



A STUDY TO ASSESS THE EFFECTIVENESS OF VIDEO ASSISTED TEACHING PROGRAMME ON ANTIHYPERTENSIVE DRUGS AMONG ANTENATAL MOTHERS AT SMVMCH, PUDUCHERRY

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ABSTRACT:

Introduction: Hypertension during pregnancy or pregnancy induced hypertension is a common medical condition that may cause maternal and perinatal morbidity and mortality. **Objectives of the study:** The main objective of the study to assess before and after the effectiveness of video assisted teaching programme regarding antihypertensive drug among Antenatal mothers. **Methodology:** The research approach used for this study was quantitative research approach. A pre-experimental design was adopted for this present study. By using convenient sampling technique, 50 antenatal mothers were selected for the present study. **Results:** The present study reveals that shows that before video assisted teaching, majority 4 (8%) of them had inadequate, 37 (74%) of them had moderately adequate and 9 (18%) of them had adequate score. After video assisted teaching. **Conclusion:** The study findings concluded that concluded that antenatal mothers had adequate knowledge after intervention. There is significance association between age and family history of hypertension level of knowledge regarding antihypertensive drug among Antenatal mothers where $p < 0.05$.

Keywords: Hypertension, Antenatal mothers, antihypertensive drugs

INTRODUCTION:

High blood pressure, also known as hypertension, affects the body's arteries and can lead to complications such as preeclampsia and eclampsia. Chronic hypertension occurs before pregnancy or before 20 weeks of pregnancy, while gestational hypertension occurs when high blood pressure is only present during pregnancy without other heart or kidney problems. Pregnancy-induced hypertension is a multisystem disorder characterized by edema, hypertension, and proteinuria after 20 weeks of gestation, which can be fatal to both the mother and the developing foetus. Eclampsia can occur during various stages of pregnancy, with 90% of

cases occurring after 28 weeks. Treatment aims to minimize the risk of cardiovascular events, placental abruption, and intrauterine growth restriction. Target blood pressures for hypertensive pregnant or postpartum women are 130-150 mmHg systolic blood pressure and 90-100 mmHg diastolic blood pressure.

Severe systolic hypertension may be the most important predictor of cerebral haemorrhage and infarction in these patients, and if not treated promptly, can result in maternal death. In India, pregnancy-induced hypertension contributes to 7-10% of all antenatal admissions and 14% of maternal deaths.

Antihypertensive agents are used to prevent and treat severe hypertension, prolong pregnancy safely, and minimize fetal exposure to potentially harmful medications. Amniocentesis is used in the second trimester to check for genetic and metabolic disorders, neural tube defects, and potential premature birth. Antihypertensive drugs help many people lower their blood pressure, avoid heart failure, kidney failure, heart attacks, or stroke, and prolong pregnancy safely.

NEED FOR THE STUDY

The World Health Organization classifies Hypertensive Disorders in Pregnancy into four types: chronic and gestational, mild preeclampsia, severe preeclampsia, and eclampsia. These disorders are a major cause of maternal mortality and severe maternal and perinatal morbidity. India has set a target of 25% relative reduction in hypertension prevalence by 2025, with the aim of accelerating access to treatment services through interventions like the India Hypertension Control Initiative. Uncontrolled blood pressure is a major risk factor for cardiovascular diseases, and India has set a target of 25% relative reduction in hypertension prevalence by 2025. The India Hypertension Control Initiative project, launched in 2018-2019, aimed to improve hypertension control in public sector clinics in 26 districts across five states. The project demonstrated the feasibility of implementing protocol-based hypertension treatment and control supported by a reliable drug supply and accurate information systems at scale in Indian primary health care facilities. Lessons from the initiative will inform plans to improve screening in healthcare facilities, increase retention in care, and ensure a sustained supply of drugs as part of a nationwide hypertension control program.

STATEMENT OF THE PROBLEM

A study to assess the effectiveness of video assisted teaching programme on antihypertensive drugs among antenatal mothers at SMVMCH, Puducherry.

OBJECTIVES OF THE STUDY

- To assess before and after the effectiveness of video assisted teaching programme regarding antihypertensive drug among Antenatal mothers
- To find out the association between the effectiveness of video assisted teaching programme regarding antihypertensive drug among Antenatal mothers with their selected demographic variables.

RESEARCH METHODOLOGY:

A quantitative research approach and pre-experimental design was selected for the present study. The present study was on 50 antenatal mothers at Sri Manakula Vinayagar Medical College and Hospital, Puducherry who meet the inclusion criteria. Using a convenient sampling technique the samples were selected for the present study. The tool consists of demographic variables and questionnaires. The data of the study was evaluated by using descriptive and inferential statistics.

MAJOR FINDING

Regarding the age groups, 36 (72%) were in the age group of 18-25 years and 13 (26%) were above the age group of 26-30 years. In the aspect of religion, the data shows majority 23 (46%) were Hindu and 22 (44%) were Muslims. Regarding education, 29 (58%) completed High school, 7 (14%) were Illiterate, 9 (18%) were completed primary school and 5 (10%) were completed graduate. In the aspect of occupation status majority, 21 (42%) were housewife and 19 (38%) were working in private sector. With regards to type of family, the data shows that the majority 23 (46%) were in nuclear family and 27 (54%) were in joint family. Regarding area of residence, 33 (66%) were living in rural area, 17 (34%) were living in urban area. In the aspect of gestation week, majority of antenatal mother 25(50%) were in 13-24 weeks and 13 (26%) were in 25-37 weeks. Regarding family history of hypertension 40 (80%) were said yes and 10 (20%) said no. In aspect of previous knowledge about antihypertensive drugs, majority 99 (78%) had previous knowledge about antihypertensive drugs and 11 (22%) had no previous knowledge.

RESULTS AND DISCUSSION

The study was conducted study to assess the effectiveness of video assisted teaching programme on antihypertensive drugs among antenatal mothers at SMVMCH, Puducherry. The table 1 reveals the distribution of the video assisted teaching regarding antihypertensive drug among Antenatal mothers. The finding shows that, that before video assisted teaching, majority 4 (8%) of them had inadequate, 37 (74%) of them had moderately adequate and 9 (18%) of them had adequate score. After video assisted teaching, majority 41 (82%) of them had adequate, 9 (18%) of them had inadequate score.

The table 2 shows that the before video assisted teaching mean score was 13.44, SD 2.052 and the after video assisted teaching mean score was 17.78, SD 1.694. The calculated 't' value was 13.500, and the p-value is 0.001. Hence it is highly significant. This clearly shows effectiveness of video assisted teaching Programme regarding antihypertensive drug among antenatal mothers.

Table 1: Frequency and percentage wise distribution of the video assisted teaching regarding antihypertensive drug among Antenatal mothers . **N=50**

S.NO	VIDEO ASSISTED TEACHING	BEFORE		AFTER	
		Frequency (n)	Percentage %	Frequency (n)	Percentage %
1.	Adequate	9	18%	41	82%
2.	Inadequate	4	8%	9	18%
3.	Moderately adequate	37	74	0	0%

Figure 1: Percentage wise distribution of the level of knowledge regarding antihypertensive drug among Antenatal mothers

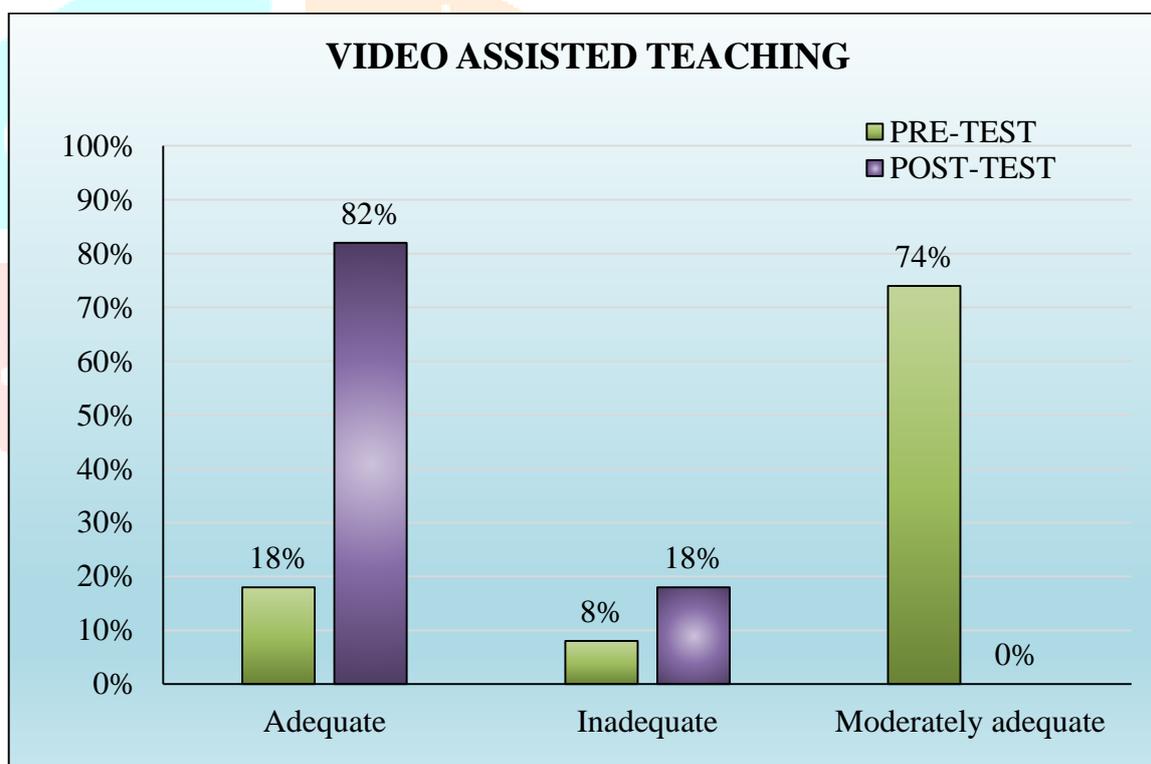
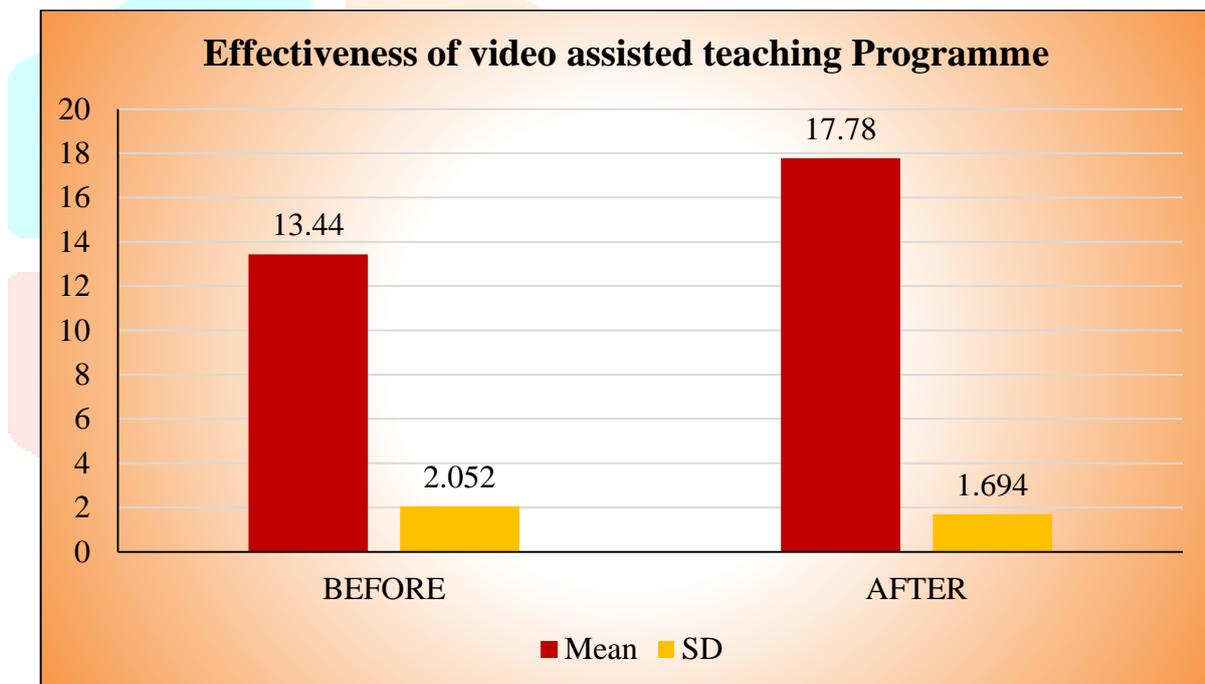


Table 2: Effectiveness of video assisted teaching Programme regarding antihypertensive drug among**Antenatal mothers.****N = 50**

S.NO	VIDEO ASSISTED TEACHING	Mean	SD	Paired 't' value	'p' Value
1.	Before	13.44	2.052	t = 13.500	p = 0.001* (HS)
2.	After	17.78	1.694		

Figure 2: Mean, Standard Deviation of before and after video assisted teaching among Antenatal mothers**CONCLUSION:**

The study findings concluded that antenatal mothers had adequate knowledge after intervention. There is significance association between age and family history of hypertension level of knowledge regarding antihypertensive drug among Antenatal mothers where $p < 0.05$.

RECOMMENDATIONS:

- Same study can be conducted with large samples.
- Same study can be conducted among the antenatal mothers in community setting.
- Same study can be conducted with the fourth-year students

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