

# Effectiveness of Teaching Classes about Postpartum Perineum Care in Nurse Midwives Practices in Delivery Rooms at Basra City's Hospitals

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## **Abstract**

**Background:** Perineal care help to prevent infection promote healing and provide comfort to the mother and preventing infection of the episiotomy wound, bladder and uterus.

**Objectives:** To find out the effectiveness of teaching classes on nurse midwives about postpartum perineum care.

**Subject and Method:** A quasi-experimental design (pretest and posttest) for (30) nurse/ midwives of non-probability (purposive) sample who are working in delivery room at two teaching hospitals at Basra city, the sample divided to two groups fifteen nurse /midwives for study group and others for control group. The program conducted through three stages, the first assessing knowledge and practice of the sampling before implementing program, the second stage study group received teaching module on perineal care and in third stage participants completed a questionnaires at posttest Data analyzed by using both descriptive and inferential statistics.

**Results:** The results of study showed that increase in participants' knowledge for the study group from (32.6) in the pretest to (39.4) in the posttest. Also there is increase in participants' practices for the study group from (32.06) in the pretest to (39.4) in the posttest in the study group.

**Conclusion:** There is a statistically positive significant correlation between participants' years of experience in the delivery room and their knowledge in the pretest time .

**Key words:** Effectiveness, Teaching, classes ,postpartum, perineum care , nurse midwives, practices

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## **Introduction**

Perineal care is often referred to as "Peri care." It involves cleaning the external genitalia and surrounding area. The Practicing Perineal care during their postnatal period in hospital will enhance the mother self-esteem, skill knowledge, ability and confidence in performing self Perineal care at ho (Gadade,2018). The WHO (2014) reported that Considerable progress has been made globally in improving maternal health. Around the world, (72%) of women give birth attended by skilled personnel. Jithya and Aghamghar (2018) stated that midwives often end with 'and an intact perineum' to which the reply is usually 'well done'. During the process of normal delivery, laceration of the perineum and vagina may be caused by rapid and sudden expulsion of the head, excessive size of the new born and friable maternal tissues. It is crucial for nurses to recognize and understand the normal birth process to detect and to prevent complications from normal labor and birth. It will possible only when the nurse and other members of obstetric team use their knowledge and skills in a concerted effort to provide care. Nurses in the postpartum setting are acutely aware of the importance of preventing infection. One important means of preventing infection is by maintaining a clean environment. Bed linens should be changed as needed. Disposable pads and draw sheets are changed frequently (Alderman,J,T .,2016). Perineal protection requires good communication between the midwife and the mother to guide her through the delivery and achieve a restrained progress of the baby's head over the perineal floor, partly by slower breathing and by directing her on proper pushing efforts (Sveinsdottir et al .,2018). Health education program

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is to be given in the hospital during the antenatal visit and people gain knowledge through television, radio, magazine, newspapers etc. Education is an essential need to the mother and community in order to gain adequate knowledge for maintaining positive health of the woman and the baby. Health education is an integral part of maternal and child health nursing care. During pregnancy and postnatal period nurses educate mothers about health behavior that enhance positive maternal infant outcomes. Particularly those related to self-care (Gadade et al.,2018). Praveen (2018) mentioned that Personal perception with postnatal mothers at clinical posting was that self-perineal care was very less during the postpartum period, which leads to infection very easily. Poor self-perineal not only cause infections but other complications also such as perineal pain related to episiotomy and discomfort. if mothers had adequate knowledge related to self-perineal care, then infection can be prevented.

### Methodology :

A quasi- experimental design was conducted in the present study .Data collection was done at two times : pre- test and post -test and interventions of the program for the study group ,carried out teaching classes applied in the nurse midwives knowledge and practices concerning perineal care in Basra center hospitals from December 15<sup>th</sup> 2019 to February 20<sup>th</sup> 2020 . A non – probability ( purposive )sample consists of 30 nurse midwives, the sample has been divided in two groups: fifteen midwife nurse were considered as study group and the other fifteen midwife nurse were considered as control group with were selected . The program conducted through three stages, the first assessing knowledge and practice of the sampling before implementing program, the second stage study group received teaching module on perineal care and in third stage participants completed a questionnaires at posttest . The reliability determine through coefficient alpha (Cronbach's Alpha). Data were analyzed through the use of statistical package for social science (SPSS) version 26 in which descriptive and inferential statistics measures were employed.

### Results and Discussion

Table 4.1. *Participants' sociodemographic characteristics*

Variables	Study Group (n = 15)		Control Group (n = 15)	
	F	%	F	%
<b>Age (Years):</b>				
21-30	9	60.0	10	66.7
31-40	4	26.7	1	6.6
≥ 41	2	13.3	4	26.7
<b>Mean (SD)</b>	31.66 ± 9.01		31.33 ± 9.82	
<b>Educational Qualification</b>				
Midwifery High School	12	80.0	10	66.7
Diploma	3	20.0	5	33.3
<b>Marital Status</b>		*		
Single	5	33.3	5	33.3
Married	8	53.3	9	60.0
Divorced	2	13.3	1	6.7
<b>Years of Experience in Midwifery</b>				
≤ 5	12	80.0	8	53.3
6-10	2	13.3	3	20.0
≥ 11	1	6.7	4	26.7
<b>Mean (SD)</b>	4.46± 3.44		7.46 ± 6.45	
<b>Years of Experience in Delivery Room</b>				
≤ 5	14	93.3	9	60.0
6-10	0	0.0	3	20.0
≥ 11	1	6.7	3	20.0
<b>Mean (SD)</b>	2.53 ± 3.31		6.20 ± 6.79	
<b>Participation in Training Course(s)</b>				
Yes	3	20.0	4	26.7
No	12	80.0	11	73.3
<b>Number of Training Courses</b>				
None	12	80.0	11	73.3
1	1	6.7	1	6.7
2	1	6.7	1	6.7
≥ 3	1	6.6	2	13.3
<b>Mean (SD)</b>	0.6 ± 1.59		0.6 ± 1.59	

\* F: Frequency, %: Percentage, M.S: Mean of score, SD Standard deviation

The demographic criteria of this study are according to the results that presented in table (4-1) for both study and control sample criteria's a total of (30) nurses/midwife who participating in two group, the majority (60% and 66.7%) of nurses- midwife were between the age of 21 and 30 years old respectively, these result is supports with (Nitte University Journal of Health Science, 2013) which concluded that the staff majority 60% of staff nurses were in the age group of 18- 25years, 32.5% were in the age group of 26-33 years old. In respect to educational level the majority (80% and 66.7%) of nurse-midwives in the study were graduated from (midwifery high school; for both study and respectively control group). This study agrees with (Rashied, 2008) which showed that the midwife school nurses was the highest percent in the whole sample, they have consisted the 49% of the total. More than half and (60%) of nurse midwives in the study were married for both study and control group respectively, compared to (33.3% and 33.3%) who are still single for both groups. This result is agreed with Rasheid, (2008) that the majority of nurse-midwives (74.7%) were married and only (17.3%) were single. Marriage may help woman to learn midwifery through intuition and by taking care of themselves when pregnant and observing others given birth (shavai & chinamasa, 2015) The majority (80%) of nurse-midwives in study group had less than five years' experience in midwifery field (20%) followed by those whose experience range between (6-11) years or more compared to those in control group (53%) and (46%) of than had 6 –more than 11 years' experience respectively . With regarding to experience years in delivery room, the majority (93.3%) reported that they had five or less experience in delivery room only (6.7%) of them had eleven or more years in compared with control group, (60%) of than had five or less year experience in delivery room, while (40%) of them . This result was agreed to Fernandes et al ( 2013), they found that the majority (65%) were of 1- 4 years. And only (35%) of nurse-midwives were having an experience of more than 4 years. In addition training courses ,the study finding that the majority (80%) of the study group did not participated in training courses in compare with control group (over 70%). The results here showed that study group had no previous training courses regarding perineal care. That was agreed with Marshall & Raynor (2014) It has also been demonstrated that practitioners require more focused training relating to performing media- lateral episiotomies.

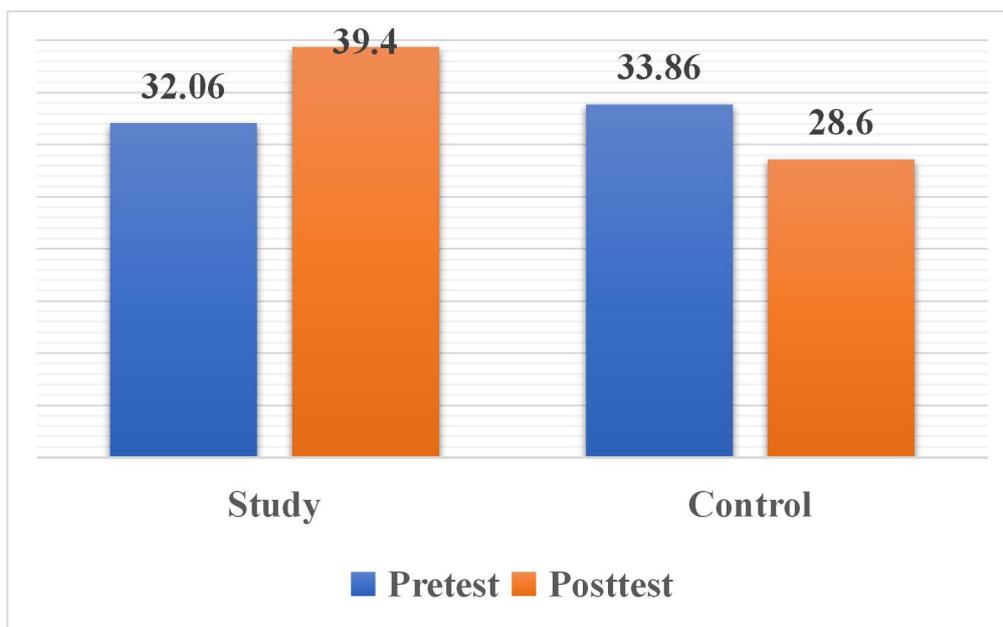


Figure 4.1. *Difference in participants' knowledge between the pretest and posttest times*

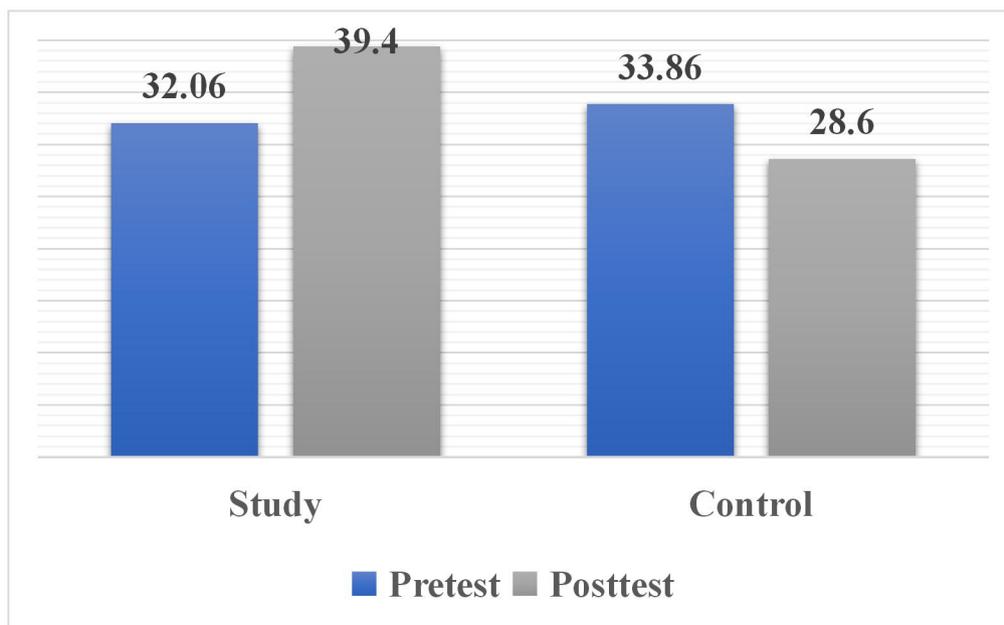


Figure 4.2. Difference in participants' practices between the pretest and posttest times

The figure (4-1 and 4-2) the result showed that the knowledge and practices has been increased from 23% to 39% in study group and decreased from (33%) to (28%) in control group. It concludes that the classes is effectively improved the nurse midwife knowledge and practice. The finding of the study revealed that there was a significant difference between the mean post test scores in both groups there for teaching regarding perineal care was effective in enhancing the knowledge of study sample. This result was in agreement with Fernandes et al (2013), who stated that a significant difference between Pretest and Posttest knowledge ( $p$ -value = 0.000 at the level of significance 0.05), and showed that the information booklet was effective in improving knowledge of staff nurses regarding prevention and management of perineal tear during labor. So that the practices affected accordingly. Both results about knowledge and practices, were agreed with Sveinsdottir et al (2018) results who stated that The intervention program reduced severe perineal trauma in both instrumental and no instrumental births. The intervention program thus had a significant and positive immediate impact on perineal outcome for the women, since the rate of severe perineal trauma was almost halved. Another supportive study was conducted by Ndayambaje et al (2014), who concluded that Midwives Mentoring Program And Episiotomy Rates At Muhima Hospital, Rwanda the change in episiotomy rate from (35.6%) in 2012 to (11.7%) in 2014. The study group post-test evaluation was higher and better than pretest, that meant that the classes and lectures were improved nurses-midwives' knowledge and practice levels through the program delivered to them.

### Conclusion

The outcome of the classes are highly significant which indicated that the intervention was effectively improving study sample knowledge and achieve better score in respect to items of program after implementing the program and had a positive impact on nurse /midwife knowledge and practice .

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