

A Study to Assess The Knowledge Regarding Non-Pharmacological Management Of Labour Pain Among Final Year GNM Students At St Joseph's College of Nursing, Hoshangabad With A View To Develop A Self Instructional Module

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ABSTRACT:

Labour pain is a universal phenomenon and it is associated with the contraction of uterus. Rather than making the pain disappear with pharmacotherapy, the nurses can assist the labouring women to cope up with, build their self-confidence and maintain a sense of mastery of well-being. Thus, nurses must have knowledge to assess pain to implement pain relief strategies.

OBJECTIVES: The present study was conducted with the objectives to assess the existing knowledge regarding non-pharmacological management of labour pain among final year GNM students at St Joseph's College Of nursing, Hoshangabad with a view to develop a self-instructional module".

MATERIAL & METHODS: Descriptive survey approach was adopted to collect data With 40 sample. Convenience sampling technique was used for the sample section.

RESULTS: The findings indicate that the overall mean knowledge of respondents found to be 9.7, Median is 9, standard deviation as 3.9 and the range is 15. There was a significant association between knowledge regarding non-pharmacological management of labour pain with their Age, education and Source of information

CONCLUSION: The findings of the study revealed that educating the students would be effective in updating the knowledge and skills regarding non-pharmacological management of labour pain.

Keywords: Knowledge, Final year GNM students, Nursing institution, Non-pharmacological management, Labour pain.

INTRODUCTION

Pain is an unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage.¹ Labour Pain is a pain and discomfort associated with the contraction of uterus during labour. The extent of pain elimination depends upon how much the spinal cord is blocked.² The majority of women though need some sort of pain relief drugs during childbirth, but safety of the child takes the first priority³. The alleviation of pain is important commonly it is not the amount of pain a woman experiences, but whether she meets her goals for herself in coping with the pain that influences her perception of the birth experience as "good" or "bad". The observant nurse looks for cues to identify the women's desired level of control in the management of pain and goes into the development method of pain control that brings effective relief for the mother without harm to the child. The perfect solution is yet to be found therefore at times the safety of the child must take precedence over the comfort of the mother⁴. Many women would like to have labour without using drugs and find alternative methods to manage the pain. These methods include acupressure, breathing technique, massage therapy, music, and warm compress. Labour pain and methods to relieve it are concerns of childbearing women and families. Approximately 4 million women and families annually in the United States alone are undergoing this problem. The subject of labour pain is relatively neglected in the health and medical literature. National data is unavailable to describe both childbearing women's access to and use of drug free pain relief measures in the united State which appears to be quite limited and far from commensurate with this universal relevance⁵. A systematic review of Non-Pharmacologic relief of pain during labour, the authors suggested for research and recommendations to help hospitals and caregivers make the non-pharmacologic method more widely available⁶.

NEED OF THE STUDY:

Natural child birth is a beautiful experience with many safe options and benefits. Women usually dream of a perfect birth. One unique aspect of childbirth is the association of physiologic process with pain and discomforts requiring appropriate pain management. Intervention of pain and discomfort during labour and childbirth is a major part of modern obstetric care of labouring women⁷. Many women would like to avoid pharmacological or invasive method of pain management in labour and this may contribute towards the popularity of complementary methods of pain management. One of such complimentary approach is the non-pharmacological method used in labour.

The World Health Organization lists non-invasive, non-pharmacological treatments as a category. A classification. "Practices that are demonstrably useful and should be encouraged." Specifically, the WHO classifies massage and relaxation techniques as category A. Although music therapy is not expressly listed in the WHO classification of practices in normal birth, it certainly serves as a non-invasive and often relaxing treatment during labour. Other non-pharmacological interventions such as herbs, immersion in water, and nerve stimulation are practices for which insufficient evidence exists to support a clear recommendation⁸.

STATEMENT OF PROBLEM:- A Study To Assess The Knowledge Regarding Non-Pharmacological Management Of Labour Pain Among Final Year GNM Students At St Joseph's College of Nursing Hoshangabad With A View To Develop A Self Instructional Module .

OBJECTIVES OF THE STUDY:

1. To assess the existing knowledge regarding non-pharmacological management of labour pain among final year GNM students.
2. To find the association between the existing knowledge and the selected demographic variables.
3. To develop a self-instructional module regarding non pharmacological management of labour pain.

OPERATIONAL DEFINITIONS

Assess: In this study assess refers to the procedure of judging the level of knowledge of students regarding non pharmacological management of labour pain.

Knowledge: In this study knowledge refers to response of subjects for the items of knowledge questionnaire regarding non-pharmacological management of labour pain.

Non-pharmacological management of labour pain: In this study it refers to the measure of non-invasive painless selection method of reducing labour pain. These methods are acupressure, breathing techniques, massage, music therapy and warm compress.

Final year GNM Students: In this study it refers to 3rd year GNM students of St Joseph's College of Nursing, Hoshangabad

Self-Instructional Module: Which is self-explanatory based on the findings of the study.

ASSUMPTION:

The study was based on the following assumption:

1. Final year GNM students may have minimum knowledge about non-pharmacological management of labour pain.
2. Final year GNM student will willingly participate and give reliable information needed for the study.

DELIMITATION OF THE STUDY:

The study is limited to the GNM students who:

- are studying final year GNM at selected school of nursing.
- have completed midwifery postings
- are willing to participate in the study
- are present at the time of data collection

MATERIAL & METHODS:

- **Research approach-** Survey approach was adopted to collect data.
- **Research design** – Descriptive research design
- **Setting** – St Joseph's College of Nursing, Hoshangabad
- **Sampling-** Nonprobability Convenient Sampling method
- **Sample size-**The sample for the present study includes 40 final year GNM students.
- **Sample technique-**Convenience sampling technique was employed for the sample selection.

DESCRIPTION OF THE TOOL:

A structured knowledge questionnaire is constructed into two sections.

Section A. Demographic variable consist a set of questions related to age, religion, academic qualification, and sources of previous knowledge regarding non pharmacological management of labour pain.

Section B. Consists of 30 items / statements penetrating to the knowledge aspect regarding non-pharmacological management of labour pain, it has 6 aspects which is mentioned below. Each statement provided with multiple option questions all of which were scored, each correct answer was given a score of one and wrong answers a score of zero. The total score was 30. The knowledge of the respondents was arbitrarily characterized as follows.

RESULTS

Classification of Respondents by Knowledge level on Non-Pharmacological management of labour pain

N = 40

Knowledge Level	Score	Frequency	Percentage
Inadequate	0-10	29	72.5
Moderate	11-20	11	27.5
Adequate	21-30	0	0.0
Total		40	100

Section B (a): Aspect wise and overall mean knowledge score and level of respondents.

Classification of respondents by knowledge level on non-pharmacological management of labour pain shows in above table. The results indicate that 72.5% of the respondents noticed with inadequate knowledge Level as compared to 27.5% of respondents found to be moderate knowledge level on non-pharmacological management of labour pain.

Aspect wise Mean Knowledge of Respondents on Non-Pharmacological management of labour pain.

N=40

No.	Knowledge Aspects	Statements	Respondents Knowledge			
			Mean	Median	SD	Range
I	General Information	5	9.7	9	3.9	15
II	Acupressure	5				
III	Breathing Technique	6				
IV	Massage Therapy	6				
V	Music Therapy	4				
VI	Warm Compress	4				
	Combined	30				

Section B (b): Establish the aspect wise mean knowledge score of respondents on non-pharmacological management of labour pain. The findings indicate that the overall mean knowledge of respondents found to be 9.7, Median is 9, standard deviation as 3.9 and the range is 15.

CONCLUSION:

The following conclusion were drawn on the basis of the findings of the study were as follow

- All the respondents were females.
- Most (84%) of the respondents were in the age group of 18-21 years.
- All the respondents were single.
- About (49%) of the respondents had obtained information from health professional on non-pharmacological management of labour pain.
- The sample criteria reveal that the overall mean knowledge score was found to be 9.7 and S.D 3.9.
- Significant association was found between the knowledge of final year GNM students regarding non pharmacological management of labour pain with their age, education and Source of information.
- Significant association was not found between the knowledge of final year GNM students regarding non pharmacological management of labour pain with their regional and source of information.
- Overall findings reveal that the knowledge regarding non-pharmacological management of labour pain among final year GNM students was inadequate.

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