



EFFECTIVENESS OF AN AWARENESS PROGRAM ON KNOWLEDGE REGARDING RESPECTFUL MATERNITY CARE (RMC) AMONG STUDENTS OF SELECTED NURSING COLLEGES.

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ABSTRACT

Background: Women's maternal health is crucial during pregnancy, labor, and the postpartum period. Antenatal care (ANC), delivery care, and postnatal care (PNC) services are all part of maternal health care. Because effective maternal health care services can save the lives of millions of women in the reproductive age group, maternal health has grown to be a global priority. Maternal mortality remains high in the majority of developing nations despite efforts to improve maternal health care services. Around 800 women die each day from pregnancy- and childbirth-related avoidable causes, and developing nations account for 99% of all maternal deaths. **Objectives:** 1. To assess the knowledge regarding Respectful Maternity Care (RMC) among students of selected Nursing colleges. 2. To assess the effectiveness of an awareness program on knowledge regarding Respectful Maternity Care (RMC) among students of selected Nursing colleges, and 3. To associate the study findings with selected demographic variables. **Study Design:** Pre-experimental one group Pre-test Post-test design. Place and duration of the study: This study will be conducted in selected Nursing colleges in Nagpur, Maharashtra, India. The duration of the study will be one month. **Methodology:** The participant's will be 110 Students of Nursing colleges, selected by non-probability convenience sampling technique. Investigator will visit the research area and get the necessary permission from the concerned authorities. Investigator will obtain the consent from subjects and pre-test will be administered. Awareness program will be administered to study subjects. Investigator will conduct post-test on 7th day. **Expected Results:** Practice of RMC will be improved during child birth. **Limitations:** Study is limited to Nursing students from Nursing colleges, in Nagpur. **Conclusion:** An awareness program will be effective in improving knowledge regarding Respectful Maternity Care among students of selected Nursing colleges.

KEYWORDS : Respectful maternity care, awareness program, knowledge, Disrespect & Abuse

INTRODUCTION

"Giving birth should be your greatest achievement not your greatest fear"

-Jane Weideman

One of a woman's most wonderful and memorable experiences is giving birth. Whether the child is the first, second, or third does not actually matter. Every experience is distinct and deserves to be celebrated. Respectful Maternity Care (RMC) – which refers to care organized for and provided to all women in a manner that maintains their dignity, privacy and confidentiality, ensures freedom from harm and mistreatment, and enables informed choice and continuous support during labor and childbirth (WHO 2018).^[1] Domains of Disrespect & Abuse are physical abuse, non-consented care, non-confidential care, detention in the facility, denial of care, discrimination^[2] The RMC Charter: Universal Rights of Mothers and Newborns, which clarifies and concisely outlines the rights of women and newborns while receiving maternity care within a healthcare facility, was developed by the Global RMC Council, a large group of stakeholders representing research, clinical, human rights, and advocacy perspectives.^[3] The RMC Charter tackles the problem of disrespect and abuse against mothers and infants receiving maternity and newborn care services and offers a framework for improvement by:

- Raising awareness for women's and newborn's human rights guarantees that are recognized in internationally adopted United Nations and other multinational declarations, conventions and covenants;
- Highlighting the connection between human rights guarantees and healthcare delivery relevant to maternal and new born healthcare;
- Increasing the capacity of maternal, new born and child health advocates to participate in human rights processes;
- Aligning women's demand for high-quality maternal and

new born care with international human rights law standards;

- Providing a foundation for holding governments, the maternity care system and communities accountable to these rights;

Supporting healthcare workers in providing respectful care to women and new born and creating a healthy working environment.^[3] The provision of RMC is in line with an effort to lower maternal morbidity and death that is founded on human rights. RMC could reduce health disparities and enhance women's labour and delivery experiences. The effectiveness of treatments to increase RMC or lessen abuse of women during labour and delivery is not well supported by available data. Reducing mistreatment and enhancing women's experiences of care necessitates interventions at the interpersonal level between a woman and her health care providers as well as at the level of the health care facility and the health system due to the complex drivers of mistreatment during facility-based childbirth. To guarantee that care is responsive to women's needs and preferences in all contexts and locations, effective communication and interaction among health care professionals, health service managers, women, and representatives of women's groups and women's rights movements is vital.^[4] Women have been encouraged to give birth in medical facilities for the past 20 years in order to guarantee access to trained medical personnel and prompt referral should the need for additional care arise. Yet, receiving care during labour and delivery in a hospital may not ensure high-quality care. In many institutional settings around the world, especially for impoverished people, disrespectful and undignified treatment is common. This not only violates their human rights but also poses a significant obstacle to getting intrapartum care services. Additionally, the prevalent intrapartum care model, which allows the healthcare professional to direct the birthing process, may

subject otherwise healthy pregnant women to needless medical interventions that disrupt the physiological process of labour.⁽¹⁾

Objectives:

1. To assess the knowledge regarding Respectful Maternity Care (RMC) among students of selected Nursing colleges.
2. To assess the effectiveness of an awareness program on knowledge regarding Respectful Maternity Care (RMC) among students of selected Nursing colleges, and
3. To associate the study findings with selected demographic variables.

Hypothesis

H₀-There is no significant difference between pre-test and post-test knowledge score of an awareness program regarding Respectful Maternity Care (RMC) among students in selected Nursing colleges.

H₁-There is significant difference between pre-test and post-test knowledge score of an awareness program regarding Respectful Maternity Care (RMC) among students in selected Nursing colleges.

MATERIALS AND METHODS

Study Design : Pre-experimental one group Pre-test Post-test design

Study Setting: Selected Nursing colleges in Nagpur, Maharashtra, India.

Study population: The population will be Students of Nursing colleges

Sample : Students of Nursing colleges

Sampling technique : Non-probability convenience sampling technique

Sample Size calculation : 110

It is estimated based on percentage (%) effectiveness of an awareness program on RMC reported in published article⁽⁵⁾ with following assumptions-

1. Percentage (%) of effectiveness of awareness program on RMC = 58.91%
2. Absolute precision, d = 10%
3. Desired confidence level (1 - α) % = 95%
4. Required sample size is 93 without dropout
5. Required sample size with 10% dropout is 115

$$\text{Formula, } n = [Z_{1-\alpha/2}^2] [p(1-p)] / d^2$$

where,

p = Percentage (%) of effectiveness

d = absolute precision

Z_{1- α /2} = 1.96 for 95% confidence level

Sampling technique: Non-probability convenience sampling technique

• Inclusion criteria

1. Students of selected nursing colleges in a city of central India
2. Students who are willing to participate in the study.
3. Students who are present during the time of data collection.

• Exclusion criteria

- Students who having previous knowledge regarding Respectful Maternity care.
- Students who are not willing to participate.
- Students who are not present during time of data collection.

Data Collection Tool:

Section A: Demographic data

Section B: Self structured questionnaire on knowledge regarding Respectful Maternity care.

Description Of Intervention:

The intervention is an awareness program on knowledge regarding RMC among Nursing Student. An awareness program is in the form of awareness program are teaching program that specifically meant to get acknowledge about specific topic. The lectures cover the concepts of RMC and type of disrespect and abuse the women faced in health care facilities during childbirth. How to overcome these problems and making aware healthcare professional about the rights of maternity.

Development of lesson plan on RMC. Teaching was developed for Nursing students. The steps adopted in the development of the lesson plan were:

- Through a review of relevant published literature and websites on various aspects of RMC.
- Preparation of the first draft of the planned teaching.
- Content validation of the planned teaching.
- Preparation of the final draft of the planned teaching.

The areas covered in the awareness were:

- Definition of RMC.
- Concept of RMC.
- Domains of D&A.
- Components of RMC.
- Rights of maternity.
- Steps to overcome disrespect and abuse.

Method Of Data Collection (main Study)

It is a precise systematic gathering of information relevant to the research purpose or the specific objective, or hypothesis of a study. The procedure for collecting data is not a mechanical process that can be carefully planned prior to initiation.

Data was collected from 9/10/2023 to 15/10/2023. The study has conducted only after the approval of Institutional Ethical Committee (IEC). Investigators was visited the research area and obtain the necessary permission from the concerned authorities. Nursing students who fulfil inclusion criteria was assigned to the study. Written informed consent was taken from the participants. Each participant was received a code number and self-administered questionnaires. A self-administered questionnaire was used to obtain information on the socio-demographics of participants. Thereafter, baseline knowledge was assessed. Ensuring proper spacing of participants in research studies is a common practice to minimize the potential for copying or sharing information during data collection. This approach helps maintain the integrity and validity of the study results. Thereafter, Investigator introduce an awareness program on knowledge regarding RMC was given to Nursing students. After seven days post-test was conducted.

Validity over the questionnaire were established for build up through both the construct & content manner to seek for the results what has intended purposely for the inferences & conclusion to measure. Reliability of the questionnaire was calculated by using appropriate statistical test.

Plan For Data Analysis

The data obtained was planned to be analysed based on the objectives and hypothesis of the study using descriptive and inferential statistics.

To compute the data, a master data sheet was prepared by the investigator. Data collected was analysed in the following steps,

- Data were organized in a master sheet.
- The frequencies and percentages for the analysis of demographic variables.
- Mean, mean score percentage, and standard deviation of pre-test and post-test score.

- Paired "t" test to determine the significance of the difference between:
- Mean pretest score and mean post-test score.
- Mean gain of knowledge score before and after administration of awareness.

Expected Outcome

There may be significant difference between pre-test and post-test knowledge score regarding Respectful Maternity Care (RMC) among nursing students.

DISCUSSION

The majority of the subjects were unmarried Hindu females, belonging to the age group of 18-21 years, dwelling in urban areas, and currently enrolled in either diploma or degree Nursing courses. The pretest knowledge score had a mean of 10.93 ± 5.37 (43.74 \pm 21.50 %), which experienced an increase in the post-test with a mean of 19.84 ± 4.23 (79.38 \pm 16.94 %) out of a total score of 25, reflecting a significant increase of 8.90 ± 6.80 in knowledge score. This showcases a substantial improvement of approximately 36% in their knowledge. This is also supported by the fact that in the post-test, the majority of the subjects had 'Excellent' level of knowledge as compared to the pre-test where the majority was constituted by subjects having 'Average level of knowledge in this study. The present study's findings are further substantiated by those of Vijay Laxmi^[6], Ayushi Sharma^[7], and Reham Khresheh et al.^[5]. These studies sought to determine the effectiveness of awareness programs concerning RMC. Following such programs, they have reported a significant increase in the post-test scores and similar improvement in knowledge levels. The positive outcomes observed in these studies, thus support the substantial increase in the knowledge of RMC observed in the present study.

The findings of the present study also show that the awareness program was effective in enhancing the knowledge regarding RMC among the Nursing students ($t=13.72$, $p=0.0001$ at $df=109$) which is higher than as reported in the study by Vijay Laxmi^[6] and Ayushi Sharma^[7]. The results from both these studies emphasize the efficacy of awareness programs in enhancing the knowledge, particularly in the specific domain of RMC. This further strengthens the case for the effectiveness of awareness programs in enhancing the knowledge of Nursing students regarding RMC.

Among the demographic variables assessed, the present study observed significant association between 'Age' ($F=5.10$, $p=0.002$ at $df=3$, 106) and 'Residence' ($t=3.42$, $p=0.0021$ at $df=108$) of Nursing students with their post-test knowledge scores. The association with age could be explained by the fact that as age advances the maturity level also increases with awareness in various fields or/and exposure to any short-term courses before enrolling to Nursing courses. The association with age and post-test knowledge scores has also been reported in a cross-sectional study by Pooja Yadav et al^[8]. Along the same lines, the association with residence could be attributed to factors such as rapidity of technological advancements, their easy availability, and accessibility to those residing in urban areas as compared to those residing in rural areas.

CONCLUSION

After the detailed analysis, the study leads to the following conclusions:

Following an awareness program, a significant improvement in knowledge levels regarding RMC was observed among the Nursing students in this study.

Consent and Ethical Approval

The study protocol is approved by Institutional Ethical Committee (IEC, GMC Nagpur no. 1782/ 5-4-2023). Prior

permission will be obtained from concerned authority to conduct study. Informed written consent was obtained from each subject. Confidentiality and anonymity of subjects will be maintained. Subjects will be protected from all types of harms. Freedom to withdraw from the study at any point of time will be assured.

Conflict of interest- The authors declared no conflict of interest.

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