

A Study to Evaluate the Effectiveness of Structured Teaching Programme on Postpartum Psychiatric Disorders among ANM Students at Selected ANM School, Dharwad

Santosh S. Ugaragol

In partial fulfillment of the requirements for the degree of
Psychiatric Nursing (Mental Health Nursing)
Dharwad Institute of Mental Health and Neuro Sciences
Old Pb Road Dharwad

Dr Susheelkumar Ronad

Professor Dharwad Institute of Mental Health and Neuro
Sciences
Old Pb Road Dharwad

Dr Chetan S Patali

Msc (N) Phd (N)
Psychiatric Nursing
Principaldhanush Institute of Nursing Sciences behind
Durga Vihar, Station Road Bagalkot 587101

Suvarna S Pinnapati

Vice Principal
Dhanush Institute of Nursing Sciences
Behind Durga Vihar, Station Road
Bagalkot 587101

Abstract:- Motherhood is essential to society's survival. Without mother one would not exist. Mothers only have the unique privilege of nurturing the fetus for nine months¹. The studies found that 50 % to 75% of women experience postpartum blues during the first few weeks after delivery. American psychiatric association estimated that accordingly, one out of eight postnatal women may experience blues in their life time, it affects 11.5 million people every year in India, the prevalence of postpartum psychiatric morbidity was 33.4% and 6.5% of cases had major illness with postnatal depression and psychosis in India. In spite of the expansion of midwifery practice in to both gynecologic and primary care, women still experience fragmentation in the delivery of perinatal services. One of the needs in obstetric health care that remains crucial is meeting the needs of women who experience postpartum psychosis. In the current health care system, when women suffer an episode of postpartum psychosis they are thrust in to a mental health system that does not capitalize on the close relational bond that forms between midwives and the women they care for during prenatal and postpartum care.

Keywords:- Structured teaching programme and Postpartum psychiatric disorders.

I. OBJECTIVES OF THE STUDY

1. To assess the knowledge of postpartum psychiatric disorders among ANM students
2. To evaluate the effectiveness of structured teaching programme on postpartum psychiatric disorders.
3. To find out association between the pre/post test knowledge on postpartum psychiatric disorders and selected demographic variables

II. METHOD

This study was Quasi experimental, total 50 subjects were selected through purposive sampling technique. Evaluative design was used. Data was collected by administration Structured knowledge questionnaire. Prepared structured teaching programme regarding PPD. It was developed after content validity of the tool was established by experts. Data was analyzed by using descriptive and inferential statistical in terms of frequency, percentage, mean, standard deviation, Chi-square values 'x²' test and 't' test

III. RESULT

➤ HYPOTHESIS

H₁:- The mean post knowledge score of ANM students regarding postpartum psychiatric disorders will be significantly higher than the mean pre test knowledge scores.

H₂:- There is significant association between the mean pre/post test knowledge score of ANM students regarding postpartum psychiatric disorders with selected socio-demographic variables.

IV. ORGANIZATION OF FINDINGS

In this study the data collected was organized, tabulated, analyzed and interpreted by means of statistical tables and graphs and is organized under the following headings.

Section A: In this section a description of demographic variables of the subject is drawn and its percentage analysis has been done.

Section B: In this section knowledge level of ANM students regarding postpartum psychiatric disorders were assessed and percentages were calculated.

Section C: In this section area wise pre test and post test knowledge of ANM students regarding postpartum psychiatric disorders have been examined.

Section D: Examination of effectiveness of S.T.P in terms as of gain in knowledge has been done.

Section E: Association between the pre/post test knowledge scores and selected variables has been identified.

➤ **Section A:** In this section a description of demographic variables of the subject is drawn and its percentage analysis has been done.

This section describes the distribution of sample according to age in years, marital status, educational status, religion, Type of delivery assisted the most, handled any postpartum psychiatric cases during clinical posting, undergone any additional education programme regarding

50 samples (students) were selected from ANM school of Dharwad district, by using descriptive statistics data were analyzed, presenting of items done by in terms of frequency, percentage and diagrams. The frequency and percentage of sample in relation to their demographic characteristics are presented in the following diagrams.

Demographic characteristics	No of respondents	% of respondents
Age groups		
16-20yrs	19	38.00
21-25yrs	31	62.00
Religions		
Hindu	39	78.00
Non-Hindu	11	22.00
Marital Status		
Single	33	66.00
Married	17	37.00
Educational status		
P.U.C	29	58.00
diploma	11	22.00
degree	10	20.00
Type of delivery assisted the most		
Vaginal delivery with episiotomy	31	62.00
Forceps delivery	10	20.00
Vacuum extraction	9	18.00
Handled any postpartum psychiatric cases during your clinical posting		
Yes	43	86.00
No	7	14.00
Undergone any additional education programme		
No	42	84.00
Yes	8	16.00
Total	50	100.00

Table 1: Distribution of respondents by demographic characteristics

Above table represents number of respondents or samples and their percentage attended for the knowledge regarding postpartum psychiatric disorders

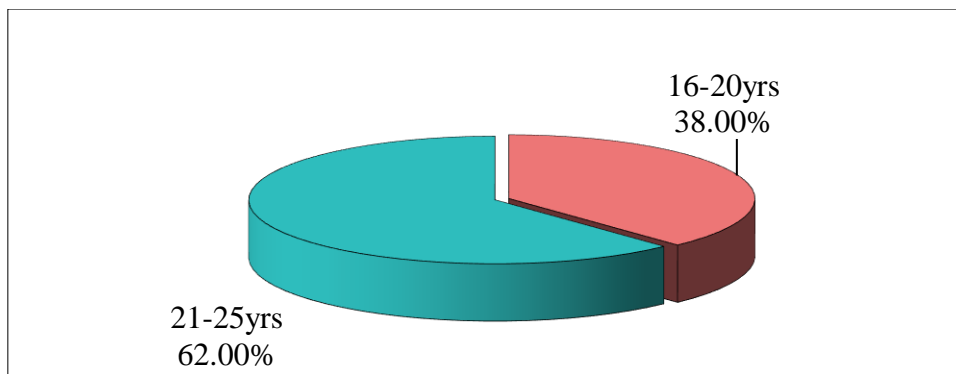


Fig 3:- Pie diagram depicting the percentage wise distribution the study sample according to age.

The above pie diagram shows that the highest percentage (62%) belongs to 21-25 years age groups, (38%) belongs to 16-20 years age groups. Hence majority (62%) of the sample is between the age group of 21-25 years of age.

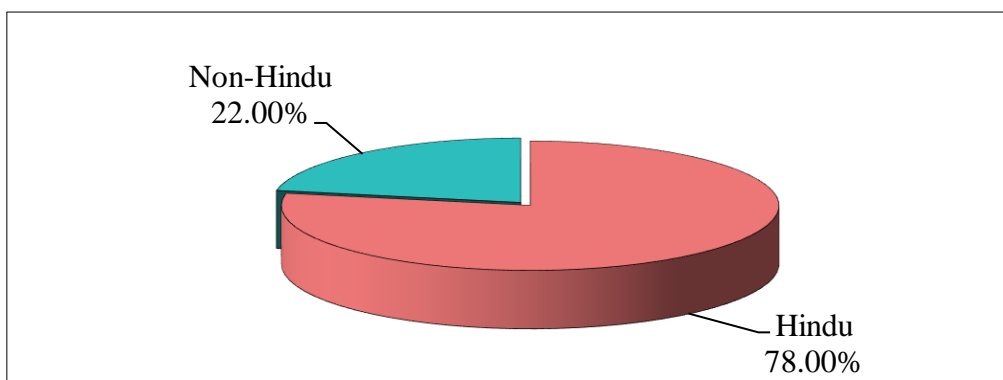


Fig 4:- Pie diagram depicting the religion wise distribution of the study sample.

The above Pie diagram shows that the highest (78%) of the sample belongs to Hindu religion (22%) of the sample belongs to Non-Hindu religion.

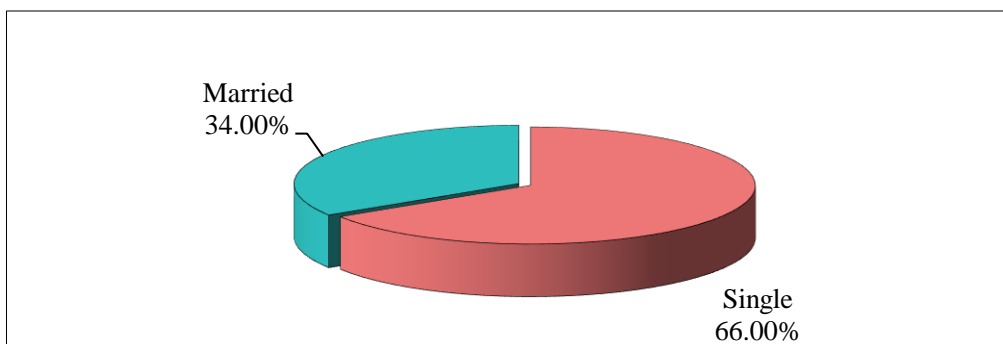


Fig 5:- Piediagram depicting the marital status wise distribution of the study sample.

The following Pie diagram shows that majority (66%) of the sample was Single, (34%) sample was married.

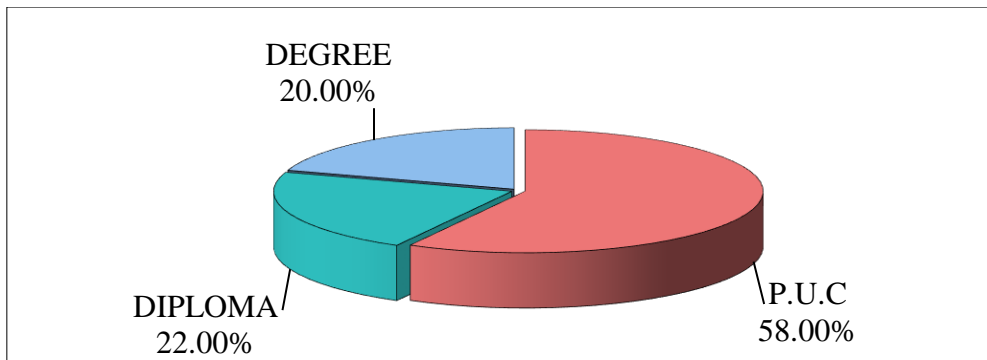


Fig 6:- Piediagram depicting the education wise distribution of the study sample.

The above pie diagram shows Majority of (58%) of the samples were completed their P.U.C, (22%) completed Diploma and (20%) completed their Degree.

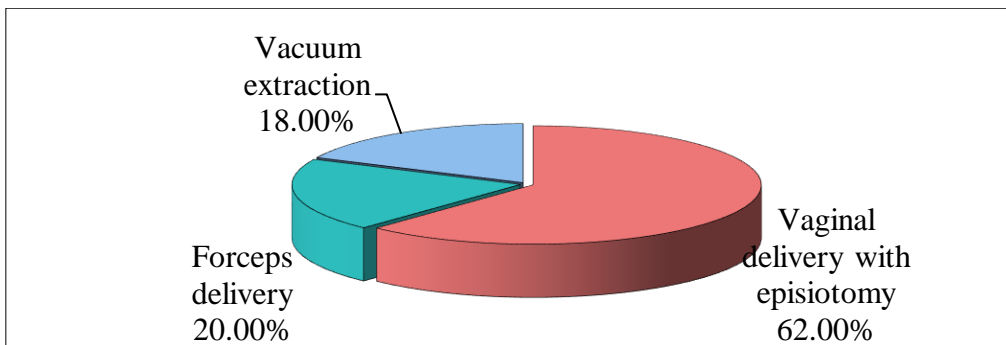


Fig 7:- Pie diagram shows the percentage of the type of delivery assisted the most distribution of the study sample.

The pie diagram shows highest (62%) of the samples assisted vaginal delivery most, (20%) had assisted forceps delivery and (18%) assisted vacuum extraction delivery.

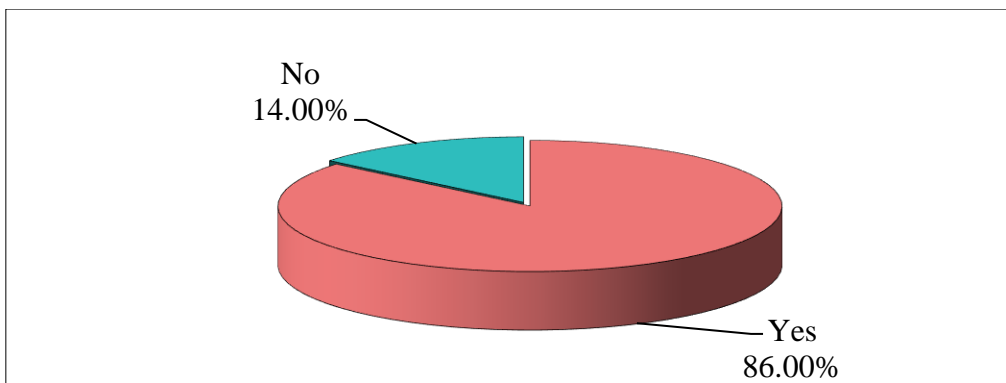


Fig 8:- Pie diagram depicting the handled any PPD cases during the clinical posting distribution of the study sample. The above Pie diagram shows highest (86%) of the samples handled PPD cases during the clinical posting, (14%) said no.

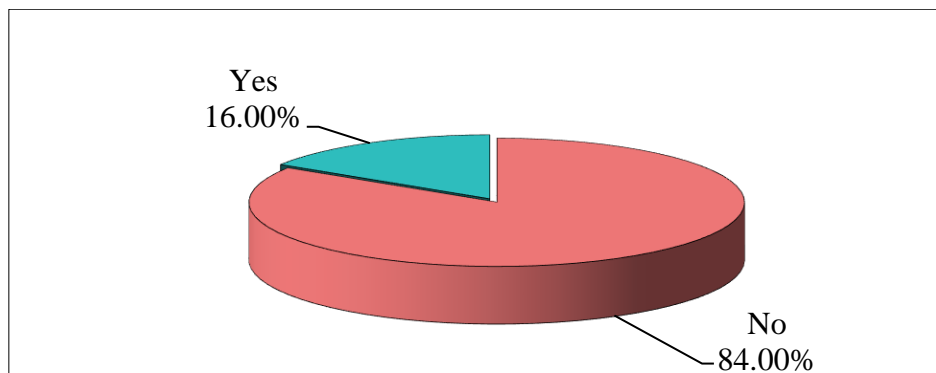


Fig 9:- Pie diagram shows that the study samples wise distribution undergone any additional education programme on PPD.

The pie diagram shows that majority of (84%) of the sample not undergone any additional education programme on PPD and (16%) sample said no.

Section B:

Levels of knowledge	Classification of the respondents			
	Pretest		Posttest	
	Frequency	Percentage	Frequency	Percentage
Inadequate level< 50%	49	98.00	1	2.00
Moderate level 51-75%	1	2.00	13	26.00
Adequate level>75%	0	0.00	26	52.00
Total	50	100.00	50	100.00

Table 2:- The comparison of knowledge scores regarding PPD on ANM students during the pre test and post test: n = 50

➤ Assessment of existing knowledge regarding PPD among ANM Students

Table.2 Represents that, out of 50 subjects in pre test 49(98%) of had in-adequate knowledge, 1(2%) had moderate and 0(0%) No subjects had adequate knowledge before implementation of STP. after implementation of STP in post test about 26(52%) subjects had adequate knowledge 13 (26%) moderate knowledge and only 1(2%) subject have inadequate knowledge regarding PPD.

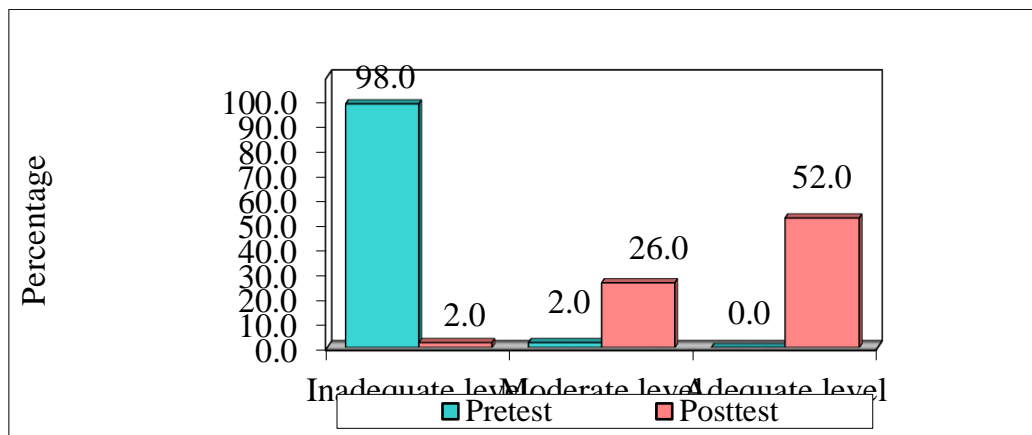


Fig 10:- Bar diagram depicting percentage distribution of respondents according to levels of comparison pre test and post test knowledge scores

Majority of the sample 49(98%) had inadequate knowledge and least 0(0%) adequate before the implementation of S.T.P. After the implementation 26(52%) had adequate and least 13(26%) had moderate knowledge. The effectiveness of the S.T.P was about 98% and there was 1(2%) sample with inadequate knowledge, it shows that the S.T.P was effective.

Section C:

Variables	Test	Mean	SD	Paired t	P-value
Total knowledge 30	Pretest	8.18 (27.27%)	2.58 (8.62%)	21.1200	0.0001*
	Posttest	22.68 (75.2%)	3.25 (10.92%)		
General information(01-10)	Pretest	2.22 (22.20%)	1.20 (12.00%)	19.0566	0.0001*
	Posttest	7.5 (75.00%)	1.61 (16.19%)		
Causes/Risk factors(11-17)	Pretest	2.0 (28.86%)	1.29 (18.14%)		

	Posttest	5.3 (75.71%)	1.11 (15.87%)	14.6938	0.0001*
Signs and Symptoms (18-24)	Pretest	2.52 (36.00%)	1.43 (20.46%)	9.3894	0.0001*
	Posttest	5.04 (72.00%)	1.17 (16.82%)		
Management (24-30)	Pretest	1.38 (23.67%)	0.94 (15.46%)	15.4000	0.0001*
	Posttest	4.72 (78.67%)	1.03 (17.18%)		

Table-3 Area wise pre and post test knowledge of ANM students regarding postpartum psychiatric disorders. n = 50*p<0.05

The data depicts that the highest pre test mean score was in area of Signs and Symptoms 2.52(36.00%) followed by 2.0(28.86%) mean score in the aspect of Causes/Risk factors, lowest mean score 2.22(22.20%) was in the area of general information, moderate scores in the areas of management 1.38(23.67%) The highest post test mean score was in the area of management 4.72(78.67%) followed by Causes/Risk factors 5.3(75.71%), general information 7.5(75.00%), Signs and Symptoms 5.4(72.00%). The 't' test proved significant increase in the knowledge in all aspects considerably (p<0.0001) after implementing the STP.

Section D:

Variables	Test	Respondents knowledge				Paired 't' test	P-value
		Mean	SD	Mean Diff.%	SD Diff.%		
Total knowledge	Pretest	8.18 (27.27%)	2.58 (8.62%)	47.93	16.05	21.1200	<0.0001*
	Posttest	22.68 (75.20%)	3.25 (10.92%)				

Table 4:- Effectiveness of S.T.P in terms as of gain in knowledge Paired 't' test value of pre test and post test

The data on table shows the mean knowledge score in the pre test was 8.18(27.27%) and was increased to 22.68 (75.20%) after STP. To determine the significant difference between the two tests, hypothesis was formulated and tested using the paired 't' test. The level of significance was set at p<0.05

The stated hypothesis was

H₁:- The mean post knowledge score of ANM students regarding postpartum psychiatric disorders will be significantly higher than the mean pre test knowledge scores.

Computed 't' value 21.1200(p<0.0001) hence H₁ was accepted. These findings show that STP was effective in enhancing the knowledge of ANM students.

Section E:

Factors	Pretest knowledge levels						Total	Chi-square	p-value	inference
	Inadequate level	%	Moderate level	%	Adequate level	%				
Age groups										
16-20yrs	19	100.00	0	0.00	0	0.00	19	0.6254	>0.4291	NS
21-25yrs	30	96.77	1	3.23	0	0.00	31			
Religions										
Hindu	38	97.44	1	2.56	0	0.00	39	0.2884	>0.5920	NS
Non-Hindu	11	100.00	0	0.00	0	0.00	11			
Marital Status										
Single	33	100.00	0	0.00	0	0.00	33	0.1161	>0.7330	NS
Married/others	16	94.12	1	5.88	0	0	17			
Educational status										
P.U.C	29	100.00	0	0.00	0	0.00	29	4.0816	0.1299	NS

Diploma	11	100.0 0	0	0.00	0	0.0 0	11			
Degree	9	90.00	1	10.0 0	0	0.0 0	10			
Type of delivery assisted the most										
Vaginal delivery	30	96.77	1	3.23	0	0.0 0	31	0.6254	0.7315	NS
Forceps delivery	10	100.0 0	0	0.00	0	0.0 0	10			
Vacuum extraction	9	100.0 0	0	0.00	0	0.0 0	9			
Handled any PPD cases during clinical posting										
Yes	42	97.67	1	2.33	0	0.0 0	43	0.1661	0.6836	NS
No	7	100.0 0	0	0.00	0	0.0 0	7			
Undergone any additional education programme										
No	41	97.62	1	2.38	0	0.0 0	42	0.1944	0.6593	NS
Yes	8	100.0 0	0	0.00	0	0.0 0	8			
Total	49	98.00	1	2.00	0	0.0 0	50			

Table-5 Identification of an association between the pre test knowledge scores and selected variables n=50 <0.05*

➤ **NS-Nothing significant**

Table-5 depicts that the obtained chi square values were age ($\chi^2=0.6254$), Marital status ($\chi^2=0.1161$), Religion ($\chi^2=0.2884$), Educational status ($\chi^2=4.0816$), Type of delivery assisted the most ($\chi^2=0.6254$), have you handled any postpartum psychiatric cases during your clinical posting ($\chi^2=0.1661$), have you undergone any additional education programme regarding management of postpartum psychiatric patients ($\chi^2=0.1944$). There was no significant association between the pre-test knowledge and demographic variables.

Factors	Posttest knowledge levels						Total	Chi-square	p-value	Inference
	Inadequate level	%	Moderate level	%	Adequate level	%				
Age groups										
16-20yrs	0	0.00	4	21.05	15	78.95	19	9.0386	0.0109*	S*
21-25yrs	1	3.23	19	61.29	11	35.48	31			
Religions										
Hindu	1	2.56	19	48.72	19	48.72	39	0.9342	0.6270	NS
Non-Hindu	0	0.00	4	36.36	7	63.64	11			
Marital Status										
Single	1	3.03	14	42.42	18	54.55	33	0.9060	0.6365	NS
Married	0	0.00	9	52.94	8	47.06	17			
Educational status										
S.S.L.C	0	0.00	17	58.62	12	41.38	29	10.3596	0.0348*	S*

P.U.C	1	9.09	1	9.09	9	81.82	11			
Others	0	0.00	5	50.00	5	50.00	10			
Type of delivery assisted the most										S*
Vaginal delivery	1	3.23	20	64.52	10	32.26	31	12.9609	0.0115*	
Forceps delivery	0	0.00	2	20.00	8	80.00	10			
Vacuum extraction	0	0.00	1	11.11	8	88.89	9			
Handled any PPD cases during clinical posting										NS
Yes	1	2.33	21	48.84	21	48.84	43	1.2911	0.5244	
No	0	0.00	2	28.57	5	71.43	7			
Undergone any additional education programme										NS
No	1	2.38	18	42.86	23	54.76	42	1.1392	0.5658	
Yes	0	0.00	5	62.50	3	37.50	8			
Total	1	2.00	23	46.00	26	52.00	50			

Table-6 Identification of an association between the post test knowledge scores and selected variables n=50 *p<0.05

➤ **NS-Nothing significant**

• **S-Significant**

Table-6 depicts that the obtained chi square values were age ($x^2=0.6254$), Educational status($x^2=4.0816$), Type of delivery assisted the most($x^2=0.6254$), these demographic variables show a Significant that is p-value is $p<0.05$. Marital status($x^2=0.1161$), Religion($x^2=0.2884$), handled any postpartum psychiatric cases during clinical posting($x^2=0.1661$), undergone any additional education programme regarding management of postpartum psychiatric patients ($x^2=0.1944$). This demographic variable shows no significant association between the post-test knowledge.

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