

Effect Of Information Booklet On Climacteric Symptoms And Its Management Among Perimenopausal Women In A Selected Rural Community

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Abstract

Introduction and Rationale

Climacteric period is a special transitional period in lifetime of a woman.. It is impossible to avoid and it is the necessary stage of every woman . In modern times with developed science, it is possible to eliminate climacteric symptoms, protect the ovarian function, delay critique age, and postpone aging process to safely get across climacteric period. Perception of symptoms and distress caused by menopausal transition has been shown to relate to women's general health , their employment and socioeconomic status and previous life events.

Objective:

- 1.To assess the knowledge of climacteric symptoms and its management among perimenopausal women in a selected rural community.
2. To assess the effectiveness of information booklet on climacteric symptoms and its management among perimenopausal women.
3. To determine the association between the knowledge of climacteric symptoms among perimenopausal women with

demographic variables.

Materials and Methods

A pre experimental research design was adopted for the study. A structured questionnaire was used to collect the data from the 40 rural women and purposive sampling technique was adopted to select the sample.

Results

The data was analysed in terms of descriptive and inferential statistics .Paired 't' test was used to calculate the effectiveness of information booklet , the calculated 't' value (32.425),which was more than the table value1.645, at 0.05 level of significance. Therefore the research hypothesis was accepted

Conclusion

The study revealed that the information booklet was effective to improve the knowledge of perimenopausal women on climacteric symptoms. However there was no significant association between the knowledge and the demographic variable

Keywords: climacteric symptoms, perimenopausal women, effectiveness.

Effectiveness of Structured Teaching Programme on Breast Cancer among the at risk women of a selected hospital at Mangalore

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Abstract

Introduction and Rationale

Breast cancer is the most common cancer among women in all urban areas in India. The average age of developing breast cancer has shifted from 50 - 70 years to 30 - 50 years and cancers in the young tend to be more aggressive. Hence awareness programmes especially aimed at risk women play a significant role in reducing its incidence..

Objective:

To identify the knowledge of at risk women on breast cancer.

To assess the effectiveness of Structured Teaching Programme on knowledge of Breast Cancer among the at risk women.

To find out the association between knowledge and selected variables.

Materials and Methods

Pre experimental one group pretest post test design was

used . The data was collected with 3 tools-Demographic proforma,risk assessment tool and Structured Knowledge Questionnaire. Using simple random sampling 160 samples were assessed for risk status for breast cancer and 40 samples at risk were selected.Their knowledge was assessed by the Structured Knowledge Questionnaire using interview Schedule. Structured Teaching Programme on breast cancer was taught for one hour with Videos ,Charts and demonstration.Post test knowledge scores of the subjects were assessed after 7 days using the same tool.

Results

The data was analyzed with descriptive statistics and inferential statistical tests like Paired 't' test and Chi Square test . The results revealed that STP was effective on the at risk women (p-value <0.05).On comparison the mean post test knowledge scores (10.60) was higher than the mean pretest score (8.875). There was no significant association between knowledge and selected variables.

Conclusion

The study concluded that majority of the samples had inadequate knowledge(50%) and STP facilitated them to update their knowledge related to breast cancer and its early detection and prevention.

Keywords: Structured Teaching Programme,at risk ,women

Prevalence and reasons for early or late introduction of Complementary Feeding among mothers in Pokhara

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Abstract

Introduction and Rationale

Global recommendations for appropriate feeding for infants are exclusive breastfeeding for six months, starting timely and suitable complementary feeding at six months of age while continuing to breastfeed for up to at least two years of age. Optimal and timely introduction to complementary foods are crucial for the growth and development of infants and young children.

Objective:

This study has been undertaken to assess mothers' prevalence of, and self reported reasons for early introduction to complementary feeding (before 6 months of age).

Materials and Methods

This was a cross sectional hospital based study conducted in Manipal Teaching Hospital, on 300 mothers. Data was collected by face to face interview using a pre-structured questionnaire. The mothers' awareness of the recommended time to start complementary feeds, and their reason for starting early complementary feeding was also

sought. In addition, the mothers' practiced breastfeeding duration, and in mothers who were still breastfeeding their intended duration of breastfeeding were assessed..

Results

Out of the 300 mothers sampled, 220(73.3%) were aware that complementary feeding should be started at 6 months of age. Amongst the mothers who knew the recommendation, only 131(53.6%) met the recommendation. The commonest cited reasons for early introduction of foods/liquids before the age of 6 months were lactation failure (50), having to return to their employment before their child was six months of age (27) and the mother felt that her child was old enough to eat solid food (13).

Conclusion

In order to achieve improved infant feeding practices, there is a need for anticipatory guidance on how to manage common breastfeeding difficulties and strategies allowing more flexible working conditions which lead mothers to start early complementary feedings.

Keywords: complementary feeding, breastfeeding

Pilot study on effect of yoga on labour outcome among antenatal women of a selected hospital

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Abstract

Introduction and Rationale

Yoga for pregnancy accommodates all of these changes and more. Its increasing popularity over the years is a result of women experiencing its positive effects throughout the world. Physical activity during pregnancy has shown to have multiple benefits for both mother and baby. Yoga and meditations have the capacity to produce a higher and a more harmonious birthing experience.

Objective:

To find the effect of yoga on intensity of labour pain and duration of labour among antenatal women

Materials and Methods

The twenty non high risk primigravid women were enrolled for the study. The women were matched for age, haemoglobin and BMI. The yoga practices including asanas, pranayama meditation and yoga nidra were practiced by the yoga group everyday from 14 weeks of pregnancy until delivery. The control group had no intervention. The leaflets on yoga were given to the primigravid women practicing yoga and not practicing yoga and written consent obtained

from them. The six sessions on yoga was organised for the women from 14 weeks of pregnancy. The proforma on labour outcome was completed using WHO modified partograph and labour pain was assessed using Visual Analogue Scale. The completed the proforma and VAS is analysed using spss package.

Results

Women practiced yoga had decreased duration of first and second stage of labour. The total time in labour was lesser in comparison to the women did not practice yoga.

The women who practiced yoga experienced decreased labour pain in comparison to the women who did not practice yoga. The study results showed that yoga is effective in terms of duration of labour and intensity of labour pain.

Conclusion

The evidence shows that practice of yoga during pregnancy promotes maternal comfort and shortens the labour duration.

Keywords: Yoga, primigravid women, labour, partograph
