

More effective and efficient method of caring for postnatal Women- a quasi experimental study

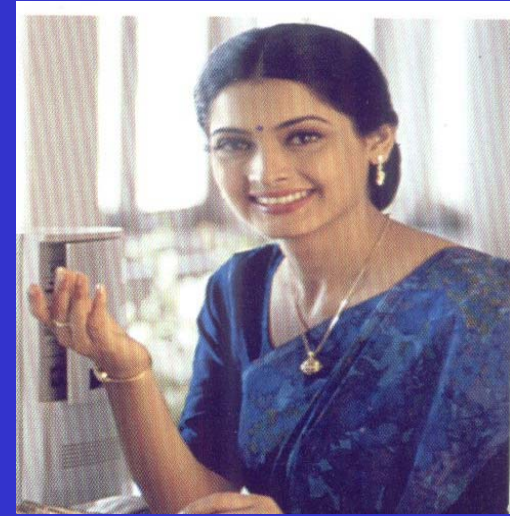


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Practices on episiotomy care

- Baking on healing of episiotomy wound
- Use of Lavender oil
- Warm and cold sitz bath
- Use of Infra red light
- Cold compress application
- Use of Ghee (traditional practice in certain parts of India)



Main Objectives

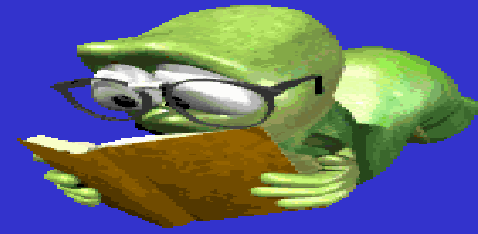
- To identify the learning needs of primipara women regarding episiotomy care
- To determine the effectiveness of planned teaching programme on episiotomy and self perineal care in terms of
 - a) gain in knowledge
 - b) increased ability to perform self perineal care with pelvic floor exercises
 - c) outcome of episiotomy healing in terms of :presence or absence of signs of infection
- To find association between episiotomy healing and selected variables.

Research Methodology

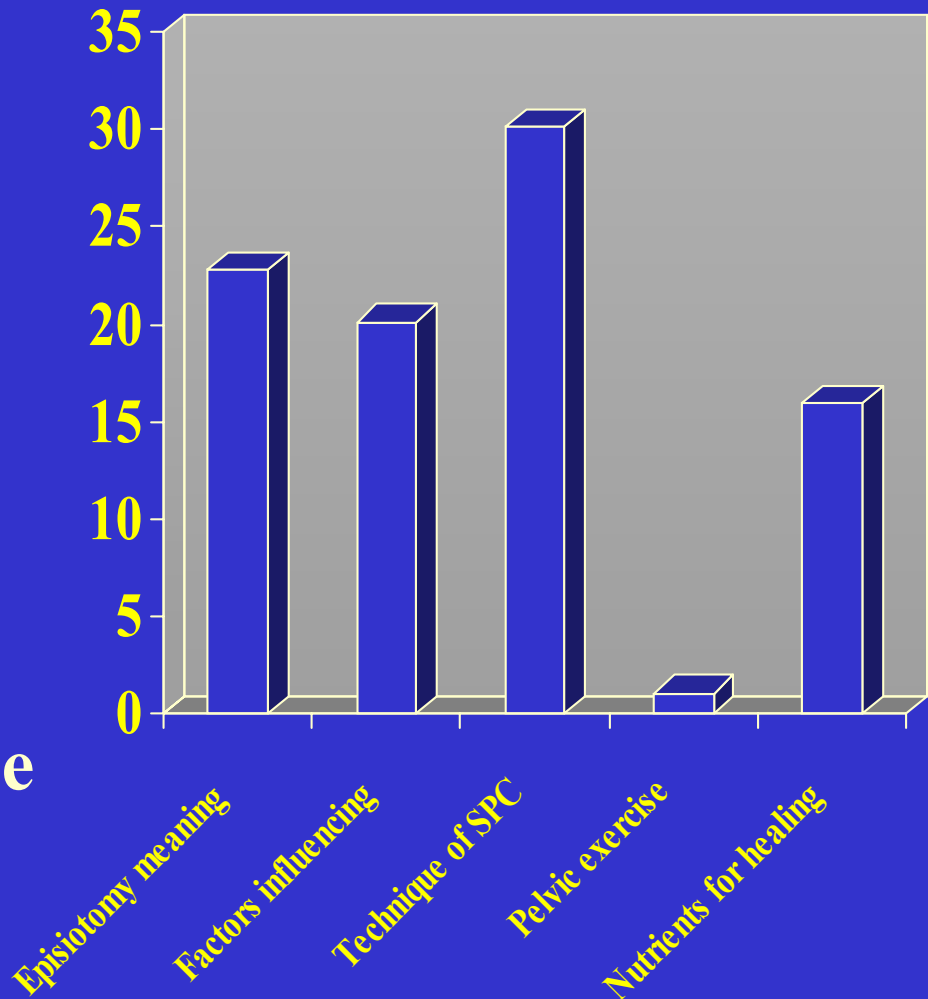
- **Research Approach:** Evaluative approach
 - **Phase I : Descriptive Survey**
 - **Phase II : Pretest-posttest control group design**
- **Sample size:** Experimental group: 30 (25)
 - Control group I : 30
 - Control GroupII : 30
- **Data collection Tools:**
 - Knowledge questionnaire ($r = 0.86$)
 - Observational checklist ($r = 0.99$)
 - Episiotomy Wound Assessment Scale ($r=0.95$)
 - Visual Analogue numerical pain scale($r=0.85$)



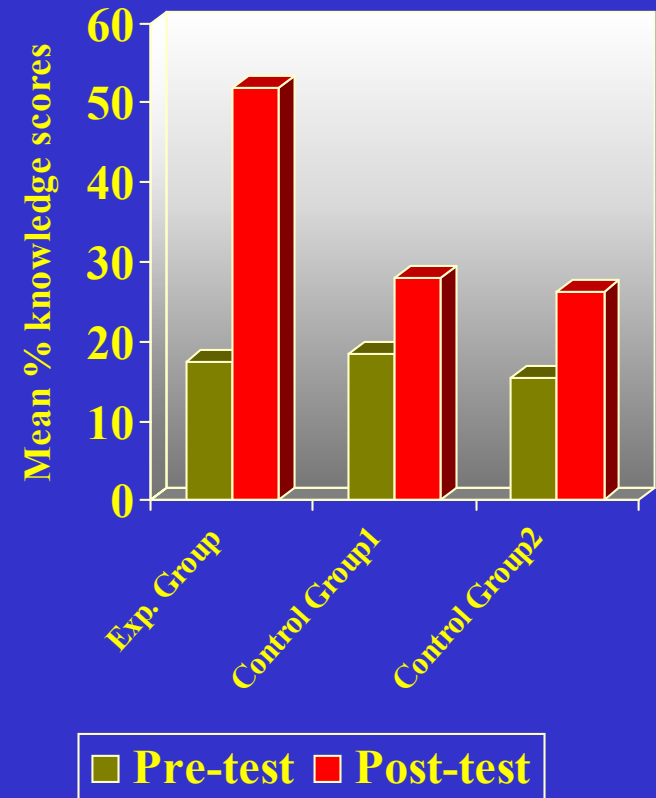
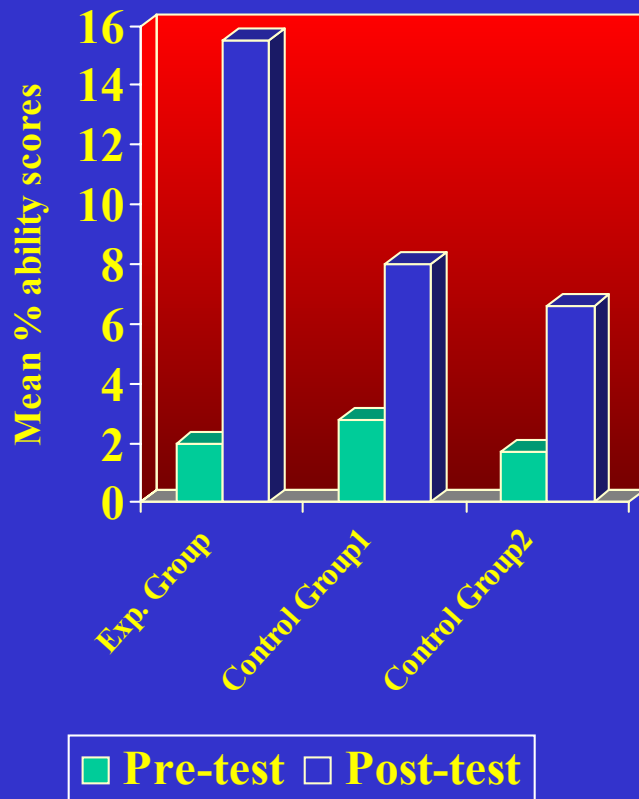
Major Findings



- Knowledge deficit was found in all areas under episiotomy and self perineal care in 30 primipara women
- Knowledge mean percentage scores was 22.50%
- Ability mean percentage scores was 21.5%



Mean percentage Knowledge and ability scores of experimental group subjects



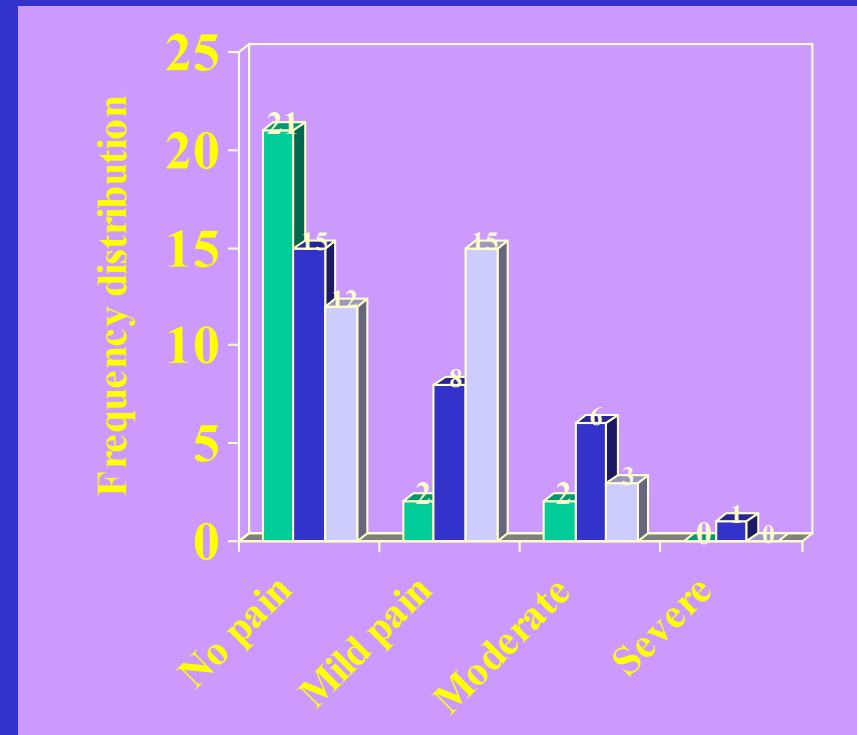
Mean, *t* value of pre and posttest knowledge and ability scores of experimental subjects n=25

Knowledge Scores	Mean	Mean gain %	<i>t</i> value
Pre-test	17.52	36.00	24.62*
post-test	51.96		
Ability Scores	Mean	Mean gain %	t value
Pre-test	1.96	67.86	24.34*
post-test	15.52		

$t(24)=2.06, p<-.05; =2.80 p<.01$

Pain intensity scores on 5th postnatal day

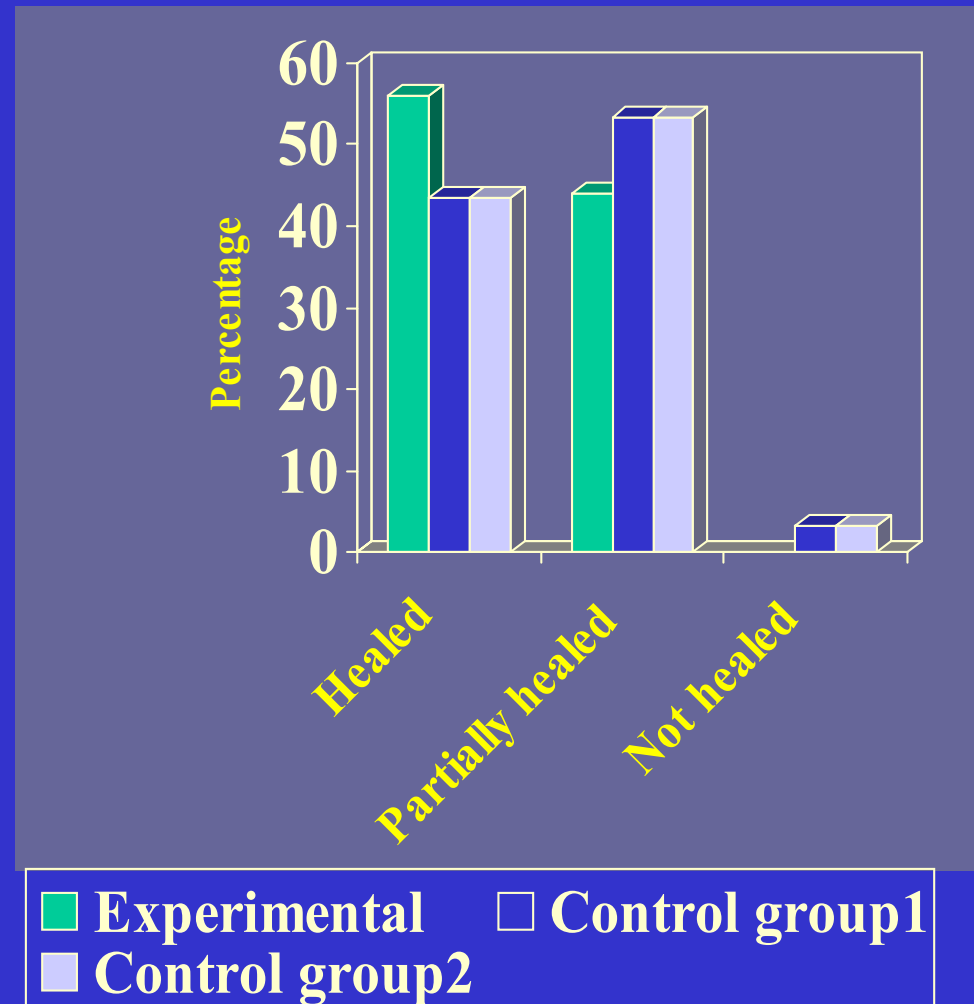
- The Majority of the subjects from the experimental group had complete relief from pain on day 5



■ Expt. Group ■ Control group1
■ Control group2

Healing Status of episiotomy wound

- Experimental group subjects had total healing compared to control group I and II





Conclusion

- Teaching subjects on self perineal care was effective. Reinforced teaching is necessary to learn self care practices completely
- All subjects learnt to perform pelvic floor exercises correctly
- Healing was faster in patients with less duration of rupture membranes and haemoglobin level above 10gm%



Thank You