

VIDEO TEACHING PROGRAMME ON PRACTICE OF POSTOPERATIVE EXERCISES AND THE FACTORS INFLUENCING NON-COMPLIANCE AMONG ELECTIVE LSCS MOTHERS IN A SELECTED HOSPITAL.

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Abstract

The postnatal period is a natural condition of six transformative weeks full of excitement, planning at the unfolding of life. Postpartum exercise may be initiated postnatally to promote recovery and prevent complications and strengthen the muscles of the back, pelvic floor and abdomen. Hence, the study was conducted to assess the effectiveness of video teaching programme on practice of postoperative exercises and the factors influencing non compliance among elective LSCS mothers in selected hospital. The study concludes that the mothers who are practicing postnatal exercises will have mild factors while performing the exercises.

Key words: video teaching program, post operative exercises, elective LSCS mothers, non-compliance, hospital.

Introduction

Postpartum exercise may be initiated postnatally to promote recovery and prevent complications and strengthen the muscles of the back, pelvic floor and abdomen. Exercise should be started on third postoperative day and is to be continued for 45 days twice daily. During the first few days, levels of the hormone relaxin gradually subside, and the ligaments and cartilage of the pelvis begin to return to their pre pregnancy position. These changes can cause hip or joint pain which will interfere with ambulation and exercise. Good body mechanics and correct posture are extremely important during this time and shall prevent low backache and joint pain. (Trula M. G., 2000).

In the light of the above facts, the investigator developed a genuine interest and felt the need for conducting the study on practice of postoperative

exercises and the factors influencing non-compliance among elective LSCS mothers in selected hospitals at Madurai.

Statement of the problem

A study to determine the effectiveness of video teaching program on practice of postoperative exercises and the factors influencing non compliance among elective LSCS mothers in the selected hospital at Madurai.

Objectives

- To determine the effectiveness of video teaching program on the practice of post operative exercises.
- To find out the factors influencing non-compliance on post operative exercises among elective LSCS mothers.
- To relate to the practice with factors influencing non-compliance on postoperative exercises among elective LSCS mothers.
- To associate the practice of postoperative exercises with the selected demographic variables.
- To associate the factors influencing non-compliance with the selected demographic variables.

Hypotheses

- There is a significant relationship between the practice and factors influencing non-compliance on postoperative exercises among elective LSCS mothers.

- There is a significant association between practices of postoperative exercises among elective LSCS mothers with selected demographic variables.
- There is a significant association between factors influencing non-compliance on postoperative exercises among elective LSCS mothers with selected demographic variables.

Methodology

Research approach: The quantitative research approach was used for this study.

Research design: Descriptive design was used for this study.

Population: The target population of the study was mothers planned for elective LSCS.

Sample size: It consists of 60 antenatal mothers who are planned to undergo elective LSCS and those mothers who have undergone elective LSCS in the selected hospital.

Sampling technique: Purposive sampling technique was used to select the sample.

Criteria for selection of the sample

Inclusion criteria

- Mothers those who are coming for the OPD for elective LSCS.
- Both primi & multi para mothers.
- Mother who are willing to participate in the study.

Exclusion criteria

- Mother who were not willing to participate in the study.
- Mothers who are having heart disease, pregnancy induced hypertension, gestational diabetes mellitus etc.

Description of tools/Instrument

Observational checklist was used to identify the practices in performing postoperative exercises after the video teaching program. It consists of five exercises. Each exercise carries five steps. Structured questionnaire was used to assess the factors

influencing non-compliance on postoperative exercises after video teaching program. It consists of 10 factors.

Development of video teaching programme

Teaching plan is a guide for the researcher to cover the completely with the proper sequence of points without missing anything. Steps involved in development of self instruction module is:

- a) Framing outline for video teaching program.
- b) Preparing content.
- c) Designing the video teaching program in a compact disc form.

Framing outline for video teaching program

The video teaching program is introduced by the investigator on the basis of postoperative exercises and highlights the importance as well as the areas to gain practice for abdominal tightening, pelvic tilt, pelvic rocking, knee rolling and foot and leg exercises.

Preparing the content

The researcher has prepared the video teaching program from literature regarding postoperative exercises with consultation from subject experts. The content included in the video display regarding post operative exercises such as abdominal tightening, pelvic tilt, pelvic rock, knee rolling and foot and leg exercises.

Designing the video teaching program in a compact disc format

The video teaching program is designed based on observational checklist such as abdominal tightening, pelvic tilt, pelvic rock, knee rolling and leg and foot exercises and concluded with researcher involvement.

Data collection procedure

The data collection was scheduled for a period 6 weeks. The investigator obtained the formal permission from the administrator to conduct the study and explained the procedure to the mothers. The investigator identified the samples through the charts, doctor reports and the scan reports.

Data was collected in the manner of 10-12 samples per week. On the day of admission video teaching program was shown, taught, encouraged and motivated the samples to begin to practice. Video teaching program was repeated again on the third postoperative day. Followed by that, samples were assessed by their practice and the factors that were influencing the non-compliance were found out by providing questionnaire. The same procedure was followed in the next two days. The time taken to interview each sample was 20 to 30 minutes.

Results and Discussion

Majority of post-operative mothers 22(36%) were between the age of 26 -30 years. Most of post-operative mothers 32(53%) completed school education. 8(13%) were illiterate. 16 (27%) postoperative mothers were employed and others are house makers. Nearly 18(30%) of them were primi gravid. All others were multi gravid. Majority of post-operative mothers, 47(78%) belonged to joint family. All others belonged to nuclear family. 18(30%) have been living in urban area and 42 (70%) lived in rural

area. More over 39(65%) of postoperative mothers got information on post-operative exercise through their relatives and 21(35%) from mass media.

The first objective of the study is to determine the effectiveness of video teaching program on the practice of post operative exercises.

Level of practice was graded as adequate, moderately adequate and inadequate after video teaching program. 11 (18%) had adequate practice 37(62%) had moderately adequate practice and 12(20%) had inadequate practice.

The second objective of the study is to find out the factors influencing non-compliance on post operative exercises among elective LSCS mothers.

Factors influencing non-compliance were classified into favourable, moderately favourable and unfavourable after the video teaching program. 3(3%) had favourable factors, 48(80%) had moderately favourable factors and 9(15%) had unfavourable factors.

The third objective of the study is the relationship between practice and factors influencing non compliance on post operative exercises.

Variables	Co-efficient	Result
Practice	r = -.86	Negative
Factors		Correlation.

When the factors increase, the level of practice will be decreased. Negative correlation was found between practice and factors. Hence, it was interpreted that, when factors increases, the practice will be decreased.

The fourth objective of the study is to associate the practice of post-operative exercises with the selected demographic variables.

The findings shows that there was a significant association between the practice with age ($\chi^2 = 3.97$) and education ($\chi^2 = 4.87$) at $P < 0.5$ level of significance. There is no statistical significant association between the practice of post operative exercises with demographic variables such as occupation, parity, type of family, residence and source of information.

The fifth objective of the study is to associate the factors influencing non-compliance with the selected demographic variables.

The findings shows that there was a significant association between the factors influencing non-compliance with age ($\chi^2 = 5.07$) at $P < 0.5$ level of significance. There is no statistical significant association between the practice of post operative exercises with demographic variables such as education occupation, parity, type of family, residence and source of information.

Conclusion

Post operative exercise is the boon for each post-operative mother as it reduces much of the musculo skeletal complications. Since most of the problems occur due to lack of exercise and improper

practice of postoperative exercise in the postoperative life, it is the nurse's responsibility to teach and make the post natal mothers practice. The most effective means is by educating the mothers regarding postoperative exercises and their importance. The study result revealed that the planned video teaching regarding postoperative exercises was very effective in reducing the factors, which will enable them to apply the practice both in hospital and home.

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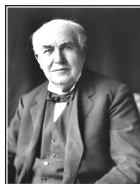
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TOBACCO AND HEART DISEASE

World No Tobacco Day is an annual event, which highlights the risks associated with the use of tobacco. The day also advocates adoption of effective policies to reduce consumption of tobacco. The focus this year is on "Tobacco and heart disease" to increase awareness on how tobacco adversely affects heart health. Tobacco use was identified as one among the nine modifiable risk factors in the landmark INTERHEART study that increased the risk of most cases of coronary heart disease, stroke and peripheral vascular disease.



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"If we all did the things we are capable of doing, we would literally astound ourselves."

- Thomas Alva Edison