

# A Study to Assess the Knowledge of Staff Nurses Regarding Prevention and Management of Perineal Tear During Normal Delivery at Clean Labor Room (CLR) at Mahila Chikitsalaya of Jaipur

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## Abstract:

**Introduction:** "A nice clean cut is better than a jagged tear"

Perineal Tear during childbirth is very common, occurring in about 40% of women during their first birth and about 20% in subsequent births. Any laceration involving more than the perineal skin and the subcutaneous tissue must be regarded as an obstetric complication. Severe perineal tears which involve the anal sphincters and the rectal mucosa are identified in 0.6-0.9% of vaginal deliveries. Genital Tear during childbirth can occur either spontaneously as a laceration or intentionally as an episiotomy. Rates of Tear are estimated between 30% and 85% of childbearing women and can lead to significant short-term and long-term morbidity, such as perineal pain, incontinence, sexual problems, and varying degrees of functional impairment. Hence, it is very necessary to educate the pregnant females about the perineal tear.

**Materials and Methods:** The research design selected for the present study was a non-experimental descriptive research design. The study was conducted at Mahila Chikitsalaya Jaipur attached to Sawai Man Singh Medical College, Jaipur. the population consists of staff nurses working in Clean Labor Room at Mahila Chikitsalaya Jaipur attached to Sawai Man Singh Medical College, Jaipur. The present study was conducted among 30 staff nurses working in the Clean Labor Room at Mahila Chikitsalaya, Jaipur. Purposive sampling technique was used to select 30 staff nurses working in Clean Labor Room at Mahila Chikitsalaya, Jaipur. The sample size of a total of 30 staff nurses working in the Clean Labor Room at Mahila Chikitsalaya Jaipur.

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

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

**Keywords:** Assess; Knowledge; Staff Nurses; Prevention and Management; Perineal Tear :Normal Delivery

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## Objectives of the study are

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

## Hypothesis

- H1: There is a significant association between the knowledge scores of nurses in terms of perineal tear and selected demographic variables.
- H0: There is no significant association between the knowledge scores of nurses in terms of perineal tear and selected demographic variables.

## Introduction:

"A nice clean cut is better than a jagged tear" Perineal Tear during childbirth is very common, occurring in about 40% of women during their first birth and about 20% in subsequent births. Any laceration involving more than the perineal skin and the subcutaneous tissue must be regarded as an obstetric complication. Severe perineal tears which involve the anal sphincters and the rectal mucosa are identified in 0.6-0.9% of vaginal deliveries. Genital Tear during childbirth can occur either spontaneously as a laceration or intentionally as an episiotomy. Rates of Tear are estimated between 30% and 85% of childbearing women and can lead to significant short-term and long-term morbidity, such as perineal pain, incontinence, sexual problems, and varying degrees of functional impairment. Hence, it is very necessary to educate the pregnant females about the perineal tear.

## Materials & Methods:

**Research design:** The research design selected for the present study was a non-experimental descriptive research design. Keeping in view the objectives of the study, the investigator assesses the knowledge regarding the prevention and management of perineal tear during normal delivery among staff nurses at Mahila Chikitsalaya of Jaipur.

**Population:** In the present study, the population consists of staff nurses working in Clean Labor Room at Mahila Chikitsalaya Jaipur attached to Sawai Man Singh Medical College, Jaipur.

**Sample:** The present study was conducted among 30 staff nurses working in the Clean Labor Room at Mahila Chikitsalaya, Jaipur.

**Sampling technique :** Purposive sampling technique was used to select 30 staff nurses working in Clean Labor Room at Mahila Chikitsalaya, Jaipur.

**Sample size:** The sample size of a total of 30 staff nurses working in the Clean Labor Room at Mahila Chikitsalaya Jaipur.

**Setting of the study:** "Setting" refers to the area where the study is conducted. Quantitative researchers deliberately strive to study their phenomenon in a variety of natural contexts. The study was conducted at Mahila Chikitsalaya Jaipur attached to Sawai Man Singh Medical College, Jaipur.

**Data collection Technique and Instrument:** The present study aimed to assess the knowledge of staff nurses regarding the prevention and management of perineal tear during normal delivery at Mahila Chikitsalaya, Jaipur, and the development of the tool. Although the investigator is accustomed to asking questions, the proper phrasing of questions in a research study is a delicate task.

Pre-planned set of questions designed to yield specific information to meet a particular need for research information about a pertinent topic. The research information is attained from respondents normally from a related interest area. The dictionary definition gives a clearer definition.

Review of research and non-research literature was conducted in the area related to perineal tear. Opinions and suggestions were taken from experts, which helped in determining the important areas to be included. This was done with the help of literature review and advice from experts.

## Description of the tool

**Section A:** This is the first part of the structured knowledge questionnaire, seeking information on the demographic variables of the staff nurses working at Mahila Chikitsalaya Jaipur.

**Section B:** The Structured knowledge questionnaire consists of three parts:

**Part I:** This is the first part of the structured knowledge questionnaire, which consists of questions assessing the knowledge of staff nurses about the concept of perineal tear

**Part II:** This is the second part of the structured knowledge questionnaire, which consists of questions assessing the knowledge of staff nurses about the prevention of perineal tear.

**Part III:** This is the third part of the structured knowledge questionnaire, which consists of questions assessing the knowledge of staff nurses about the management of perineal tear.

There are a total of 30 questions in the structured knowledge questionnaire, in which 11 questions are related to the concept of perineal tear, 6 questions are related to the prevention of perineal tear, 13 questions are related to the management of perineal tear and 10 questions are related to the socio-demographic variables of the staff nurses.

The score for a correct answer was “1” and for the wrong answer was “0.” The scores range from a minimum of 0 to a maximum score of 30. The levels of knowledge have been classified as follows:

- Poor- <50%
- Average- 51%-65%
- Good- >65%

## Results

Staff nurses were in the area of management of perineal tear with 1.68 SD. The overall knowledge score of staff nurses was 22.40 mean, 74.66% mean percentage, 22 median with 2.91 SD.

## Conclusions

Staff nurses were in the area of management of perineal tear with 1.68 SD. The overall knowledge score of staff nurses was 22.40 mean, 74.66% mean percentage, 22 median with 2.91 SD.

On the basis of the results, it can also be concluded that the knowledge level of staff nurses was significantly associated with demographic variables like educational qualification, work experience, experience in the labor room, and previous knowledge because here the calculated value was more than tabulated value. Some demographic variables like age and gender were not significantly associated with a level of knowledge.

Nursing implications: The findings of the study have implications for the field of nursing practices, nursing education, nursing research and nursing administration.

**Nursing practice:** Nursing is an art and science. As a science, nursing is based upon a body of knowledge that is always changing with new discoveries and innovations. When nurses integrate the science and art of nursing into their practice, the quality of care provided to the patients is at a level of excellence that benefits patients in numerous ways. They are the key person on the health team, who plays a vital role in the promotion and maintenance of health. They can identify the problems as early as possible and provide need-based care to promote optimum help in providing for the patient's needs.

The present study has revealed the gap between the knowledge of perineal tear and the prevention of perineal tear during normal delivery. This indicates that there is a great scope for patient teaching in this area.

**Nursing education:** Education is the key component to updating and improving the knowledge and attitude of an individual. In the present scenario, knowledge regarding the prevention of perineal tear to prevent future complications is deficient among staff nurses and is still on the path of expansion. Health teaching is one of the areas in which nurses need preparation and practice with component role models because it involves transmitting information at the prevention of perineal tear during normal delivery.

Hence there is a need to include these components into the entire educational curriculum Awareness programmes and other teaching programmes will be conducted to aware the staff nurses of the importance or prevention of perineal tear during normal delivery. So that life and complications can be saved.

**Nursing administration:** Nurse administrators should identify prevailing health problems, and demands and organize in-service education programs for the nurse working in various departments. This will enhance their

ability to identify the learning needs of the clients' people, in planning and conducting an educative program for the prevention of perineal tear. Health administrators can develop certain policies concerning periodic surveys to identify the perineal tear importance of prevention of perineal tear, to conduct education and innovative methods of teaching should be encouraged to be aware of the knowledge of staff nurses related to perineal tear.

**Nursing research:** Research should be directed toward exploring and updating staff nurses' knowledge, and ability regarding the prevention and management of perineal tear to provide quality nursing care. Nursing research should be conducted to prepare various education materials for staff nurses who are facing the risk of perineal tear.

### **Limitations**

The study was limited to:

1. Staff nurses working in Mahila Chikitsalaya Hospital, Jaipur.
2. Staff nurses who are willing to participate in the research study.
3. Staff nurses who will be present at the time of study.

### **Recommendations**

- A study can be replicated on a larger sample thereby findings can be generalized for a larger population.
- A comparative study can be conducted to evaluate the effectiveness of the planned teaching programme.
- A similar study can be conducted in a community setting.
- An experimental study can be undertaken with control group.

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**Conflict of Interest:** There are no conflicts of interest

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