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A Pre-Experimental Study to Assess the Effectiveness of Self Instructional Module on Knowledge Regarding Abnormal/Dysfunctional Uterine Bleeding among Staff Nurses at Selected Maternity Hospitals in Jaipur

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ABSTRACT

BACKGROUND OF THE STUDY

The Midwife is recognized as a responsible and accountable professional who works in partnership with pregnant woman to give the necessary support, care and advice during pregnancy, labor and the period. This care includes prevention of complications, promotion of normal birth, the detection of complications in mother and baby. Knowledge about uterine physiology helps the midwife to understand the action of these agents. Knowledge of the differences and similarities during abnormal uterine bleeding is essential for safe and effective care of woman and fetus that maybe exposed to these agents. Common causes of errors in medicine administration include inattention, haste, medicine labeling error, communication failure fatigue.

STATEMENT OF THE PROBLEM

"A pre-experimental study to assess the effectiveness of self instructional module on knowledge regarding abnormal/dysfunctional uterine bleeding among staff nurses at selected maternity hospitals in Jaipur"

KEYWORDS: *Pre-Experimental Study, Self Instructional Module, Knowledge, Abnormal/Dysfunctional Uterine Bleeding , Staff Nurses.*

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INTRODUCTION

Abnormal Uterine Bleeding [AUB] is usually caused by changing hormone levels which may affect ovulation. AUB is the most common problem faced by gynecologists today with many treatment options with existing and new ones being developed.

AUB is the most common cause of abnormal uterine bleeding near the beginning and end of women's reproductive life. It occurs most often in women above 45 years(50%ofcases) and in adolescents(20% of cases). In United States, AUB is a common diagnosis making up to 5-10% of cases in clinical out-patient setting. Obese females tend to have irregular menstrual cycles due to production of estrogen related to degree of adipose tissue

A concern about AUB is common reason for women to consult a physician. The first step is to determine the ovulatory status. Women with heavy bleeding but normal ovulatory cycles should be evaluated for coagulopathies, lesions, and hyperthyroidism. Adolescent frequently have AUB owning to immaturity of hypothalamus pituitary ovarian axis. Peri menopausal women have an increased incidenceofirregularbleedingsecondarytodecreasedestrogenbytheovary. Obesity, stress, crashdiet, and vigorous exercise can all disrupt the normal ovulatory function.

It is vital for the women to understand the key factors about AUB especially the meaning, causes, risk factors, clinical manifestations, treatment modalities,

home remedies and preventive aspects of AUB. Nurses in all setting have an important role in acquiring knowledge and skills to educate the community about health behaviors.

NEEDOF THE STUDY

The uterus is the most important organ hence it may be said that the reproduction of species is the most important object in life. So every part of uterus should be prevented and protected from disorder especially from AUB. Ever since inception of staff nurses development movement, health education has beenidentifiedasoneoftheimportantfunctiontocreateawarenessamongthestaffnurses. So there is greater need for health education among staff nurses of high risk groups to improve their knowledge and change their attitude.

Abnormal uterine bleeding occurs most commonly at the beginning and end of the reproductive years: 20% of cases occur in adolescent girls, and women between the ages of 40 and 50 account for more than 50% of cases. The incidence of abnormal uterine bleeding is 10% of women in their reproductive years. Over 2-3 million U.S. women have an underlying bleeding disorder. More than 300,000 hysterectomies/year occur for abnormal uterine bleeding alone. Prolonged and heavy uterine bleeding can cause iron deficiency anemia in 30% of individuals. Continued hormonal imbalance may block ovulation, resulting in infertility. In 1% to 2% of individuals with a chronic imbalance of estrogen and progesterone, there is an increased risk of endometrial cancer 2 Abnormal uterine bleeding can have a substantial financial and quality-of-life burden. It affects women's health both medically and socially. A study in America shows that menstrual disorders were the reason for 19.1 percent of 20.1 million visits to physician offices for gynaecologic conditions over a two-year period.

The study concluded the importance of the effective treatment required for the clients with abnormal uterine bleeding From clinical experience the researcher identified that nurses had inadequate knowledge regarding abnormal uterine bleeding, Hence, the investigator felt the need to give a SIM regarding abnormal uterine bleeding, which provides guidelines that can bring considerable changes in the knowledge of staff nurses.

OBJECTIVES

- To assess the pre-test knowledge of staff nurse regarding Abnormal/Dysfunctional uterine bleeding.
- To assess the post-test knowledge of staffnurse regarding abnormal uterine bleeding.
- To evaluate the effectiveness of self instructional module on knowledge regarding Abnormal uterine bleeding.

To findout the association between pre-test level of knowledge score of staff nurse regarding Abnormal uterine bleeding with there selected demographic variables.

HYPOTHESES

H_1: There will be significant difference between pre-test and post-test level of knowledge regarding abnormal uterine bleeding among staff nurses.

H_2: There will be significant association between pre-test level of knowledge regarding abnormal uterine bleeding among staff nurses with their selected demographic variables.

OPERATIONAL DEFINITIONS

- **Assess:** Assess is defined as to judge or decide the cause, diagnostic procedure and treatment. In this study, it is a statistical measurement of the knowledge of staff nurse regarding abnormal uterine bleeding.
- **Effectiveness**: Effectiveness refers to determining the extent to which the SIM has achieved the desired effect in terms of gain in knowledge regarding abnormal uterine bleeding as evidence by difference between pre-test and post-test score.
- **Knowledge:** It refers to the correct responses of nurses to a structured knowledge questionnaire regarding abnormal uterine bleeding and interprets in term of levels of such as good average and poor knowledge.
- **Abnormal uterine bleeding:** It is define as change in frequency of menses, duration of flow or amount of blood loss.
- **Self instructional module** : It refers to the systematic and scientific information and specific instructions related to AUB prepared by the investigator to educate staff nurses.
- **Staff nurses**: It refers to registered nursing professional who have under gone GNM ,Post basic B.sc., B.SC, and M.SC, nursing withminimum1 year experience.

ASSUMPTIONS

1. Staff nurse may have some knowledge regarding abnormal uterine bleeding.
2. Staff nurse having proper knowledge regarding abnormal uterine bleeding may reduce the risk of complications.
3. Self Instructional Module is an accepted teaching strategy and m a y enhance knowledge of staff nurse regarding abnormal uterine bleeding.

RESEARCH APPROACH

Research approach is systematic, controlled empirical and critical investigation of natural phenomena guided by theory and hypothesis about the presumed relations among the phenomena. The research approach used for the study was evaluative approach.

RESEARCHDESIGN

"The research design is the plan, structure and strategy of investigations of answering the research questions, it is the overall plan or blue print to carry out their study".

BT. Basvanthappa

For this study the research design chosen is a Pre experimental one group pre test-post research design. The design was used for assessing the knowledge of staff nurses.

SETTINGSOFTHE STUDY

The setting is the location where a study is conducted. This study has been conducted at Janana hospital, Sanganeri Gate, Jaipur (Raj.).

The selection of area is done on the basis of:

- Geographical proximity
- Feasibility of conducting the study,
- Availability of samples
- Familiarity of the investigator with the study setting.

SAMPLE SIZE

"Sample consists of a subset of a population selected to participate in a research study". In the present study the sample comprised 60 Staff Nurses in Janana Hospital ,Sanganeri Gate, Jaipur (Raj.).

SAMPLING TECHNIQUE

Sampling is a complex and technical form but its basic features are familiar to all of us. In this study using non probability convenient sampling technique for selection of staff nurses of Jananahospital, Sanganeri Gate, Jaipur.

INCLUSIONCRITERIA:-

- ANM, GNM, staff nurses at maternity ward.
- The staff nurses at selected maternity hospitals, Jaipur.
- The Staff nurses who all knows the Hindi and English.

EXCLUSION CRITERIA:-

- The staff nurses who all are not willing to participate in the study.
- The staff nurses who ever not attending because of night duty staff.

RESULT

The analysis shows that the total knowledge scores of the pre-test), out of 60 subjects 46.66%had inadequate knowledge, 36.66%had moderate knowledge, 16.66%had adequate knowledge regarding Abnormal /Dysfunctional uterine bleeding. After Self instructional module (post-test), out of 60 subjects 10%had adequate knowledge, 50.00%had moderate knowledge, 40% had inadequate knowledge regarding Abnormal /Dysfunctional uterine bleeding which means that SIM was effective. Mean value and SD of pre-test is 18.33 and 6.63 and in post-test mean is 32.15, SD is 4.99. And „t" = 28.28, which is significant at $p<0.05$ level. This was proved and accepted the formulated hypothesis. Chi square was computed the association between pre-test level of knowledge with selected variables in that the Age, educational qualification, occupation of staff nurse which is significantly associated at $P<0.05$ level, hence it is tested and proved hypothesis. And the gender, religion, type of hospital which is not significantly associated at $P<0.05$.

DESCRIPTIONOFDEMOGRAPHICVARIABLESOFSTAFF NURSES

Demographic Variable	Frequency	Percentage(%)
Age(In years)		
20 – 25	25	41.67%
26 – 30	10	16.67%
31 – 35	15	25%
Above35	10	16.66%
Gender		
Male	35	58.33%
Female	25	41.67%
Professional experience		
Above3year	25	41.67%
2to 3year	20	33.33%
1to 2year	10	16.66%
Below1year	05	08.33%

Educations		
M.Sc	05	08.33%
G.N.M	25	41.67%
A.N.M	15	25%
B.Sc	15	25%
Type of Family		
Nuclear	20	33.33%
Extended family	10	16.66%
Joint	15	25%
Single Parent	15	25%

FREQUENCY AND PERCENTAGE DISTRIBUTION OF PRE-TEST LEVEL OF KNOWLEDGE IN DIFFERENT ASPECTS OF DUB

N= 60

Aspect of selected AUB	Max Score	Inadequate		Moderate		Adequate	
		F	%	F	%	F	%
Knowledge	10	30	50	24	40	6	10
Causes	8	36	60	18	30	6	10
Diagnosis and treatment	9	18	30	30	50	12	20

FREQUENCY AND PERCENTAGE DISTRIBUTION OF POST-TEST LEVEL OF KNOWLEDGE IN DIFFERENT ASPECTS OF AUB

N = 60

Aspect of selected DUB	Max Score	Inadequate		Moderate		Adequate	
		F	%	F	%	F	%
Knowledge	10	12	20	18	30	30	50
Causes	8	6	10	12	20	42	70
Diagnosis and treatment	9	6	10	18	30	36	60

ASSESSMENT OF EFFECTIVENESS OF SIM BY COMPARISION OF PRE AND POST TEST KNOWLEDGE SCORE AMONG THE STAFF NURSE

N = 60

Aspect of knowledge	Max Score	Pre-test				Post-test				t value
		Mean	Range	SD	%	Mean	Range	SD	%	
Knowledge	10	4.8	2.4	9	48	11.0	1.83	8	84.61	20.19
Causes	8	6.7	2.0	7	67	12.73	2.51	11	79.56	21.51
Diagnosis and treatment	9	4.6	2.26	8	46	8.41	1.57	7	76.45	14.83
Overall	40	13.75	5.36	26		32.15	4.99	20	80.37	20.19

SIGNIFICANCE DIFFERENCE BETWEEN PRE TEST AND POST TEST KNOWLEDGE SCORES N-60

Sr. no	Aspect of knowledge	Max Score	Mean	SD	SD Error	Mean difference	df	"t" value	Tabulated value
1	Pre-test	40	13.75	5.36	0.86	4.58	59	28.28	2.00
2	Post-test	40	18.33	4.44	0.64				

ASSOCIATION BETWEEN PRE-TEST LEVELS OF KNOWLEDGE OF AUB AMONG STAFF NURSE WITH AGE IN YEARS

N=60

Age years	Level of Knowledge			Total	Df	X^2		Result
	Inadequate (<50%)	Moderate (50-75%)	Adequate (>75%)			Calculated Value	Tabulated Value	
20-25	3	12	10	25	6	2.72	12.59	Not Sig.
%	12	48	40	100				
26-30	2	4	4	12				
%	16.66	33.33	33.33	100				
31-35	1	8	6	15				
%	66.66	53.33	40	100				
>35	0	6	4	10				
%	00	60	40	100				
Total	6	30	24	60				

Note:*Significant at P<0.05

ASSOCIATION BETWEEN PRE-TEST LEVELS OF KNOWLEDGE OF DUB AMONG STAFF NURSE WITH GENDER

N=60

Gender	Level of Knowledge			Total	Df	X^2		Result
	Inadequate (<50%)	Moderate (50-75%)	Adequate (>75%)			Calculated value	Tabulated value	
Male	4	13	18	35	2	5.69	5.99	NS
%	11.42	37.14	51.42	100				
Female	2	17	6	25				
%	8	68	24	100				
Total	6	30	24	60				

Note:*Not Significant at P<0.05

ASSOCIATION BETWEEN PRE-TEST LEVELS OF KNOWLEDGE OF AUB AMONG STAFF NURSE WITH RELIGION

N=60

Professional experiance	Level of Knowledge			Total	Df	X^2		Result
	Inadequate (<50%)	Moderate (50-75%)	Adequate (>75%)			Calculated value	Tabulated value	
Above1 year	2	10	13	25	6	9.52	12.59	NS
%	8	40	52	100				
2 to 3year	2	9	9	20				
%	10	45	45	100				
1to 2year	1	9	0	10				
%	10	90	00	100				
Below1 year	1	2	2	05				
%	20	40	40	100				
total	6	30	24	60				

Note:*Not Significant at P<0.05

ASSOCIATION BETWEEN PRE-TESTLEVELSOFKNOWLEDGEOF AUB AMONG STAFF NURSE WITH EDUCATIONAL QUALIFICATION

N=60

Edu. Qual.	Level of Knowledge			Total	Df	X^2		Result
	Inadequate (<50%)	Moderate (50-75%)	Adequate (>75%)			Calculated Value	Tabulated Value	
M.Sc	1	2	2	5	6	14.88	12.59	Sig.
%	20	40	40	100				
G.N.M	5	16	4	25				
%	20	64	16	100				
A.N.M	0	7	8	15				
%	00	46.67	53.33	100				
B.Sc	0	5	10	15				
%	00	33.33	66.66	100				
Other	6	30	24	60				

Note:*Significant atP<0.05

ASSOCIATION BETWEEN PRE-TEST LEVELS OF KNOWLEDGE OF AUB AMONG STAFF NURSE WITH TYPE OF FAMILY

N=60

Type of Family	Level of Knowledge			Total	Df	X^2		Result
	Inadequate (<50%)	Moderate (50-75%)	Adequate (>75%)			Calculated Value	Tabulated Value	
Nuclear	5	11	4	20	6	14.55	12.59	Sig.
%	20	55	20	100				
Extended Family	1	4	5	10				
%	10	40	50	100				
Joint	0	10	5	15				
%	00	66.66	33.33	100				
Single Parent	0	5	10	15				
%	00	33.33	66.66	100				
Total	6	30	24	60				

Note:*Significant at P<0.05

SUMMARY

The statement of the problem undertaken was, "ASTUDYTOASSESSTHE EFFECTIVENESS OF SELF-INSTRUCTIONAL MODULE ON KNOWLEDGE REGARDING ABNORMAL UTERINE BLEEDING AMONGSTAFFNURSES AT SELECTED MATERNITY HOSPITALS IN JAIPUR ."

The study conducted was based on the following objectives

- To assess the pre-test knowledge of staff nurse regarding AUB.
- To assess the post-test knowledge of staff nurse regarding AUB..
- To evaluate the effectiveness of self instructional module on knowledge regarding AUB.
- To find out the association between pre-test levels of knowledge score of staff nurse with demographic variable regarding AUB.

The study attempted to tested the following research hypothesis at the level of P<0.05

The hypotheses will be tested at 0.05 level of significance.

H_1: The mean post-test knowledge score will be significantly higher than the mean pre-test knowledge score of staff nurse regarding AUB.

H_2:There will be a significant association between pre-test knowledge score of staff nurse regarding AUB with their selected demographic variables.

The conceptual frame work adopted for this study was based on Ludwigvon Bertalanffy. In this study the related review of literature was divided into 3 parts based on section and enclosed as study support.The research approach adopted for the study was evaluative approach withpre- experimental one group pre-test and post-test design to evaluate the effectiveness of SIM on knowledge regarding AUB among Staff Nurse.

Self structured knowledge and SIM was developed, after validation by the experts‟ opinion modification was done. It consists of Section A comprised of 6 items related to demographic variables. Section B comprised of 40 knowledge items related to knowledge of AUB. The reliability of the tool was established by test-retest method. The computer value of reliability co-efficient was found to be 0.82. The tool was found to be reliable and valid. The SIM on knowledge on AUB among Staff Nurse was organized.

The overall observation showed that, out of 60 subjects 70% (42) had inadequate knowledge, 16.66% (10) had moderate knowledge and 13.33% (8) had adequate knowledge level regarding care of AUB in pre-test. However, after administration of SIM, post-test out of 60 subjects, 5%(3) hadin adequate knowledge, 45% (27) had moderate knowledge and 50% (30) had adequate knowledge level regarding AUB among Staff Nurse. Hence the hypothesis (H_1) was proved and the results hows significant associations between pretest score level of knowledge of Staff Nurse regarding AUB and with their selected demographic variables like age, educational qualification hence the hypothesis(H_2) was also accepted. In knowledge i.e. SIM given on knowledge regarding AUB among Staff Nurse in selected maternity hospital, Jaipur was effective in enhancement of knowledge score.

CONCLUSION

The study finding shows that there is significant improvement in knowledge after SIM on Dysfunctional Uterine Bleeding. The women expressed that the teaching programme was very informative, clear and it would help them to modify their knowledge which will appropriate to prevent any complication and malpractice during Dysfunctional Uterine Bleeding. Hence the SIM was instructionally effective, appropriate, and feasible and has enhanced the level of knowledge of Staff Nurse regarding selected Dysfunctional Uterine Bleeding. So the study concluded that objective was achieved, hypothesis was tested at the level of $P<0.05$ and assumption was accepted. The SIM on Dysfunctional Uterine Bleeding which was implemented to the Staff Nurse was effective.

NURSING IMPLICATIONS OF THE STUDY

Nursing Education

The nursing curriculum should consist of increased depth, content and activities which help to develop knowledge skill among Staff Nurse in Dysfunctional Uterine Bleeding. As a nurse educator, there are abundant opportunities for nursing professionals to educate people regarding Dysfunctional Uterine Bleeding. The study emphasizes significance of to conduct short term in-service education programme for nurses and peripheral health workers related to health education of Staff Nurse regarding Dysfunctional Uterine Bleeding.

Nursing Practice

An implication of nursing practice derived from the study is that, in modern times, health care delivery system has changed from a care-oriented approach to promotion of health and prevention of illness oriented approach. Nurses are the key persons of the health team who play a major role in AUB. This study implies a basis for developing standards of drugs administration of Dysfunctional Uterine Bleeding, at home as well as in the care of community and health care cent re. Providing education about Dysfunctional Uterine Bleeding is one of the functions of nursing personnel, its accountability should be stressed.

Community Health Practice

Public awareness can be created by various community health programmes regarding Dysfunctional Uterine Bleeding. Attention should be focus on prevalence and incidence of Dysfunctional Uterine Bleeding, measures should take to prevent further complication as based upon preventive level care of early diagnosis and treatment of complication due to use of drugs.

Nursing Administration

Nurse administrators are the backbone to provide facilities for improving knowledge. They should take interest in providing innovative information on selected Dysfunctional Uterine Bleeding. The nursing administrators should take part in the health policy making, developing protocols, standing orders related to designing the health education programme and strategies regarding Dysfunctional Uterine Bleeding. The nurse administrators need to plan, organize and conduct health education programme by considering cost effectiveness and carry out successful education programme.

Nursing Research

The study helps the nurse researchers to develop appropriate health education tools for educating Staff Nurse regarding Dysfunctional Uterine Bleeding. The study will motivate the beginning researchers to conduct some study with different variables on a large scale. The public and private agencies should also encourage research in this field through needed materials and funds.

RECOMMENDATIONS

On the basis of the finding of the study following recommendations have been made:

- A similar study can be replicated on large sample to generalize the findings.
- A similar comparative study can be conducted between rural and urban settings.
- A similar study can be conducted as an awareness programme.
- A similar study can be conducted to assess effectiveness of any other education methods.
- A similar study can be done with a control group.

LIMITATIONSOFTHE STUDY

- The study is limited to staff nurses working in maternity ward of selected maternity Hospital, Jaipur.
- The study is limited to sample of 60staff nurses.
- The data collection period is limited to4-6weeks.

A structured questionnaire was used for data collection, which restricts the amount of information that can be obtained from the respondents.

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