

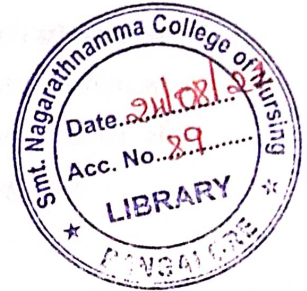
**"A STUDY TO ASSESS THE KNOWLEDGE REGARDING THE
IMPACT OF EARLY AND LATE AMBULATION ON MATERNAL
OUTCOME OF MOTHER'S WITH CESAREAN BIRTH ON 3RD AND
4TH YEAR BSC.STUDENTS OF SMT.NAGARATHNAMMA COLLEGE
OF NURSING."**

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Project Submitted to:

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RESEARCH ABSTRACT

“Mother’s love is peace. It need not be acquired, it need not be deserved.”

—Eric Fromm

Background study:

Caesarean section is a life-saving procedure and with the advances in anaesthetic services and improved surgical techniques, the morbidity and mortality of this procedure have come down considerably. It is one of the most frequently performed surgeries in the world due to many factors.

Caesarean section is associated with risks of post-operative adhesions, wound infections and also poses a barrier to breastfeeding initiation. Thromboembolism is one of the common and major complications during puerperium. Therefore women should be advised to get out of bed as early as possible in order to prevent thrombosis. Early ambulation after C-section birth is considered to be important for mother child interaction. The mother should be encouraged to get up and try to go to the bathroom within the first 24-hours after surgery. This will help to start the healing process.

This study was undertaken to assess the effectiveness of Structured Teaching Programme on knowledge regarding the impact of early and late ambulation on maternal outcome on mother’s with caesarean section on 3rd and 4th year BSc. Students of Smt. Nagarathamma College of Nursing.

The objectives of the study are:

- 1) To determine the impact of early ambulation on maternal outcome of mother’s with caesarean birth.
- 2) To determine the impact of late ambulation on maternal outcome of mother’s with C-section birth.
- 3) To compare the maternal outcome in early and late ambulation.
- 4) To check the physiological wellbeing of the post caesarean mother.

- 5) To assess the activities of daily living of post C-section mother.
- 6) To find out the post-operative complications of post C-section mothers.
- 7) To assess the knowledge of mothers regarding early and late ambulation.

Result:

There was a significant improvement obtained following the administration of Structured Teaching Programme on the impact of early and late ambulation on mothers with C-section. Paired t-test value at 11.88 was significant at $p < 0.05$ level. The association between knowledge and selected demographic variables of the students were identified according to age, gender, marital status, economic status, education and occupation. Of these demographic variables, the gender and economic status was significant at $p < 0.05$ level. Rest of the demographic variables were not significant associated with knowledge. There was 39.55% in knowledge enhancement after the administration of Structured Teaching Programme.

Conclusion:

The present study attempted to assess knowledge regarding the impact of early and late ambulation on maternal outcome on mothers with caesarean section birth. The study findings showed that the post-test score was higher than the pre-test score was concluded that Structured Teaching Programme was effective.

Keywords: Effectiveness, Structured Teaching Programme, Prevention, Ambulation, Caesarean Section.

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