



## **A Study to Assess the Effectiveness of a Planned Teaching Programme on Copper-T Insertion in terms of Knowledge and Practice among the Female Health Workers Working in Selected Primary Health Centers of Districts of Gujarat State**

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### **ABSTRACT**

The objectives of the study were to assess the knowledge and practice of female health workers working in selected primary health centres of selected districts of Gujarat state before and after administration of planned teaching programme on Copper T insertion.

The study was quasi experimental in nature with one group pre-test post-test design. The planned teaching programme was developed by reviewing the extensive literatures on Copper T insertion in terms of knowledge and practice. The districts and primary health centres were selected by simple random sampling method and the samples of 40 female health workers were selected through purposive sampling technique. A structured knowledge questionnaire and structured observational checklist were prepared to assess the knowledge and the practice of the samples. Validity and reliability was done before the data collection.

Data were analyzed descriptively and inferentially. The analyzed data demonstrated that there was significant increase in the knowledge and practice of the samples after administration of planned teaching programme on Copper T insertion. Hence, the investigator concluded that program was effective in improving the knowledge and practice of the female health workers working in the primary health centres.

### **KEYWORDS**

*Effectiveness, Planned Teaching Programme, Copper -T, Insertion, Knowledge, Practice, Female Health Worker, Primary Health Center*



## INTRODUCTION

Nurses constitute a large portion of the health workers in our country. In order to carry out the functions, a nurse must keep in mind the goals of family planning program, such as, creating an awareness of concept of small family norms, dissemination of information on family planning methods, organization of supply of contraceptives regularly, and assisting in family planning services, clinical and surgical. These aims can be achieved by the concentrated effort of nurses working in all kinds of settings as every nurse is a family planning worker. Convincing people is an act and for this, nurses must have adequate training on communication skills. A nurse must explain the various methods with its advantages and disadvantages and help people choose the best method for themselves. (Samuel, S., 1986).1

For the best outcome, family planning programs must assure careful screening of potential Intra Uterine Device users, informative and empathetic counseling, practical clinical training for health care providers, and regular follow-up care and back-up medical care in case of complications. Family planning programs should offer Intra Uterine Devices along with other methods of contraception and help clients choose the methods that best suit them. Because serious misperceptions about Intra Uterine Devices persist in many places, programmes need to make every effort to reach the public and providers with accurate information about Intra Uterine Devices (Population Report, IUDs – An Updates, Dec. 1995).2

Midwives and nurses can insert Intra Uterine Devices safely with appropriate training. According to Dr. Pouru Bhiwandi, a former FHI medical director who recently conducted insertion training in the Central Asian republics on the FHI-UNFPA project, nurses or midwives are better at insertion because they are not as rushed and approach it more conscientiously. (Eren, V. Ramos, R. and Gray, R.H., 1983).3

## STATEMENT OF PROBLEM

A Study to Assess the Effectiveness of A Planned Teaching Programme on Copper- T Insertion in terms of Knowledge and Practice among the Female Health Workers working in selected Primary Health Centres of selected Districts of Gujarat State.

## OBJECTIVES OF THE STUDY



To assess the knowledge of Female health Workers working in selected Primary Health centres of selected districts of Gujarat state before and after administration of Planned Teaching Programme on Copper T insertion.

1. To assess the Practice of Female health Workers working in selected Primary Health centres of selected districts of Gujarat state before and after administration of Planned Teaching Programme on Copper T insertion.

## **HYPOTHESES:**

### **H<sub>1</sub> :**

The mean post test knowledge scores of female health workers working in selected primary Health centres of selected districts of Gujarat state regarding Copper T insertion will be significantly higher than the mean pre test knowledge scores as determined by a structured knowledge questionnaire at 0.05 levels of significance.

### **H<sub>2</sub> :**

The mean post test Practice scores of female health workers working in selected primary Health centres of selected districts of Gujarat state regarding Copper T insertion will be significantly higher than the mean pre test scores as determined by structured observational check list at 0.05 levels of significance.

## **NEED OF THE STUDY**

According to investigator's observation during her field experience in rural area, she found that the female health workers having minimal knowledge and practice about Copper-T insertion. Also investigator has observed that female health workers were more engaged in different programmes which is run by the government, so they are not emphasizing on particular aspect like copper-T insertion. If she does not perform proper copper-T there may be chances of increasing the complication related to copper-T insertion. This experience encouraged and inspired the investigator to conduct the study among female health workers to assess their knowledge and practice regarding copper-T insertion.

Also the government has put more emphasis on maternal and child health services to reduce maternal morbidity and mortality for that they run different family welfare programme especially in rural areas as there is lack of quality care services provided by physician and registered nurses,



only health workers were provided care to the rural people so its required to give proper knowledge and practice regarding copper-T insertion to the health workers. It has encouraged and inspired the investigator to conduct the study in female health workers to assess their knowledge and practice regarding copper-T insertion.

## **METHODS**

In this study the quasi experimental approach helped the investigator to manipulate the independent variable that was Planned Teaching Programme on copper T insertion. As in this study the investigator also wanted to determine the effectiveness of the treatment that was planned Teaching Programme on copper T insertion. The samples of 40 female health workers were selected working in the selected Primary Health Centers of the selected districts of Gujarat state.

The Gujarat state was divided into 5 zones, Central, West, North and South. Out of total 5 zones, the investigator selected one zone through simple random sampling that was east zone for pilot study and from remaining four zones 1 district was selected from each for final data collection through simple random sampling method. The pilot study was conducted in Baroda district of East zone. From South zone Narmada district, from North zone Mehsana district, from Central zone Nadiad district and from West zone Jamnagar district were selected for final study. 5 Primary Health Centers were selected from each selected district by simple random sampling method. From each selected primary Health Centers of selected districts of Gujarat state the investigator selected 2 Female Health Workers for final data collection by purposive sampling method. A structured knowledge questionnaire and structured observational check list were prepared to assess the knowledge and practice of the samples.

## **RESULTS**

The data was analyzed using descriptive and inferential statistics. The mean knowledge score obtained from the samples in pre-test was 12 and in post-test it was found increased up to 19.2 with the mean difference of 7.2. Mean pre-test practice score obtained from samples were 13.2 and mean post-test practice score was 23.4 with the mean difference of 10.2. The mean post test scores of knowledge and practice were higher than their mean pre-test scores.



The planned teaching programme was found to be effective in improving knowledge and practice among the female health workers working in selected primary health centers of selected districts of Gujarat state.

## RECOMMENDATIONS

The following recommendations are made on the basis of the findings of present study.

1. A descriptive study can be conducted on larger population to know about the knowledge and practice of female health workers regarding Copper T insertion so that findings can be generalized for a larger population.
2. A similar study can be conducted among female health workers working in districts hospitals and urban health centres.
3. A comparative study can be conducted in order to compare the knowledge, attitude and practice of female health workers of two or more different state.
4. A descriptive study can be conducted to know about the knowledge and practice of female health workers regarding Copper T insertion and based on findings SIM or Guideline can be prepared.
5. An evaluatory study can be conducted on larger population to assess the knowledge and practice of female health workers who have taken training on Copper T insertion regarding Copper T insertion.
6. A study can be conducted to assess the knowledge and practice of female health workers regarding Copper T insertion and indentify the factors responsible for Poor Practice of Copper T insertion.



## REFERENCES

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