

**EFFECTIVENESS OF EDUCATIONAL PROGRAM ON KNOWLEDGE
REGARDING PREVENTION AND MANAGEMENT OF PERINEAL
TEAR DURING NORMAL DELIVERY AMONG STAFF NURSES -A
NARRATIVE REVIEW**

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ABSTRACT

Most of the quantitative studies on the effectiveness of educational program on knowledge regarding prevention and management of perineal tear during normal delivery among staff. The aim of the narrative review is to gather evidence of educational programme on prevention and management of perineal tear among staff nurses. PUBMED, EBSCO and SCHOLAR database searched for narrative review in the effectiveness of educational program on knowledge regarding prevention and management of perineal tear during normal delivery among staff. The finding

shows that educational programme was effective regarding prevention and management of perineal tear.

KEYWORDS: Educational programme regarding prevention and management of perineal tear

Background of the study:

An unpleasing consequences of normal vaginal delivery are perineal tear and injury of anal sphincter. Perineal tear shall lead to pain, bleeding, scarring dyspareunia, acute infection, urinary incontinence and stabling interfere in during breast feeding. Perineal tear is common in women having their normal vaginal birth start from tiny nicks and abrasions to deep lacerations affected several pelvic floor muscles and tissues. Perineal tear vaginal or cervical lacerations is often result of trauma to maternal tissue and muscles during normal vaginal birth. obstetric staff nurses playing a important role in health promotion and health prevention. Indian council of medical research has estimated first degree perineal tear (n= 4805,3.9%) second degree perineal tear (n=1082,0.9%) and third and fourth degree perineal tear (n=186,0.2%)

Statement of the problem:

EFFECTIVENESS OF EDUCATIONAL PROGRAM ON KNOWLEDGE REGARDING PREVENTION AND MANAGEMENT OF PERINEAL TEAR DURING NORMAL DELIVERY AMONG STAFF.

Objective of the study:

To assess the effectiveness of educational program on knowledge regarding prevention of perineal tear during normal delivery among staff Nurses.

Material and methods:**Type of intervention**

Booklet on knowledge, Structured Teaching Program, Educational Intervention.

Type of study

Randomized controlled trial, Quasi experimental, Pre experimental.

Type of participants

Staff Nurses, postnatal women

Setting

Hospital OBG Ward

Result:

This narrative review result has appeared that Educational Program will be effective to improve knowledge regarding prevention and management of perineal tear during normal vaginal delivery among staff Nurses.

INTRODUCTION

It is one of the indispensable event which need special care from conception of postpartum period. Every women needs to enjoy the nine months period with the fetus inside her. The majority of tear was minor, involving the perineal layer or underlying muscles and tissue. Where trauma has reported, 2.4% involved the anal sphincter, for mother delivery vaginally the overall risk in injury of anal sphincter (3rd and 4th degree tears) was 1.7%.

An unpleasing consequences of normal vaginal delivery are perineal tear and injury of anal sphincter. Perineal tear shall lead to pain, bleeding, scarring dyspareunia, acute infection, urinary incontinence and stabling interfere in during breast feeding. Perineal tear is common in women having their normal vaginal birth start from tiny nicks and abrasions to deep lacerations affected several pelvic floor muscles and tissues. Perineal tear vaginal or cervical lacerations is often result of trauma to maternal tissue and muscles during normal vaginal birth. obstetric staff nurses playing a important role in health promotion and health prevention. Indian council of medical research has estimated first degree perineal tear (n= 4805,3.9%) second degree perineal tear (n=1082,0.9%) and third and fourth degree perineal tear (n=186,0.2%)

Perineal tear during and after normal vaginal delivery has associated with short and long term morbidity for postnatal mother and foecal incontinence, painful intercourse, and persistent perineal pain.

AIMS

The aim of this narrative review is to find information on the level of knowledge on prevention and management of perineal tear among staff Nurse.

OBJECTIVES

To assess the effectiveness of educational program on knowledge regarding prevention of perineal tear during normal delivery among staff Nurses.

METHODOLOGY

Type of intervention

Booklet on knowledge, Structured Teaching Program, Educational Intervention.

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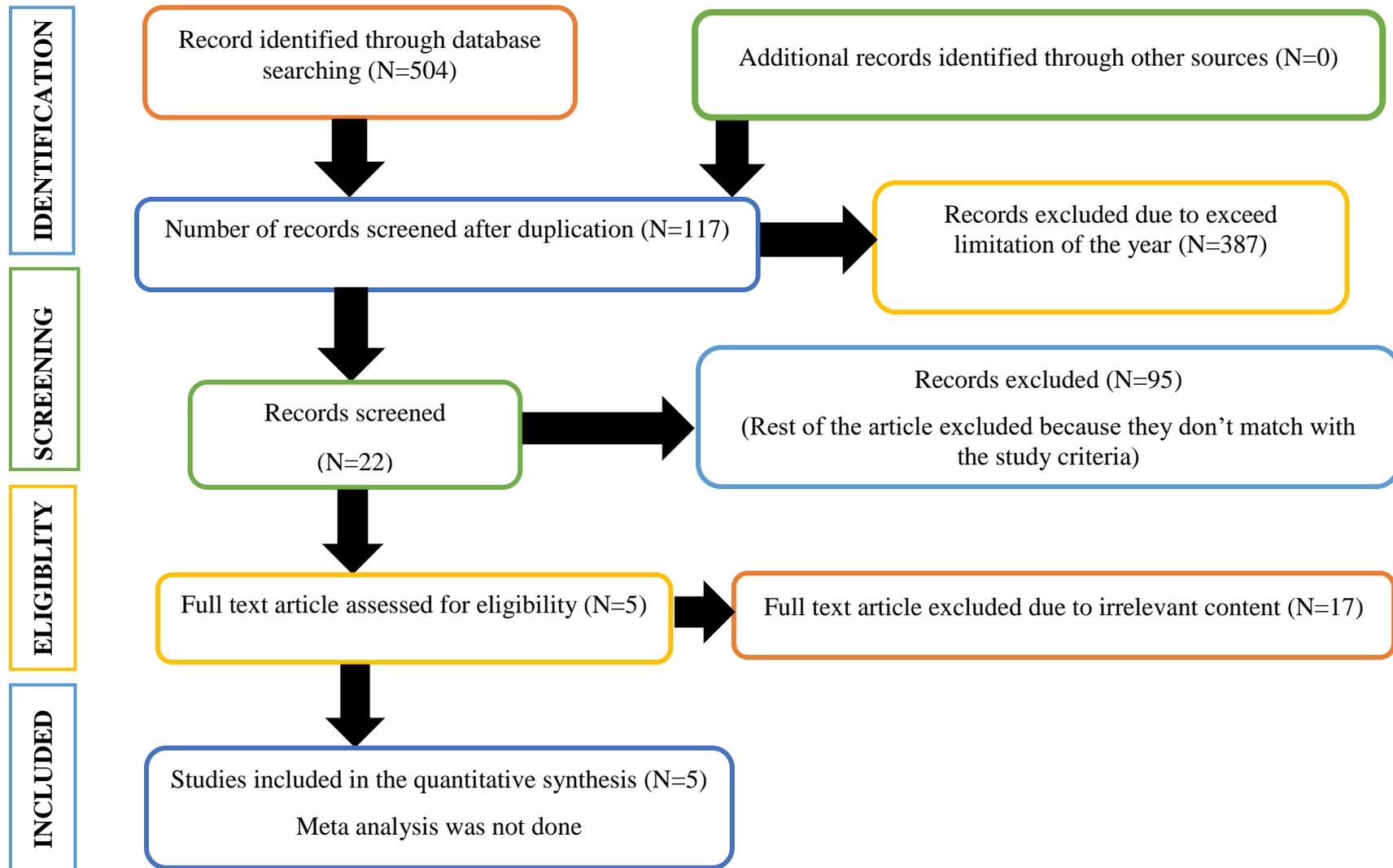
Outcome

This narrative review result has appeared that Educational Program will be effective to improve knowledge regarding prevention and management of perineal tear during normal delivery among staff Nurses.

RESULT

The systematic search was conducted by formulating the terms separately and in integration with all synonyms, also according to the database. Likewise, a manual Google scholar search was undertaken using the keywords and search synonyms from already articles. No additional articles were found in the database. Initial search recovers 117 articles over which 22 articles were selected manually. 387 articles were rejected as a result of replication in the database. Replication was removed and reviewed 5 articles for acceptability. 13 more studies were rejected because of unreachable of the full text. Hence 5 articles were screened which includes qualitative study.

PRISMA FLOW CHART



A DETAILED DESCRIPTION OF STUDIES

Table 1

<i>Author and year</i>	<i>Research design</i>	<i>Finding of the study</i>
Fernandes, Paul, & B (2013)	Pre-experimental one group pre-test post-test design	<p>The study was conducted to find out the effectiveness of an information booklet on knowledge among staff Nurses regarding the prevention and management of perineal tear during normal delivery.</p> <p>The study result showed that before giving intervention 24 (60%) of staff Nurse had average knowledge, 15 (37.5%) had poor knowledge and only 1 (2.5%) had good knowledge where as in post intervention majority of staff Nurses, 23 (57.5%) had good knowledge and 17 (42.5%) had very good knowledge.</p> <p>The study also shows that the mean post-test knowledge scores of staff Nurses were higher than their mean pre-test knowledge scores. The calculated paired 't' value was 23.09 (0.00) which is significant.</p>

		Therefore the study has concluded that information booklet has been an effective method of increasing the knowledge for the staff Nurse.
Patel, N, Patel, Gadiya, & Koshy (2017)	Pre-experimental one group pre-test post-test design	<p>The aim of the study is to assess the effectiveness of Structure Teaching Program on level of knowledge on prevention and management of perineal tear among staff Nurse.</p> <p>In the study result pre-test mean knowledge score was 17.03 ± 4.2 and post-test mean knowledge score was 27.18 ± 2.6, which is significantly greater. The calculated paired 't' test value was 17.41 is more than tabulated value at 0.05 level of significant.</p> <p>Hence the study has incanted that Structure Teaching Program was effective.</p>
Kumari, Kaur, & Sheoran (2018)	Quasi experimental one group pre-test post-test research design	<p>The study was undertaken with objectives to assess the effectiveness of protocol on prevention of perineal tear in terms of knowledge and practices of staff Nurses.</p> <p>In the study before administering the protocol 22 (73.3%) staff Nurse was having below average knowledge, 7 (23.33%) has average knowledge and only 1 (3.33%) has good knowledge.</p> <p>Followed by intervention all, 30 (100%) staff Nurses has very good knowledge.</p> <p>In this study mean pre-test knowledge score was 12.83 and mean post-test score was 25.47 with calculated 't' value of 21.7 (0.00), which was significant at 0.05 level.</p>

		<p>In terms of practice, before and after administering the protocol mean practice score was 88.28 and 92.63 with a mean difference of 4.34, paired 't' value of 6.34 (0.00) which is also significant. Finally, the study has concluded that protocol was significantly effective for enhancing knowledge and improving practice for staff Nurses on prevention of perineal tear.</p>
Santos & Riesco (2016)	Quasi-experimental study	<p>This quasi-experimental study was conducted to evaluate the effectiveness of care practices for perineal trauma prevention and repairing in normal birth. The study was conducted in three stages: pre-audit and baseline audit (phase 1), educational intervention and implementation of best practices (phase 2), post-implementation audit (phase 3).</p> <p>Following the educational intervention, a lower number of health professionals encouraged directed pushing, performed episiotomies and repaired first-degree lacerations, more women reported lithotomy position, more patient records indicated the use of Vicryl to suture the perineal mucosa and skin. The study outcome indicates that educational intervention improved birth care and perineal outcomes.</p>

Stamp, Kruzins, & Crowther (2001)	Randomized Control Trial	<p>This study has conducted to determine the effectiveness of perineal massage on second stage of labour. The massage and stretching of perineum was done to mother with water soluble lubricant during second stage of labour.</p> <p>In this study outcome shows that incidence of intact perineum, 1st and 2nd degree tear and episiotomy was similar for massage and control group. But there are some 3rd degree tear in massage group.</p> <p>Finally, the study concluded that, the practice of perineal massage are not helpful to reduce perineal trauma, pain, dyspareunia, urinary and fecal problem.</p>
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SUMMARY OF FINDINGS

The available literature refines to get 5 quantitative.

- Two studies are supported that educational program is effective in increasing the knowledge of staff nurses.
- Two studies is supported other types of protocol and practice for improving knowledge of staff nurses on prevention of perineal tear.
- One study is supporting that perineal massage are not reducing perineal trauma.

FUTURE SIGNIFICANCE

- It gives evidence for educational program to prevent and management of perineal tear in pregnant women.
- Educational program is helpful for the staff nurses to increasing the knowledge regarding prevention and management of perineal tear.

LIMITATION

- Computerized databases were limited.
- The study was on specific time period.
- Limited to only educational program.

CONCLUSION

There was a significant depletion in prevention and management of perineal tear after educational program thus it has provided knowledge regarding prevention and management of perineal tear. Therefore this intervention should be encouraged as hospital policy and implemented as routine classes for all the staff nurses and reducing problem of perineal tear in pregnant women.

SUMMARY

This chapter assigns with the effectiveness of educational program on knowledge prevention and management of perineal tear among staff nurses. By reviewing the available literature. The researcher had a deep perception into various methodologies access to a data collection device, data collection and interpretation of data. The researcher has done a narrative review based on the available

literature and shared the various detection from the different studies this chapter dealt as a reference for the researcher to conduct the study.

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