology, and the research design was a pre-test and post-test design, which is experimental in character. The research was carried out at a number of hospitals located in Kanpur. The participants for the study were chosen from among the mothers who had been given the option of having an elective caesarean section. The number of mothers in the sample was sixty.

Every single customer was put through an interview, which included a questionnaire covering various demographic factors. The respondents' knowledge of post-operative care was evaluated using questionnaires with multiple choice questions. Both a control group and an experimental group were created out of the group. The pre-operative instruction was provided to the group that was put through the experiment. Following the pre-operative teaching, an evaluation of the health practise was carried out using an observational checklist in order to conduct the post test.

The findings of the study had been dissected according to the conceptual framework, the study's stated goals, and the previous research that had been conducted.

Results

In an evaluation of the mothers in the experimental group regarding their knowledge of postoperative care, it was determined that the majority of the mothers (70%) had inadequate knowledge, while the remaining mothers (30%) had moderately adequate knowledge.

When it came to the mothers in the control group and their knowledge of postoperative care, sixty percent of the mothers had inadequate knowledge while forty percent of the mothers had moderately adequate knowledge.

The findings revealed that the mothers who were choosing to have elective caesarean sections lacked knowledge regarding the post-operative care that was required to be followed after the procedure.

elicits the level of health status among the experimental group, and it was found that the majority of the mothers (55%) obtained a good health status, while 41% of the mothers obtained a fair health status.

The majority of mothers in the control group had an inadequate level of health status 48% of the time, a poor level of health status 32% of the time, and an adequate level of health status 47% of the time thanks to pre-operative teaching.

This result demonstrated that providing the mothers with pre-operative education regarding post-operative care prior to the operation was beneficial and resulted in an improvement in the overall level of health status.

The overall practice's chi square value reveals that there is no statistically significant association (p less than 0.05) between the level of health status and the demographic variables. Therefore, the pre-operative education regarding the post-operative outcome was effective on its own in improving the overall level of health status.

Conclusion

Both the reduction of complications during caesarean delivery and the improvement of the mothers' health status were positively affected by the preoperative education that was provided. Health education on post operative outcome helped mothers develop a positive attitude, which assisted them in overcoming complications and early adaptation to their roles as mothers and parents. Therefore, preoperative instruction should be used to raise awareness about the maternal role and to overcome the challenges that may arise as a result of a caesarean section.

Implications for nursing practise, nursing education, and nursing research can be drawn from the findings of the study.

REFERENCE

- 1) Abbott D, Eisner J, Colman R, Kemnitz J, Dumesic D. Polycystic ovarian syndrome. 2002.
- 2) Xita N, Tsatsoulis A. Fetal programming of polycystic ovary syndrome by androgen excess: evidence from experimental, clinical, and genetic association studies. *J Clin Endocrinol Metab.* 2006;91(5):1660–6.
- 3) Dashti S, Abdul Hamid H, Mohamad Saini S, Shah Abu Bakar A, Binti Sabri NAI, Ismail M, et al. Prevalence of polycystic ovary syndrome among Malaysian female university staff. *J Midwifery Reprod Health.* 2019;7(1):1560–8.
- 4) Slowey MJ. Polycystic ovary syndrome: new perspective on an old problem. *South Med J.* 2001;94(2):190–6.
- 5) Barry JA, Kuczmierczyk AR, Hardiman PJ. Anxiety and depression in polycystic ovary syndrome: a systematic review and meta-analysis. *Hum Reprod.* 2011;26(9):2442–51.
- 6) Fauser BC, Tarlatzis BC, Rebar RW, Legro RS, Balen AH, Lobo R, et al. Consensus on women's health aspects of polycystic ovary syndrome (PCOS): the Amsterdam ESHRE/ASRM-Sponsored 3rd PCOS Consensus Workshop Group. *FertilSteril.* 2012;97(1):28–38.
- 7) Mani H, Levy MJ, Davies MJ, Morris DH, Gray LJ, Bankart J, et al. Diabetes and cardiovascular events in women with polycystic ovary syndrome: a 20-year retrospective cohort study. *Clin Endocrinol.* 2013;78(6):926–34.
- 8) Dashti S. effects of a lifestyle intervention module to reduce risk factors of metabolic syndrome in polycystic ovarian syndrome women in a public university, Malaysia. 2018.
- 9) de Silva D. Helping people help themselves. London: The Health Foundation; 2011.
- 10) Nice P. The most appropriate means of generic and specific interventions to support attitude and behaviour change at population and community levels. NICE DSU. 2007;2007(6).
- 11) Pantasri T, Norman RJ. The effects of being overweight and obese on female reproduction: a review. *Gynecol Endocrinol.* 2014;30(2):90–4.