



A quasi experimental study to assess the effectiveness of information booklet on knowledge about pregnancy induced hypertension and its self-care management among the mothers with pregnancy induced hypertension in selected hospitals, Patiala, Punjab, 2022.

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Abstract : A study to assess the effectiveness of information booklet on knowledge about pregnancy induced hypertension and its self-care management among the mothers with pregnancy induced hypertension in selected hospitals, Patiala, Punjab. A experimental research approach and one group pre test and post test group design was used. The findings of the study revealed that Informational booklet was effective in increasing the knowledge score of samples i.e 17.77 of pre test knowledge score and post test knowledge score 23.37 were significant with $t= 17.54$ at $p<0.05$ level .

Key words: Knowledge about Pregnancy induced hypertension and Information booklet.

Introduction

Pregnancy is a unique, exciting and often joyous time in a women's life. A pregnant women needs to be a responsible women so as to support the health of her future child¹. A few of the pregnant women with elevated blood pressure have normal babies without any complications during their delivery times² Hypertension is one of the common disorders

of pregnancy and contributes to the maternal and perinatal morbidity and mortality. It may appear for the first time during pregnancy as a result which may be pre-existing³. It can impact the body and can affect the development of the placenta⁴. Pregnancy induced hypertension occurs frequently in young primigravid, over 35 years of age, multiple pregnancies with diabetes, obese mothers, low socioeconomic group and requires the efforts of the health care team. There is no specific treatment,

but a close monitor to rapidly identify pre-eclampsia and its life-threatening complications (HELLP syndrome and eclampsia). Drug treatment options like methyldopa, hydralazine, and labetalol are most commonly used for severe pregnancy hypertension⁵. Hypertensive disorders of pregnancy occur 10% of all pregnant women around the world. Preeclampsia affects 3-5% of pregnancies. In Asia and Africa, one tenth of all maternal deaths are associated with 6 hypertensive disorders of pregnancy⁶. Assam has 363 maternal deaths per 100,000 live births in India⁷.

C. Muthulakshmi and S. Sowmiya (2019) conducted a study to assess the knowledge regarding pregnancy induced hypertension among primigravid mothers in Saveetha Medical College and Hospital findings revealed that highest (40%) of antenatal mothers were having average knowledge, (15%) of them were having good knowledge, and only (5%) were having poor knowledge regarding prevention of PIH. Chi-square revealed that there was significant association with the 8 demographic variables of experimental group⁸.

Materials and Method

An experimental research approach and one group pre test and post test group design was used. The study setting was in CHC, Patiala, Punjab. The study sample comprised of 70 pregnancy induced

hypertensive mothers. Purposive sampling technique was used to collect the data. The tool consists of three parts: Part A: Socio Demographic Variables to obtain information on aspects like age, religion, education, occupation, number of pregnancy and type of family. Part B: Self structured questionnaire. The questionnaire was consist of 36 items and standard time was by the health workers. The mother requires taken for finishing the tool was 30 minutes and scoring time was 10 minutes.

Part C: Interventional booklet provided to 70 samples after assessing the pre test knowledge score of the group to increase the knowledge score of the group regarding pregnancy induced hypertension among mothers with pregnancy induced hypertension. The dependent variable was knowledge regarding pregnancy induced hypertension among mothers. The independent variable was Information booklet .

Results

Intervention booklet was effective in increasing the knowledge of pregnancy induced hypertension among the mothers of pregnancy induced hypertension. There was significant difference between pre test and post test knowledge score which indicates that the Information booklet was increased the knowledge score of sample.

Comparison of pre test and post test interventional menopausal symptoms among post menopausal women in experimental and control group

N=70
Maximum
Score = 70

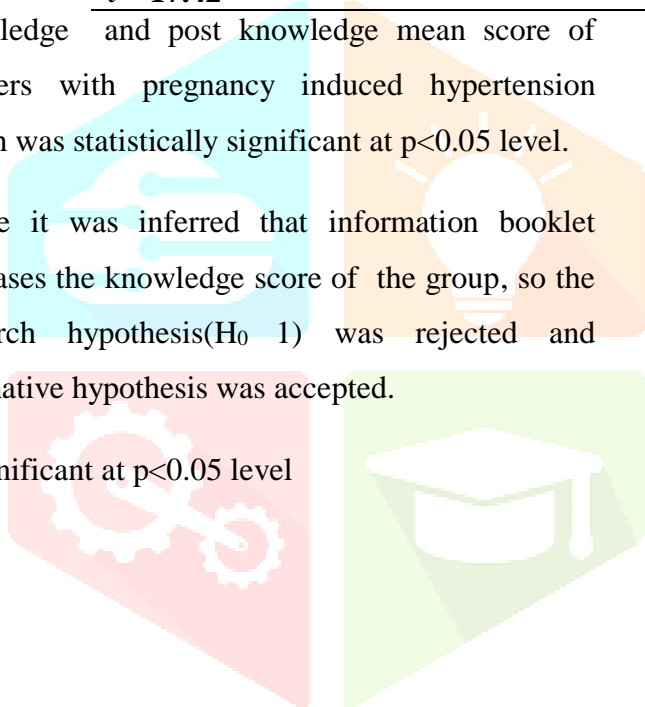
		Pregnancy induced hypertension mothers				
		One group pre test and post test				
		Mean	Mean difference	SD	Df	t
There was a significant difference between the pre knowledge and post knowledge mean score of mothers with pregnancy induced hypertension which was statistically significant at p<0.05 level.	Pre test knowledge score	17.77	5.6	4.7	69	17.42
	Post test knowledge score	23.77		3.6	69	17.42
						t = 17.42*

There was a significant difference between the pre

knowledge and post knowledge mean score of mothers with pregnancy induced hypertension which was statistically significant at p<0.05 level.

Hence it was inferred that information booklet increases the knowledge score of the group, so the research hypothesis(H₀ 1) was rejected and alternative hypothesis was accepted.

* Significant at p<0.05 level



Discussion

Pre knowledge score shows that 31.43% (22) mothers with pregnancy induced hypertension were having good knowledge

Post knowledge score shows that 72% (51) mothers with pregnancy induced hypertension were having good knowledge.

Hence it was inferred that information booklet was increases the knowledge score of mothers with pregnancy induced hypertension was significant at p<0.05 level. These findings are supported by a study conducted by Rupali , Ramandeep Kaur , Sonia Sharma . (2015)⁹ study was conducted to Assess the Effectiveness of Exhibition on Knowledge regarding Pregnancy Induced Hypertension among Antenatal Mothers, that there was difference of post-test mean knowledge score of experimental group was statistically significant at p<0.05 level.

Conclusion

The findings of the study revealed that information booklet significantly increases knowledge level regarding pregnancy induced hypertension among the mothers with pregnancy induced hypertension.

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