Adequacy of Video Assessting Educating Pogramme on Information With Respect To Baby Blues intrauterine Devices Among Antenatal Moms

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ABSTRACT
An Intrauterine device (IUD) is a little plastic device, as a rule, T-molded that is embedded into the endometrial hole to forestall pregnancy. Baby blues period is one of the significant and pivotal occasions when ladies and couples are profoundly energetic and increasingly open to family arranging techniques. Family arranging has expansive advantages for ladies and their families. The main goal of the examination is to evaluate the adequacy of video helped instructing program on information regarding postpartum intrauterine devices among antenatal moms. One gathering pretest and posttest configuration was utilized for this examination. The free factor in this examination is video assisting showing program on baby blues intrauterine devices. The needy factors in this examination are information. The investigation was directed at Thiruvalur Districts Head Quarters Goverment Hospital. The sample includes antenatal moms who satisfy the consideration measures were chosen by non likelihood convenient examining strategy. Examination of pretest mean score of information was 5.0 with standard deviation 2.04 what’s more, the post test mean score of information was 10.62 with standard deviation 2.66. The determined paired’ test estimation of t = 14.221 was seen as factually exceptionally critical at p<0.001 level. The analysis reveals that video assisting teaching programme was helpful to improve the knowledge regarding postpartum intrauterine devices among antenatal moms.

INTRODUCTION
The IUD is the most regularly utilized type of reversible contraception. An Intrauterine device (IUD) is a little plastic device, typically T-molded that is embedded into the endometrial depression to forestall pregnancy. A string appended to the IUD is noticeable and discernable at the cervical os. IUD forestalls origination by causing a nearby fiery response, which is poisonous to spermatozoa and blastocysts (Smeltzer et al., 2008). Populace implies the entire number of individuals, or occupants, in a nation, or part of a nation. Populace explosion means very rapid and unprecedented growth of population which creates a lot of problems in the country so the control of population explosion by family planning or birth control (Park, 2008).

An expert committee (1971) of the who defined family planning as “A way of thinking and living that is adopted voluntarily upon the basis of knowledge, attitude and the responsible decision by individual and couples, in order to promote the health...
and welfare of the family group and thus contribute effectively to the social development of the country” (Dutta, 2000).

Arranged pregnancies are best for mother and kid. By forestalling firmly dispersed births family arranging could fundamentally decrease new-born child and youngster mortality (Dickason and Schultz, 1994). Improving the social and financial status of ladies, which significantly influence and are influenced by poor conceputive wellbeing, is a crucial concern. Expanding a lady’s instructive level and command over monetary assets can improve her status inside the household, along these lines expanding not just her job in dynamic, information about wellbeing and administrations accessible to her, that add to great health (Stoppler, 2012).

Mainstream kinds of normal family arranging incorporate intermittent restraint, the standard days technique, shading coded series of dabs, the schedule strategy, the basal internal heat level technique, cervical bodily fluid strategy (or Billings’ strategy), coitus Interruptus or withdrawal is a customary family arranging technique, lactation amenorrhea technique, the symptothermal method (Mayo Clinic, 2012). If a preventative is given before release from the emergency clinic, then the ladies or couple need not return extraordinarily for contraception. The couple has been ensured before they accept sexual movement (Byrd et al., 1998). Postponement practically speaking of contraception by couples during baby blues period can return in numerous undesirable/unintended pregnancies (Okonofua, 2006).

Consequences of late investigations affirmed that intrauterine preventative devices give exceptionally powerful, sheltered, long haul security against pregnancy and that wellbeing dangers related with the technique are insignificant. Ongoing assessments propose that very nearly one of every five wedded preventative clients are right now utilizing an intrauterine prophylactic device since, it offers profoundly successful, long haul assurance against pregnancy and comes back to richness upon removal (Amarnath and Bhideeet, 2000; Lowdermilk et al., 1997). More work should be done to guarantee maintainability past this program, make a hearty framework for stock flexibly and support, include nurture in PIUUCD administration arrangement follow up of customers record keeping and disease avoidance practices (Bennett et al., 1998).

Reason for the examination was 1)To survey pre test information score on antenatal moms regarding baby blues Intrauterine devices. 2) To assess the viability of video helped showing program among antenatal moms regarding baby blues Intrauterine devices. 3)To discover the relationship between post test information score of antenatal mother with respect to baby blues intrauterine devices.

MATERIALS AND METHODS

Quantitative methodology and pre trial one gathering pretest post test research configuration was utilized to selected adequacy of video assisting educating programme on information with respect to baby blues intrauterine devices among antenatal moms. After obtaining permission from the Department of Obstetrics and gynaecology, the specialist chose 60 examples by utilizing non likelihood convenient inspecting method. The example who met the consideration models were chosen by non advantageous investigating strategy. The agent introduced and clarified the video & reason for the investigation of the samples and obtains the written informed consent. The nature and motivation behind the investigation were disclosed to the antenatal moms. The tools consisted of two segments, Segment-A arrangements with segment factors, which incorporates Age, Religion, Gravida, Education, Occupation, Types of family, Previous source on immature microorganism treatment. Segment - B manages organized survey to evaluate the information among antenatal moms. It comprises of 21 numerous decision questions.

RESULTS AND DISCUSSION

Segment -A: Sample characteristics

The present study results show that the greater part of the antenatal moms 24(40%) was in the age gathering of 20 – 25 a long time, 20(33.3%) were Hindu, Muslim and Christians respectively, 32(53.3%) were belonged to the nuclear family, 18(30%) had higher secondary education, 19(31.7%) had a family pay of Rs.15,000 and Rs.25,000 – 30,000 respectively, 30(50%) were homemakers, 24(40%) had no children, 34(56.7%) had the previous history of using temporary contraception, 19(31.7%) had used a condom for contraception previously, 18(30%) had received previous information about Copper T insertion from the workplace.

Segment - B: Assessment of level of information in regards to baby blues intrauterine contraptions among antenatal moms.

In the pretest, all 60(100%) had lacking information regarding postpartum intrauterine devices. Whereas in the post test, 32(53.33%) had insufficient information, 25(41.67%) respectively sufficient information and 3(5%) had sufficient information regarding postpartum intrauterine devices.
Table 1: Comparison of pretest and post test information scores with respect to baby blues intrauterine devices among antenatal moms (N= 60)

| Information | Mean | S.D  | Paired ‘t’ test Worth |
|-------------|------|------|-----------------------|
| Pretest     | 5.0  | 2.04 | t = 14.221             |
| Post Test   | 10.62| 2.66 | p = 0.0001             |

***p<0.001, S – Worthy

Figure 1: Rate circulation of pretest and post test level of information with respect to postpartum intrauterine devices among antenatal moms among antenatal moms (Figure 1).

Segment C: Adequacy of video assisting educating programme on information with respect to baby blues intrauterine devices among antenatal moms

The Table 1 shows in pre-test mean score of information was 5.0 with standard deviation 2.04 and the post test mean score of information was 10.62 with standard deviation 2.66. The determined combined ‘t’ test estimation of t = 14.221 was seen as factually exceptionally huge at p<0.001 level.

This infers that adequacy of video assisting educating programme on information with respect to baby blues intrauterine devices among antenatal moms brought about a noteworthy improvement in the degree of information among antenatal moms in the post test.

The present study is supported by Wani et al. (2019) had directed an examination "Knowledge, attitude, and practice of family planning services among healthcare workers in Kashmir ", shows that the major sources of information were trainers (78.8%).

About 90.4% of the study participants gave a correct response regarding the types of family planning. About 80.1% of the respondents had a favourable attitude toward family planning.

Around three-fourths of the study, participants practiced one or other method of family planning (Wani et al., 2019).

Segment D: Association of post test level of information with chose segment factors

The segment variable kind of family had indicated a factually critical relationship with post test level of information in regards to baby blues intrauterine contraptions among antenatal moms at p<0.05 level and the other segment factors had not demonstrated measurably noteworthy relationship with post test level of information in regards to baby blues intrauterine devices among antenatal moms.

The present study finding is supported by Chopra and Dhaliwal (2010): led an investigation on “Information, mentality and practice of contraception in the urban populace of North India”, announced that 55.2% subjects knew about prophylactic strategies and the lion’s share of ladies had positive demeanor towards family arranging yet attention to long-acting new techniques is still not up to the normal level. Encourage D.G. et al in his article “Cost reserve funds from the arrangement of explicit strategies for contraception in an openly financed program” revealed that every single preventative technique was financially savvy; they spared more in open uses for unintended pregnancies than the expense to give (Chopra and Dhaliwal, 2010).

CONCLUSION

Based on the finding of the examination, the accompanying ends are drawn the knowledge in regards to baby blues. Intrauterine devices were running from poor to average in pre test information score appraisal. After the video helping showing program, none of the members scored excellent. This infers that there was an expansion in the degree of information e of the antenatal ladies after Video Assisting Teaching Program.

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Conflicts of Interest

The authors declare that there is no conflict of inter-
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