



“A Study to Assess the Effectiveness of Structured Teaching Programme (STP) On Knowledge Regarding Prevention of Vaginal Candidiasis Among ANC Mothers in Selected Hospitals”.

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KEYWORDS

Assess, Effectiveness, Structured Teaching Programme (STP), Vaginal Candidiasis, ANC Mothers.

ABSTRACT: -

Objectives: To Assess the Effectiveness of Structured Teaching Programme (STP) on Knowledge Regarding Prevention of Vaginal Candidiasis Among ANC Mothers in Selected Hospitals.

Methods: Quasi experimental research design was used for the study to assess the Effectiveness of Structured Teaching Programme (STP) on knowledge regarding prevention of Vaginal Candidiasis among ANC Mothers in selected Hospitals. One group pretest and post-test research design were adopted. Non-probability convenient sampling technique was used to select the 60 samples. The population for the study was 60 ANC mothers. Tool consisted of demographic variables, structured questionnaire, and Structured Teaching Programme. The pilot study was conducted on 10 samples among ANC Mothers in Selected Hospitals. Data collection was done on 24th May 2024 to 30th May. The data analysis was planned to include descriptive and inferential statistics.

Results: In intervention group, in pretest, 56.7% of them had average knowledge and in posttest, 76.7% of the ANC mothers had average knowledge and 23.3% of them had good knowledge regarding prevention of vaginal candidiasis. In control group, in pretest, 60% of them had average knowledge regarding prevention of vaginal candidiasis. In posttest, 53.3% of them had average knowledge regarding prevention of vaginal candidiasis.

Conclusions: This study concluded that the knowledge among ANC mothers improved remarkably after structured teaching program.

1. Introduction

Vaginal candidiasis is a commonly known fungal infection which affects pregnant women, and it can affect their health. Hormonal changes related to pregnancy increases risk of

getting affected by candidiasis infection. Preventive measures are imperative to overcome this issue.¹

Vaginal candidiasis is caused by a group of fungi which is Candida. The hormonal imbalances and the changes in the



immune system create an environment to grow infections like candidiasis, which is one of the important problems for pregnant women.¹

The increasing incidence of vaginal candidiasis during pregnancy shows the need for preventive measures. Knowing the factors causing increase in cases and implementing effective health practices is important for maternal health.¹

Structured teaching programs have been shown to increase knowledge related to health, but there is limited information available about their use in pregnant women to prevent vaginal candidiasis. One study was done in 2016 aimed to fill this gap; their research showed that similar programs were effective in educating teenage girls about reproductive health.²

STPs have shown effectiveness in gaining health knowledge across various healthcare areas. Customization of STPs to approach specific issues, like prevention of vaginal candidiasis in ANC mothers, helps in improving maternal health outcomes.²

A Study done in 2016 showed the efficacy of structured teaching programs in increasing reproductive health knowledge among adolescent girls. Using this approach shows potential to boost knowledge among ANC mothers.²

The increasing prevalence of antifungal resistance shows the importance of preventive measures. It becomes important to increase the knowledge of ANC mothers to prevent infection, practicing hygiene, and lifestyle modifications.³

Global health organizations like World Health Organization (WHO) focus on the importance of evidence-based interventions in maternal care. This study contributes by adding the evidence to create preventive strategies.⁴

ANC is an important component of health education, but the effective use of interventions, particularly in conditions like vaginal candidiasis, remains an unexplored area. This study seeks to increase the effectiveness of ANC through customized educational methods.⁴

Research shows that the effects of vaginal candidiasis is not only the cause of mothers' discomfort but it also results negative outcome of pregnancy, like preterm birth and low birth weight. It's important to reduce these risks to improve maternal health.⁵

Even though vaginal candidiasis is common, there isn't enough research on effective ways to prevent it, especially during antenatal care. This study focuses to provide practical methods based on evidence to fix the problem.⁵

The adverse outcomes linked with untreated vaginal candidiasis, like preterm birth and low birth weight, shows the importance of preventive actions. Finding the effectiveness of an STP is important for preventing these risks.⁵

While there is a good amount of research on vaginal candidiasis, there aren't many studies evaluating educational programs specifically in ANC. This research aims to help mothers by focusing on ANC.

Maternal health is an important factor in public health, and managing infections during pregnancy is important for keeping the good health of both mothers and infants. Finding the prevention of vaginal candidiasis in ANC mothers matches with broader public health aspects.⁶

Educational practices like Structured Teaching Programmes (STPs) are important for increasing awareness and prevention. Increasing knowledge among antenatal care (ANC) mothers can reduce infection rates and improve maternal health results.⁷

Antifungal resistance in vaginal candidiasis is increasing which creates the need for preventing the resistant strains from developing, this study focuses to provide preventive practices to ANC mothers.⁸

The need for this study comes from the important role of education in preventing vaginal candidiasis and protecting maternal health. In spite of its high prevalence, many ANC mothers lack required knowledge about preventive measures



PROBLEM STATEMENT

“A study to assess the effectiveness of Structured Teaching Programme (STP) on knowledge regarding prevention of vaginal candidiasis among ANC mothers in selected hospitals”

2. Methods

Objectives of the study were:

1. To assess the level of knowledge regarding prevention of vaginal candidiasis among ANC mothers.
2. To assess the effect of structured teaching programme regarding prevention of vaginal candidiasis on knowledge among ANC mothers.
3. To compare the pretest and post-test knowledge scores of ANC mothers.
4. To find out the association of knowledge about vaginal candidiasis with selected demographic variables.

RESEARCH METHODOLOGY

HYPOTHESIS

Ho: No significant difference in ANC mothers' knowledge on vaginal candidiasis prevention occurs after the Structured Teaching Programme.

Variables

Independent Variable: Structured Teaching Programme (STP)

Dependent Variable: Knowledge levels of ANC mothers regarding the prevention of vaginal candidiasis

Research Design:

The research design used for the study was Quasi pre-experimental one group is pre-test and post-test research design.

Setting of the study

The setting for this study is the selected area of Dr. D.Y. Patil institute of nursing education Pimpri Pune.

Population

The population of the study included ANC mothers of selected area of Dr. D.Y. Patil institute of nursing education Pimpri Pune.

Sample

In the present study the samples ANC mothers of selected areas of Dr. D.Y. Patil institute of nursing education Pimpri Pune.

Sample size

The sample size consisted of 60 Sample who were working in maternity and gynaecological wards of selected hospital.

Sampling Technique:

The sampling technique used in this study was non probability convenient sampling was used for this study.

Inclusion Criteria:

1. ANC mothers currently at our hospital.
2. Sample who are willing to participate in this study.

Exclusion Criteria:

1. Participants who aren't willing to participate.
2. Anything that hinders samples from participating.

DESCRIPTION OF THE TOOL

The structured knowledge questionnaire consists of 2 sections.

1. Demographic data –

It includes the demographic data i.e. Age, Number of Children, Education, Religion.

2. Questionnaire-



This section includes the structured questionnaire regarding Prevention of vaginal candidiasis. Total of 14 questions were selected for the questions. Knowledge levels were scored as;

Poor Knowledge : (1 - 4)

Average Knowledge : (5 - 9)

Good Knowledge : (10 - 14)

RELIABILITY

Reliability was assessed using test-retest method. Pre-test and post-test method of reliability was done. Pearson's correlation coefficient was found to be

PILOT STUDY

Pilot study was conducted from 16.05.2024 to 22.05.2024 in the OPD of Dr. D.Y. Patil Hospital and research centre.

3. Results

Table 1: Description of samples (ANC mothers) based on their personal characteristics N=30, 30

Demographic variable	Intervention		Control	
	Freq	%	Freq	%
Age				
18-22 years	7	23.3%	9	30.0%
22-27 years	15	50.0%	18	60.0%
27-33 years	8	26.7%	3	10.0%
Religion				
Hindu	16	53.3%	15	50.0%
Muslim	3	10.0%	4	13.3%
Christian	0	0.0%	0	0.0%
Buddhist	8	26.7%	6	20.0%
Other	3		5	
Number of Children				
Zero	13	43.3%	18	60.0%
One	15	50.0%	10	33.3%
Two	2	6.7%	2	6.7%
Educational Qualification				
No formal Education	0	0.0%	4	13.3%
Primary	9	30.0%	3	10.0%
Secondary	18	60.0%	21	70.0%
Graduation	3	10.0%	2	6.7%
Occupation				
Housewife	16	53.3%	22	73.3%
Self Employed	7	23.3%	5	16.7%
Service	5	16.7%	3	10.0%
Business	2	6.7%	0	0.0%

Above table 1 showed that the intervention group, 50% of them had age 22-27 years, 40% of them were Hindu,

50% of them had one child, 60% of them had secondary education, 30% of them had primary education, 53.3% of them were housewives.

In control group, 60% of them had age 22-27 years, 50% of them were Hindu, 60% of them did not had children, 70% of them had secondary education and 6.7% of them had graduation, 73.3% of them were housewives.

Section II: Analysis of data related to the level of knowledge regarding prevention of vaginal candidiasis among ANC mothers

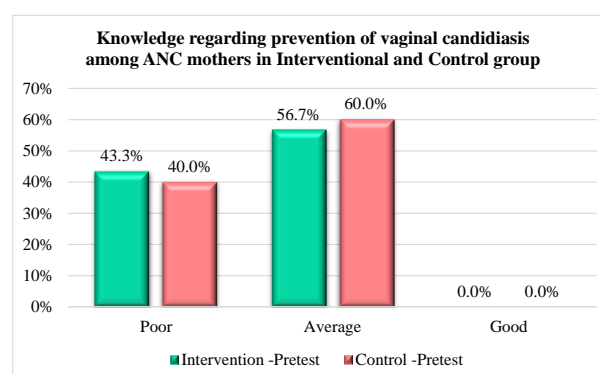


Figure no. 1 showed that the intervention group, 43.3% of the ANC mothers had poor knowledge and 56.7% of them had average knowledge regarding prevention of vaginal candidiasis. In control group, 40% of the ANC mothers had poor knowledge and 60% of them had average knowledge regarding prevention of vaginal candidiasis.

Section III: Analysis of data related to the effect of structured teaching program regarding prevention of vaginal candidiasis on knowledge among ANC mothers.

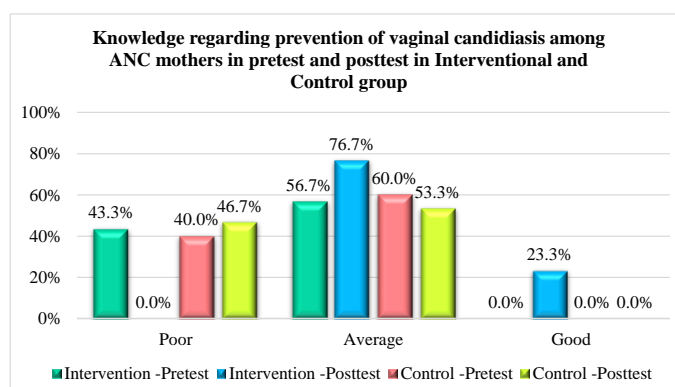




Figure no 2 showed that the in-intervention group, in pretest, 43.3% of the ANC mothers had poor knowledge and 56.7% of them had average knowledge regarding prevention of vaginal candidiasis. In posttest, 76.7% of the ANC mothers had average knowledge and 23.3% of them had good knowledge regarding prevention of vaginal candidiasis.

In control group, in pretest, 40% of the ANC mothers had poor knowledge and 60% of them had average knowledge regarding prevention of vaginal candidiasis. In posttest, 46.7% of the ANC mothers had poor knowledge and 53.3% of them had average knowledge regarding prevention of vaginal candidiasis. This indicates that knowledge among ANC mothers improved remarkably after structured teaching program.

Table 2: Paired t-test for the effect of structured teaching program regarding prevention of vaginal candidiasis on knowledge among ANC mothers

N=30

	Mean	SD	T	Df	p-value
Pretest	5.2	1.6	8.97	29	0.000
Posttest	8.4	1.6			

Researcher applied Paired t-test for the effect of structured teaching program regarding prevention of vaginal candidiasis on knowledge among ANC mothers. Average knowledge score in pretest was 5.2 which increased to 8.4 in posttest.

T-value for this test was 8.97 with 29 degrees of freedom. Corresponding p-value was small (less than 0.05), the null hypothesis is rejected. It is evident that the knowledge among ANC mothers improved significantly after structured teaching program regarding prevention of vaginal candidiasis.

Table 3: Two sample t-test for the comparison of the knowledge gain among ANC mothers in intervention and control group

N=30, 30

Group	Mean	SD	T	df	p-value
Intervention	3.18	1.94	5.94	58	0.000
Control	-0.05	2.26			

Researcher applied two sample t-test for the effect of structured teaching program regarding prevention of vaginal candidiasis on knowledge among ANC mothers. Average knowledge gain in intervention group was 3.18 which was - 0.05 in control group.

T-value for this test was 5.94 with 58 degrees of freedom. Corresponding p-value was small (less than 0.05), the null hypothesis is rejected. Knowledge gain in intervention group was significantly higher than that in control group. It is evident that the knowledge among ANC mothers improved significantly after structured teaching program regarding prevention of vaginal candidiasis.

Table 4: Fisher's exact test for the association of knowledge about vaginal candidiasis with selected demographic variables

N=60

Demographic variable	Knowledge		p-value
	Poor	Average	
Age	18-22 years	8	0.683
	22-27 years	12	
	27-33 years	5	
Religion	Hindu	10	0.186
	Muslim	2	
	Buddhist	9	
	Other	4	
Number of Children	Zero	13	0.849
	One	11	
	Two	1	
Educational Qualification	No formal Education	1	0.45
	Primary	3	
	Secondary	18	



	Graduation	3	2		
Occupation	Housewife	15	23	0.128	
	Self Employed	3	9		
	Service	6	2		
	Business	1	1		

Table no 4 showed that the since all the p-values were large (greater than 0.05), none of the demographic variables was found to have significant association with the knowledge regarding prevention of vaginal candidiasis among ANC mothers.

4. Discussion

A study done in Mwanza, Tanzania in which researchers aimed to identify patterns of *Candida* spp. causing vaginal infection and linked factors among pregnant women attending antenatal clinics in Mwanza, Tanzania. Out of 300 non-repetitive swabs, 65.6% showed positive growth of *Candida* spp. Douching practices, history of antibiotic use and low socioeconomic status was linked with *Candida* vaginitis. A strain called *Candida albicans* was the main cause of vaginitis in pregnant women showed in the results of the study done in Mwanza, Tanzania.⁹

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