

Assessing the Effectiveness of a Structured Teaching Program on Knowledge of Immediate Postnatal Care among Caregivers at Selected Hospitals in Barabanki, Lucknow

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ABSTRACT

Immediate postnatal care (IPC) is crucial for reducing maternal and neonatal morbidity. This study evaluates the effectiveness of a **structured teaching program (STP)** in enhancing caregivers' knowledge of IPC. A **pre-experimental, one-group pre-test post-test design** was used with **60 staff nurses** from Hind and Mayo Hospitals, Barabanki. A **structured questionnaire** assessed knowledge before and after the STP. Results showed a **significant improvement** in post-test scores ($t=9.99, p<0.0001$), confirming that STP enhances IPC knowledge.

KEYWORDS: Postnatal care, Structured Teaching Program, Caregivers, Staff Nurses, Neonatal Health

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1. INTRODUCTION

Postnatal care is critical for maternal and neonatal health. Despite medical advances, high neonatal mortality persists, especially in developing regions. IPC involves monitoring **BUBBLE-HE (Breasts, Uterus, Bladder, Bowels, Lochia, Episiotomy, Homan's sign, Emotional support)** to prevent complications. Lack of awareness among healthcare workers can contribute to adverse outcomes.

2. Objectives

- Assess caregivers' pre-existing knowledge of IPC.
- Evaluate the effectiveness of STP in improving IPC knowledge.
- Determine associations between knowledge levels and demographic factors.

3. Methodology

- **Study Design:** Pre-experimental (one-group pre-test post-test).

- **Setting:** Hind and Mayo Hospitals, Barabanki.
- **Sample:** 60 staff nurses (aged 20-50 years).
- **Sampling Technique:** Simple random sampling.
- **Tool:** Structured questionnaire (30 questions, scoring: **Inadequate <10, Moderate 11-20, Adequate 21-30**).
- **Intervention:** A structured teaching program on IPC.
- **Data Analysis:** Paired t-test and Chi-square tests were used.

4. Results

- **Pre-test:** 51.67% had inadequate knowledge, 48.33% had moderate knowledge, and 0% had adequate knowledge.
- **Post-test:** 10% remained inadequate, 50% had moderate knowledge, and 40% attained adequate knowledge.

- **Effectiveness:** The post-test mean score (21.00 ± 3.69) was significantly higher than the pre-test (14.68 ± 3.58), indicating STP effectiveness ($t=9.99$, $p<0.0001$).
- **No significant association** between demographic factors and pre-test knowledge.

5. Conclusion

The structured teaching program significantly improved caregivers' knowledge of immediate postnatal care. Hospitals should incorporate STP into routine staff training to enhance IPC practices and improve maternal and neonatal health outcomes.

References:

- [1] [Follow IJTSRD citation style—APA/Harvard]

