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Knowledge of Staff Nurses Regarding Prevention of Perineal Tear

Suhasini Vinayak Sanas

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Abstract

The present study was ssess the knowledge of staff Nurses regarding prevention of perineal tear.

Objectives: To assess knowledge of Staff Nurses regarding Prevention & Management of perineal tear during normal delivery.

Methodology: Research, Design - Non-experimental descriptive design, sampling technique - Convenient sampling, Research Setting - selected Hospital of City

Result: Here we can discuss about the level of knowledge of staff nurse as per set the criteria for poor, average and good. With regard to scores, 0 (0%) staff nurses had poor knowledge, 8 (40%) staff nurses had average knowledge and 12 (60%) staff nurses had good knowledge regarding prevention and management of perineal tear. 25% percentage of staff nurses had average knowledge and 75% of them had good knowledge regarding concept of perineal tear. 20% of them had poor knowledge, 45% of them had average knowledge and 35% of them had good knowledge regarding Prevention of perineal tear. 15% of them had poor knowledge, 15% of them had average knowledge and 70% of them had good knowledge regarding Management of perineal tear.

Conclusion: On the basis of results, it is concluded that maximum number of staff nurses were had average knowledge and minimum had good knowledge regarding prevention and management of perineal tear.

On the basis of results, it is can also conclude that the knowledge level of staff nurses was no significant associated with demographic variables like educational qualification, work experience, experience in labour room and previous knowledge.

Keywords: Perineal tear; Prevention; Delivery; Staff Nurses.

Author's Affiliation: Associate Professor, Sinhgad College of Nursing, Narhe, Pune, Maharashtra 411041, India.

Corresponding Author: Suhasini Vinayak Sanas, Associate Professor, Sinhgad College of Nursing, Narhe, Pune, Maharashtra 411041, India.

E-mail: suhasini_s009@yahoo.co.in

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INTRODUCTION

There is such a special sweetness in being able to participate in creation

Pregnancy and child births are a cherished dream for mother and bring joy to the whole family. It is one of the vital events which need special care from conception to postnatal period. Every mother wants to enjoy the nine months period with the baby inside her. Maternal injuries following childbirth process is quite common and contributes significantly to maternal morbidity and even to death. Early detection, prompt and effective management not only minimizes the morbidity but prevent many gynaecological problems developing in later life. Therefore, caring the women during pregnancy and delivery istremendously significant in health care delivery system.[1]

The term trauma is defined as a physical wound or injury. Genital trauma is one of the traumaswhich occur during vaginal birth. It involves trauma or injuries at vulva, vagina, perineum, cervix, and uterus. Most acute injuries and lacerations of the perineum, vagina, uterus, and theirsupport tissues occur during childbirth.[2]

NEED OF THE STUDY

Perineal trauma is damage to the genitalia during childbirth that occurs spontaneously or intentionally by surgical incision (episiotomy). Anterior perineal trauma is injury to the labia, anterior vagina, urethra, or clitoris, and is usually associated with little morbidity.

The study was conducted to evaluate the effectiveness of an information booklet on knowledge among staff nurses regarding the prevention and management of perineal tear during normal delivery at Justice K.S. Hegde Charitable hospital, Mangalore. 40 samples were selected using simple random sampling method. An evaluative approach with one group Pre-test Post test design was used for the study and data were analysed using descriptive and inferential statistics. Findings of the study reveals that 60% of the staff nurses had average knowledge, 37.5% had poor knowledge, and only 2.5% had good knowledge in the pre-test measure. Post test knowledge scores revealed 57.5% that had good knowledge and 42.5% of them had very good knowledge. There was a significant increase in the knowledge scores (1-23.09, $p<0.05$). The study findings showed that the information booklet was effective in improving knowledge of staff nurses regarding prevention and management of perineal tear during labour. There was nosignificant association between the level of knowledge and demographic variables.[18]

PROBLEM STATEMENT

A study to assess the knowledge regarding prevention and management of perineal tear during normal delivery among staff nurses working in labour ward of selected hospital of the city with a view to develop self-instructional module (SIM).

OBJECTIVES

1. To assess knowledge of staff nurses regarding prevention and management of perineal tear during normal delivery.
2. To find association between knowledge regarding prevention and management of perineal tear with selected demographic variables.

HYPOTHESIS

H_0: There is no significant association between the knowledge scores of is nurses in terms of perineal tear and selected demographic variables.

H_1: There is significant association between the knowledge scores of is nurses in terms of perineal tear and selected demographic variables.

REVIEW OF LITERAURE

1. Review of literature related to perineal tear during normal delivery.
2. Review of literature related to knowledge of staff nurses about perineal tear duringnormal delivery.

Coceptual Frame Work: The halls model consists of three interlocking circles core circle, care circle and cure circle.

Core Circle: Refers to the knowledge of staff nurses regarding prevention and management of perineal tear during normal delivery which helps them to prevent themselves of control from the threateningproblems. Practices also helps or control to reduce the complications. Knowledge regarding perineal tear also helps to reduce tear.

Care Circle: Refers to the practices or care which

provoke to the patient during the delivery. To reduce the perineal tear the practices of intentionally incision called episiotomy should be performed. The practice of regular checkup helps to reduce the risk and complication of perineal tear.

Cure Circle: Refers to the use of control and preventive aspects to prevent the perineal tear. Antenatal digital perineal massage, water birth, or in other complicated cases episiotomy done for reducing the risk of perineal tear.

RESEARCH METHODOLOGY

Research approach: This study was based on Descriptive approach.

Research design: Non-experimental descriptive Research design.

Research setting: Selected Hospitals of city.

Research population: In this study the population was staff Nurses of various Hospitals of City.

Sample: Staff Nurses working in Hospitals.

Sample size: 20.

Sampling technique: Non probability convenient sampling technique was used to select the sample for this study.

Tool Preparation: A tool is an instrument or equipment used for collection of data.

Development of the Tool

Validity: Tool of the study will be content validated by 10 experts from specialized field and CVI (Content Validity Index). 2 - Obstetrical & Gynecological Nursing, 1 - Child health nursing, 2 - Gynacologist.

Reliability: Reliability will be calculated using split half method , r value will be calculated by Pilot study: pilot study will be conducted on samples before actual data collection on 10% of the sample size.

Study Instrument: The following sections consist of:

Part I: Section A: Consent form from the participants.

Part II: Section B: Demographic variable

Section C: Structured Interview questionnaire to assess the level Knowledge. It consists of structured knowledge questionnaire on perineal tear. It has 3 parts:

Part I: Question related to Perineal tear.

Part II: Question related to Prevention Perineal tear

Part II: Question related to Management Perineal tear

Method of Data Collection: The data collected from 8-7-24 to 19-7-24 prior the data collection permission obtained from the authority from colleges. The purpose of the study and method of data collection explained to subjects for getting true response assurance given regarding confidentiality of information and then informed consent was obtained from participants. The subject who fulfil the sampling criteria were taken for the study from selected colleges of city. Total 20 samples selected for the study with the help of non-probability convenient sampling technique.

Description of the Tool: The researcher will use structured questionnaire to assess knowdge of staff nurses related to prevention of perineal tear.

Plan for Statistical Analysis: The data will be presented in the form of tables and graphs. The collected data was coded, tabulated and analysed by using descriptive statistics (mean percentage, frequency). The association between stress and demographic variables was done by Fisher's Exact test.

Significance of Findings

Section I: Description of demographic variables of the staff nurses.

The most of samples were from age of 31-40 years 15(75%), followed from 21-30 years5 (25%), some of them 41 -50 years was 00.

The majority of samples was female 20 (100%) no male sample.

The most of the samples 10 (50%) have done GNM followed by 9 (45%) have done PbBSc nursing, 1(5%) have done BSc nursing.

Most of samples 13 (65%) have 5 to 15 years' experience and other was 7 (35%) haveless than 5 years' experience.

Most of samples 15 (75%) less than 5 years' work experience in labour room and5(25%) have 5 to 15 years work experience in labour room.

Most of samples about 20 (100%) have previous knowledge regarding perineal tear.

Section III: Association between knowledge levels of staff nurses with demographic variables regarding perineal tear.

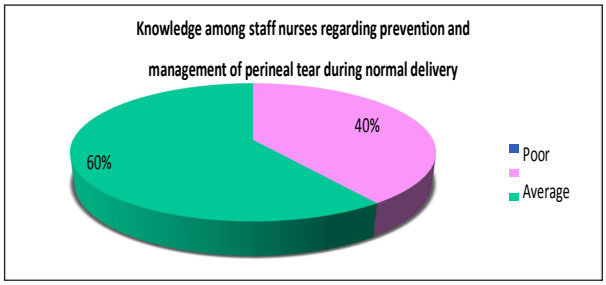
Section II: Analysis of data related to knowledge of staff nurses regarding prevention

and management of perineal tear during normal delivery

Table 1: Knowledge of staff nurses regarding prevention and management of perineal tear during normal delivery.

N=20

Knowledge	Freq	%
Poor	0	0%
Average	8	40%
Good	12	60%

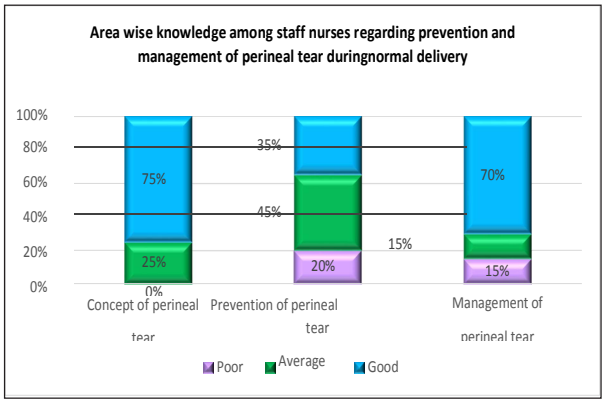


40% of the staff nurses had average knowledge and 60% of them had good knowledgeregarding prevention and management of perineal tear during normal delivery.

Table 2: Knowledge of staff nurses regarding prevention and management of perinealtear during normal delivery

N=20

Area	Knowledge	Freq	%
Concept of perineal tear	Poor	0	0%
	Average	5	25%
	Good	15	75%
Prevention of perineal tear	Poor	4	20%
	Average	9	45%
	Good	7	35%
Management of perineal tear	Poor	3	15%
	Average	3	15%
	Good	14	70%

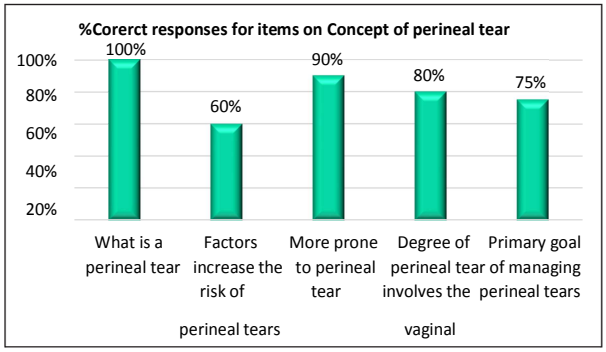


25% of the staff nurses had average knowledge and 75% of them had good knowledge regarding Concept of perineal tear. 20% of them had poor knowledge, 45% of them had averageknowledge and 35% of them had good knowledge regarding Prevention of perineal tear. 15% of them had poor knowledge, 15% of them had average knowledge and 70% of them had good knowledge regarding Management of perineal tear.

Table 3: Knowledge item analysis: Concept of perineal tear

N=20

Concept of perineal tear	Freq	%
What is a perineal tear	20	100
Factors that increase the risk of perineal tears during childbirth	12	60
More prone to perineal tear	18	90
Degree of perineal tear involves the vaginal mucosa and perineal skin	16	80
Primary goal of managing perineal tears	15	75



All the staff nurses knew what is perineal tear. 60% of them knew the factors that increase therisk of perineal tears during childbirth. 90% of them knew who is more prone to perineal tear. 80% of them knew the degree of perineal tear that involves the vaginal mucosa and perineal skin. 75% of them knew the primary goal of managing perineal tears.

Table 4: Knowledge item analysis: Prevention of perineal tear

N=20

Prevention of perineal tear	Freq	%
Techniques commonly used to prevent perineal tears during childbirth	13	65
Type of episiotomy is most commonly used	11	55
Recommended timing for practicing perineal massage during pregnancy to potentially reduce the risk of perineal tears during childbirth	8	40
Positions during childbirth is associated with a lower risk of severe perineal tears	13	65

table cont....

Recommended timing for practicing perineal massage during pregnancy to potentially reduce the risk of perineal tears during childbirth	13	65

65% of the staff nurses knew the techniques commonly used to prevent perineal tears during Childbirth. 55% of them knew the Type of episiotomy that is most commonly used. 40% of them knew the recommended timing for practicing perineal massage during pregnancy to potentially reduce the risk of perineal tears during childbirth. 65% of them knew the positions during childbirth is associated with a lower risk of severe perineal tears. 65% of them knew the recommended timing for practicing perineal massage during pregnancy to potentially reduce the risk of perineal tears during childbirth.

Table 5: Knowledge item analysis: Management of perineal tear

N=20

Management of perineal tear	Freq	%
Aspects that a REEDA scale measures after a normal delivery with episiotomy	17	85
Understanding of providing 'perineal support to mother	15	75
What should be used during the first 24-72 hours after delivery	7	35
What can be done for the repairment of perineum?	16	80
Recommended position to women during perineal-tear management	17	85

85% of the staff nurses knew the aspects that a REEDA scale measures after a normal delivery with episiotomy. 75% of them had correct understanding of providing 'perineal support to mother. 35% of them knew what should be used during the first 24-72 hours after delivery. 80% of them knew what can be done for the repairment of perineum. 85% of them knew the recommended position to women during perineal-tear management.

Section III: Analysis of data related to the association of knowledge regarding prevention and management of perineal tear with selected demographic variables

Table 6: Fisher's exact test for the association of knowledge regarding prevention and management of perineal tear with selected demographic variables

N=20

Demographic variable		Knowledge		p- value
		Average	Good	
Age	21-30 years	2	3	1.000
	31-40 years	6	9	
Educational qualification	BSc	0	1	
	GNM	4	6	1.000
	PB BSc	4	5	
Work experience	<5 years	2	5	0.642
	5 to 15 years	6	7	
Work experience in labour room	<5 years	5	10	0.347
	5 to 15 years	3	2	

Since all the p-values were large (greater than 0.05), none of the demographic variable was found to have significant association with the knowledge regarding prevention and management of perineal tear during childbirth.

SUMMARY

This chapter dealt with the data analysis and interpretation of data collected through structured questionnaire on prevention and management of perineal tear among staff nurses, the research hypothesis was tested. The association between knowledge level of staff nurseson perineal tear with selected demographic variables were assessed.

CONCLUSION

On the basis of results, it is concluded that maximum number of staff nurses were had average knowledge and minimum had good knowledge regarding prevention and management of perineal

tear.

On the basis of results, it is can also conclude that the knowledge level of staff nurses was no significant associated with demographic variables like educational qualification, work experience, experience in labour room and previous knowledge.

RECOMMENDATIONS

Keeping in view the finding of study the following recommendations are made:

- A comparative study can be conducted to evaluate the effectiveness di planned teaching programme.
- A similar study can be conducted in selected hospital.
- An experimental study can be undertaken with control group.

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