



ORIGINAL RESEARCH ARTICLE

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## A PRE EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF EXERCISE PROGRAMME ON POSTPARTUM WELLBEING AMONG POSTNATAL MOTHERS IN SELECTED HOSPITAL

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### ABSTRACT

The postnatal period is the time during which mother's body adjusts physically to childbearing process and reverts back to its pre pregnant state. Exercise after delivery plays a crucial role in improving physical wellbeing among postnatal mothers. Therefore, the study titled "A pre experimental study to assess the effectiveness of exercise programme on postpartum wellbeing among postnatal mothers in selected hospital, Jalandhar, Punjab, 2017" was undertaken. An experimental research approach is used and pre experimental, one group pre-test post-test design was used. The study setting was at Civil Hospital Jalandhar. The study sample comprised of 60 postnatal mothers. Non probability purposive sampling technique was used to select sample. Written consent was taken from the postnatal mothers who were selected as a sample. Postpartum wellbeing was assessed by Modified Urogenital distress inventory rating scale, Modified Quebec back pain disability rating scale, Quebec back pain disability rating scale and Measuring of uterine involution after the 24 hours of delivery. Then teaching regarding exercise programme was done with the help of demonstration. Patient was performing the exercise for 15 minutes. Second session was done after 24 hours of first session. Then third session was done after 24 hours of second session. Post intervention assessment at the end of third session was done using the same scale on same sample. Then data was compiled for analysis using descriptive and inferential statistics. The overall pre interventional mean was 9.3 followed by post interventional mean was 7.6 assessed by modified urogenital distress inventory rating scale on postpartum wellbeing among postnatal mothers. The value of paired t-test was 2.95 which was significant at  $p < 0.01$  level. The overall pre interventional mean was 16.23 followed by post interventional mean was 12.50 assessed by modified Quebec back pain disability rating scale on postpartum wellbeing among postnatal mothers. The value of paired t-test was 08.48 which was significant at  $p < 0.001$  level. The overall pre interventional mean were 11.98 followed by post interventional mean was 08.98 assessed by measurement of uterine involution on postpartum wellbeing among postnatal mothers. The value of paired t-test was 21.42 which was significant at  $p < 0.001$  level. The findings of the study revealed that exercise programme was effective on postpartum wellbeing among postnatal mothers.

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### INTRODUCTION

Child birth is a significant event in women's life. It is a privilege for the mother to deliver a baby. Woman feels complete after child birth. Postnatal is the period beginning immediately after the birth of a child and extends for about six weeks.

The postnatal period is the time during which mother's body adjusts physically and psychologically to the process of childbearing. At the first postnatal contact, women should be advised of the signs and symptoms, and appropriate action for prevention of postpartum complications like urinary incontinence, back pain, postnatal depression, mastitis, puerperal sepsis, uterine sub involution, deep vein thrombosis.

The postnatal exercises are important during postpartum period. So, the study aimed to assess the effectiveness of exercise programme on postpartum wellbeing among postnatal mothers measured by self-structured tools.

### Aim of the study

“To assess the effectiveness of exercise programme on postpartum wellbeing among postnatal mothers.”

### Objectives

- To assess the pre interventional postpartum wellbeing among postnatal mothers.
- To implement the exercise programme on postnatal mothers.
- To assess post interventional postpartum wellbeing among postnatal mothers.
- To compare pre and post interventional postpartum wellbeing among postnatal mothers.
- To determine the association of postpartum wellbeing among postnatal mothers with their selected socio demographic variables.

## METHODOLOGY

An experimental research approach is used and pre experimental, one group pre-test post-test design was used. The study setting was at Civil Hospital Jalandhar. The study sample comprised of 60 postnatal mothers. Non probability purposive sampling technique was used to select sample. Written consent was taken from the postnatal mothers who were selected as a sample. Postpartum wellbeing was assessed by Modified Urogenital distress inventory rating scale, Modified Quebec back pain disability rating scale and Measuring of uterine involution after the 24 hours of delivery. Then teaching regarding exercise programme was done with the help of demonstration. Patient was performing the exercise for 15 minutes. Second session was done after 24 hours of first session. Then third session was done after 24 hours of second session. Post intervention assessment at the end of third session was done using the same scale on same sample. Then data was compiled for analysis using descriptive and inferential statistics.

### Data collection procedure

After obtaining formal administrative approval from Medical Superintendent of Civil Hospital of Jalandhar, final study was conducted. On February at Civil Hospital Jalandhar. The study was aimed at evaluating the Effectiveness of Exercise programme on postpartum wellbeing among postnatal mothers. Total samples were selected by non-probability purposive sampling technique. After getting consent from the samples who meets the inclusion criteria. Postpartum wellbeing was assessed by Modified Urogenital distress inventory rating scale, Modified Quebec back pain disability rating scale, Measuring of involution after the 24 hours of delivery. Then teaching regarding exercise programme was done with the help of demonstration. Patient was performing the exercise for 15 minutes. Second session was done after 24 hours of first session. Then third session was done after 24 hours of second session. Post intervention assessment at the end of third session was done using the same scale. The same procedure was followed for all the samples until the sample

size reached 60. Then data was compiled for analysis using descriptive and inferential statistics.

## Major Findings

### Section I: Description of socio demographic variables by using frequency and percentage.

Study shows that majority 36.67% (22) of postnatal mothers were in the age group of 21-25 years, 43.33% (26) were having qualification upto matriculate, 58.33% (35) were housewife, 40.00% (24) having monthly family income below Rs.5000, 38.33% (23) were having Gravida 2, 60.00% (36) often were Hindu regarding postpartum wellbeing among postnatal mothers in selected hospital.

### Section II: Assessment of pre interventional postpartum wellbeing among postnatal mothers.

**Objective 1:** To assess the pre interventional postpartum wellbeing among postnatal mothers. Pre-interventional mean $\pm$ SD of postpartum wellbeing among postnatal mothers assessed by Modified Urogenital Distress Inventory rating scale was 9.3 $\pm$ 2.83. Pre-interventional mean $\pm$ SD of postpartum wellbeing among postnatal mothers assessed by Modified Quebec Back pain Disability rating scale was 16.23 $\pm$ 4.54

### Section III: Assessment of post interventional postpartum wellbeing among postnatal mothers.

**Objective 3:** To assess post interventional postpartum wellbeing among postnatal mothers. Post-interventional mean  $\pm$ SD of postpartum wellbeing among postnatal mothers assessed by Modified Urogenital Distress Inventory rating scale was 7.6 $\pm$ 2.09. Post-interventional mean  $\pm$ SD of postpartum wellbeing among postnatal mothers assessed by Modified Quebec Back pain Disability rating scale was 12.50 $\pm$ 2.44.

### Section IV: Comparison of pre interventional and post interventional postpartum wellbeing among postnatal mothers.

**Objective 4:** To compare pre and post interventional postpartum wellbeing among postnatal mothers. The mean difference between pre interventional and post interventional postpartum wellbeing among postnatal mothers is 1.7, 3.73 and 03 as assessed by Modified Urogenital Distress Inventory rating Scale, Modified Quebec back pain disability rating Scale and Measurement of uterine involution respectively. The data further represent that the calculated ‘t’ value is significantly higher than the table value. Hence, the data shows that there was improvement in post interventional postpartum wellbeing among postnatal mothers.

### Section V: Association between socio-demographic variables of pre interventional postpartum wellbeing.

**Objective 5:** To determine the association of postpartum wellbeing among postnatal mothers with their selected socio demographic variables. Socio demographic variables such as age, qualification, occupation, monthly family income, religion of postnatal mothers were non-significant at  $p < 0.01$  level but Gravida of postnatal mothers were significant at  $p < 0.01$  level assessed by Modified Urogenital Distress

Inventory rating Scale and Modified Quebec back pain disability rating Scale.

### **Nursing Implication**

- As a nurse educator, there is ample of opportunities for nursing professionals to educate the exercise programme on postpartum wellbeing in areas of clinical setting as well as in theory.
- Nurses are key person of the health team, who play a major role in health promotion and maintenance. The exercise programme can be conducted by the nursing personnel which will improves the knowledge regarding exercise programme on postpartum wellbeing among postnatal mothers.
- The nursing administrators should take part in the health policy making, developing protocols, standing orders related to designing the health education programme and strategies of exercise programme on postpartum wellbeing among postnatal mothers.
- This study helps the nurse researchers to develop appropriate exercise programme for assessing the postpartum wellbeing among postnatal mothers i.e. there scheduling and time duration.

### **Recommendation**

- A similar study can be replicated on large sample size and thereby can be generalized by a large population.

- A similar study can be conducted in different settings like community and different target population like postnatal mothers who have undergone lower segment cesarean section.
- A quasi experimental study can be conducted to assess the effectiveness of exercise programme on postpartum wellbeing among postnatal mothers.
- A similar study can be conducted to assess the knowledge, practice and attitude of staff nurse regarding exercise programme among postnatal mothers.

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