

Effectiveness of Selected Nursing Interventions on Prevention of Potential Complications Among Mothers with LSCS at Selected Hospital, Hyderabad, T.S

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ABSTRACT

A pre-experimental study was undertaken to assess Effectiveness of Selected Nursing Interventions on Prevention of Potential Complications among Mothers with LSCS at Selected Hospital, Hyderabad, T.S. The conceptual frame work adopted for the study was based on Wiedenbach's Helping Art Theory. The study was conducted at Modern Government Maternity Hospital, Hyderabad, T.S. The study adopted the quantitative research approach. Data collection was done by interview and observational method with the help of questionnaire and observational checklist which was prepared by the investigator. Tool validity was done by the experts in the field of Obstetrics & Gynecology and nursing. Purposive sampling technique was used to select 50 mothers with LSCS. Demographic variables of mothers with LSCS were collected based on the questionnaire, before nursing intervention scores were obtained by using checklist. Selected nursing interventions were implemented for prevention of complications from 0-3rd post-operative days. After nursing intervention scores were obtained and compared with the before nursing intervention scores to identify the effectiveness of nursing interventions. Analysis and interpretation of data was done with help of descriptive and inferential statistics. Association between selected nursing interventions with selected demographic variables was tested with Pearson Chi square test. Findings of the study, the obtained mean scores of complications among mothers with LSCS was 25.58 before and 13.96 after intervention, Standard Deviation was 1.357 in before and 1.194 in after intervention, Standard Error was .192 in before and .168 in after intervention. The calculated "t" value was 50.48 was higher than the table 't' value 5.991 at df 49 with 0.05 level of significance. It shows that the selected nursing interventions were effective on prevention of potential complications among mothers with LSCS. There was significant difference in before and after intervention scores on prevention of Potential complications among mothers with LSCS. There was good significant association between effectiveness of selected nursing interventions with the gravida of the sample.

"There is no chance of the welfare of the world unless the condition of women is improved. It is not possible for a bird to fly on one wing"

-Swami Vivekananda.

INTRODUCTION

A caesarean section is the surgical procedure in which one or more incisions are made through a mother's abdomen and uterus to deliver one or more babies [1]. The operation can be a planned (elective) procedure - when a medical need for the operation becomes apparent

during pregnancy or if it's requested by the mother in advance [2]. A caesarean section is usually carried out under epidural or spinal anesthesia, where the lower part of body is numbed. It usually takes 40-50 minutes, but can be performed quicker in an emergency [3]. Some caesarean sections are performed under general anesthesia. Factors for rising caesarean section are:

- 1) Identification of risk fetuses before term
- 2) Wide use if repeat cesarean in cases with previous cesarean delivery
- 3) Decline in operative vaginal delivery
- 4) Increase number of women with age > 30 and associated medical complications.

It is suggested that, with the increase in caesarean section rates, there is likely to be subsequent rise in maternal mortality and morbidity rates [4].

Although surgical and anesthetic techniques have improved, women are still more liable to suffer from complications and to have increased morbidity following caesarean section [5]. The complications are related either to the operation (inherent hazards) or the indications for which the surgery is done. The complications are categorized into early (during the stay in the hospital) and late complications (after discharge) [6]. Early post-operative complications include hemorrhage, wound infections, bladder problems like bladder distension due to urinary retention, deep vein thrombosis and intestinal obstruction. The late complications are menstrual excess or irregularities, chronic pelvic pain or back ache, incisional hernia and there is a risk of scar ruptures in future pregnancy [7].

The aim of the study was to prevent the potential complications among mothers with LSCS. The potential complications include breast engorgement, bladder distension and surgical site infection. The average women who had delivered by caesarean section will remain in the hospital for 4-7 days in the Indian scenario [8]. During this period a number of interventions are necessary to promote healing and to prevent potential complications.

Surgical site infection is the common post-operative complication in the abdominal surgeries. Risk factors for developing a surgical wound infection include emergency LSCS, anaemia, blood loss and weakened immune system. Signs of a surgical wound infection include increased pain and redness around the cut. Delayed healing, the presence of pus, a foul smell, or drainage from the wound are other signs [9]. Surgical wounds are frequently monitored to make sure they are healing properly. Dressing of the surgical site with antiseptic solution will prevent the surgical site infection [10].

PROBLEM STATEMENT

Effectiveness of selected nursing interventions on prevention of potential complications among mothers with LSCS at selected hospital, Hyderabad, T.S

OBJECTIVES

- 1) Assess the baseline clinical parameters of the mothers with LSCS by observational checklist.
- 2) Plan and implement selected nursing interventions for mothers with LSCS.
- 3) Identify the effectiveness of selected nursing interventions on prevention of potential complications among mothers with LSCS.
- 4) Analyze the association between selected nursing interventions on prevention of potential complications with selected demographic variables.

HYPOTHESIS

H₁: There will be association between the selected nursing interventions and prevention of potential complications among mothers with LSCS.

H₂: There will be association between selected demographic variables and prevention of potential complications among mothers with LSCS.

RESEARCH APPROACH

The research approach adopted for present study is experimental approach.

Research Design

The research design adopted for this study is Pre experimental “one group before intervention and after intervention design.” Investigators assess the condition of mothers with LSCS from the selected sampling by using observational checklist. Mothers with LSCS are selected and nursing interventions for 0- 3rd post-operative day will be implemented. After implementation of selected nursing activities, before nursing activity scores are to be compared with the after-nursing activity scores. Based on the scores the effectiveness of selected nursing activities on prevention of complications is to be evaluated.

The research design is represented diagrammatically as follows



Fig. 1: Representation of Research Design

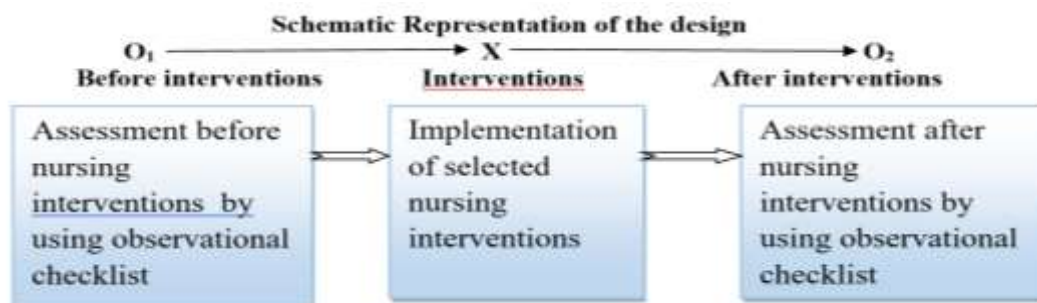


Fig. 2: One group Before and After interventions Design

DESCRIPTION OF VARIABLES

Independent Variable

In the present study the selected nursing interventions [checking vital signs, early initiation of breast feeding, early emptying of bladder and surgical site care] are the independent variables.

Dependent Variable

In the present study the dependent variable is prevention of potential complications among mothers with LSCS.

Setting

The setting for the present study is Post Cesarean wards at Modern Government Maternity Hospital, Petlaburz, Hyderabad, with bed strength of 560. It is a teaching hospital serving as a

referral agency and rendering obstetric, gynecological and neonatal services not only for the twin cities, but also various districts.

Population: The population for the present study consists of mothers with LSCS.

Sample: The sample in the present study consists of mothers with LSCS admitted in post cesarean wards at MGMH, Hyderabad.

Sample Size: The size of the sample for the present study is 50 mothers with LSCS admitted in post cesarean wards at MGMH, Hyderabad.

Sample Technique: Purposive sampling technique is selected to choose the sample. It is one of the non-probability sampling techniques and the sample is chosen by choice.

FINDING OF THE STUDY

The findings showed that there was difference in before and after intervention scores in the aspect of prevention of potential complications. The analysis with the distribution of demographic data of Mothers with LSCS, it shows that out of 50 Mothers 26(52.0%) were between the age group of 18- 23 years, 22(44.0%) were between 24- 29 years, 0.1(2.0%) were between 30- 35 years, 0.1(2.0%) were between 36 and above. In religion 25(50%) mothers were Hindus, 25 (50%) were Muslims, no Christians and other religion. In type of family majority of the mothers 39(78.0%) were from nuclear family, 11 (22.0%) were from joint family. In education 9(18.0%) were Unable to read and write, 7(14.0%) were Able to read and write, 11(22.0%) had Primary education, 13(26.0%) had Secondary education, 5(10%) had Higher secondary education and other 5(10%) had Degree and above. In occupation majority of the mothers 49(98.0%) were Homemakers, 1(2.0%) is Government employee, none of them were from Private employee and Business. Majority of the mothers 35(70.0%) monthly income was Below Rs 5000/-, 13 (26.0%) of the mother's monthly income was between Rs. 5001/- Rs 7500/-, 1(2.0%) of the mother monthly income was Rs 7501/- Rs 10,000/- and 1(2.0%) mother monthly income had up to Rs 10,001 & above. 42(84.0%) underwent elective caesarean section, 8(16.0%) underwent emergency cesarean section. Majority of the mothers 21(42.0%) were second gravida, 12 (24.0%) mothers were primigravida, 15(30.0%) were third gravida, 2(4.0%) were fourth gravida and above. 18 (36.0%) mothers were 1st para, 18 (36.0%) were 2nd para, 12(24.0%) were 3rd para, 02(4.0%) were 4th and above. In before intervention, 40(80.0%) of mothers with LSCS are risk for complications and 10(20.0) mothers were in initiation of complications. In after intervention 24(48.0%) of mothers with LSCS are in no complications, 26(52.0%) of mothers are at risk for complications. Thus there was association between prevention of potential complications and administration of nursing interventions for sample. Research hypothesis was accepted.

Table.1: Comparison of before and after intervention scores of the mothers, test of significance showing the effectiveness of selected nursing interventions.

n=50

Health status	Before intervention		After intervention	
	F	%	F	%
Nil complications	-	-	24	48.0
Risk for complications	40	80.0	26	52.0
Initiation of complications	10	20.0	-	-

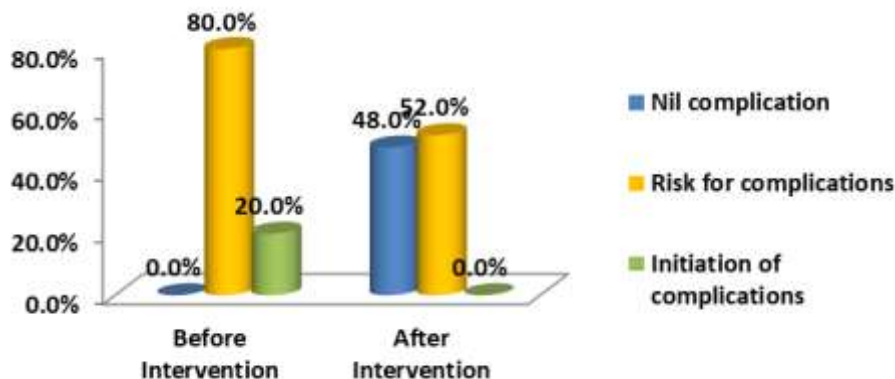


Fig. 3. Comparison of Before and After intervention score

Table. 2: Cumulative distribution of before and after intervention scores of Mothers with LSCS

Tests	Before intervention	After intervention
Mean	25.58	13.96
Standard Deviation	1.357	1.194
Standard Error	.192	.168
Paired 't' test		50.48
	<i>df = 49</i>	<i>t=5.991</i> <i>p=0.05</i>

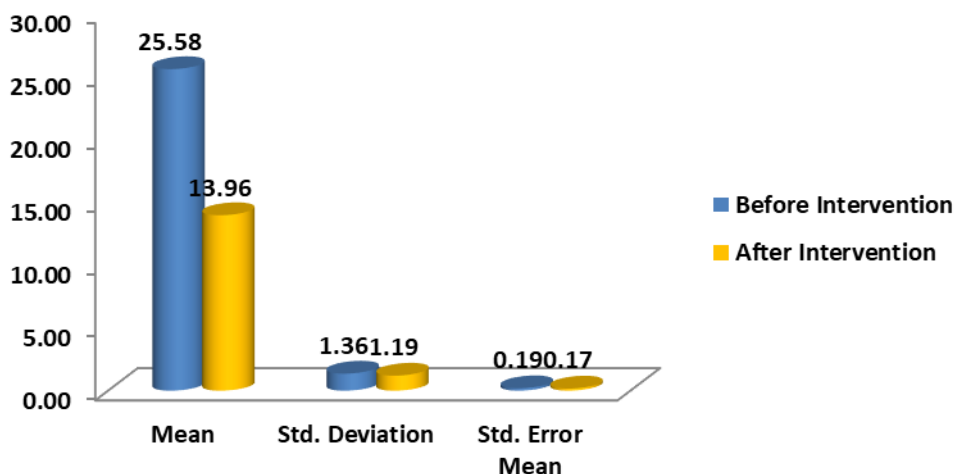


Fig. 4. Cumulative distribution of Before and After intervention scores of Mothers with LSCS

DISCUSSION

In association between effectiveness of Nursing Interventions in Prevention of Potential Complications among Mothers with LSCS according to selected demographic variables. It was done by computing chi square test. The findings showed that there was no significant relationship between before intervention and after intervention scores with selected demographic variables except gravida. The obtained after intervention chi square value 8.868 was higher than the table value 7.815 with df 03 at 0.05 level of significance. It shows that there was significant association between effectiveness of selected nursing interventions with gravida of the sample.

CONCLUSION

The following conclusions were drawn on the basis of the findings of the study. There was significant difference in before and after intervention scores on prevention of Potential complications among mothers with LSCS. The findings indicate that the selected nursing interventions were effective in prevention of Potential complications among mothers with LSCS. Hence the null hypothesis was rejected and the findings showed nursing interventions were effective in prevention of complications.

NURSING PRACTICE

- 1) The Mothers with LSCS need continuous nursing care and observation initially.
- 2) The registered nurses can plan and conduct the education programmes to the student nurses and health care professionals regarding care of the mothers with LSCS in post cesarean wards on prevention of potential complications.
- 3) The nursing personnel can involve the student nurses to learn and practice selected nursing interventions in caring the mothers with LSCS.

NURSING ADMINISTRATION

- 1) The Nurse administrator provides the training, educational material to nursing staff.
- 2) Plan the workshops and orientation programmes regarding care of the mothers with LSCS.

NURSING RESEARCH

- 1) Evidence based research activities by the nurses in the health care setting will help to solve the problems, to take right decisions in meeting the needs of the mothers with LSCS in post cesarean period.
- 2) By evidence-based research activities specific interventions can be identified and implemented.
- 3) Research will provide nurses the credibility to influence decision making and to educate clients regarding prevention of potential complications among Mothers with LSCS

NURSING EDUCATION

- 1) The nurse educator plans workshop or in service education programmes on care of Mothers with LSCS.
- 2) The student nurses are encouraged to practice nursing care to the Mothers with LSCS in post cesarean wards.
- 3) The nurse educator should plan the ward teachings, panel discussion on various nursing interventions to prevent the complications among Mothers with LSCS.
- 4) Educational institutions should arrange seminars and workshops on various nursing interventions that can be performed to prevent complications among Mothers with LSCS.

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