A STUDY TO EVALUATE THE EFFECTIVENESS OF NURSING INTERVENTION ON KNOWLEDGE, COMPLIANCE WITH STRATEGIES TO CONTROL PIH AND PERINATAL OUTCOME OF PREGNANT WOMEN WITH PREGNANCY INDUCED HYPERTENSION IN SELECTED HOSPITALS, BANGALORE.

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ABSTRACT

Background of the study: Hypertension is one of the common medical complications of pregnancy and contributes significantly to maternal and perinatal morbidity and mortality. Most
of the complications, related to pregnancy induced hypertension are occurring due to maternal negligence or unawareness on the disease and its management. Self-care offers a real potential for improving their health status, and thus to prevent the severe form of PIH at a deteriorating health. The majority of deaths related to hypertensive disorders can be avoided by providing timely and effective care to women presenting with such complications. Thus optimization of health care for women during pregnancy to prevent and treat hypertensive disorders of pregnancy is a necessary step towards achievement of the Millennium Development Goals. Present study aimed to assess the effectiveness of Nursing Intervention Package on knowledge, compliance strategies to control PIH and perinatal outcome among pregnant women with pregnancy induced hypertension.

**Methods:** Non equivalent quasi experimental post test only design with control group. This study was conducted in St. Martha’s Hospital and Sree Krishna Sevasharma Hospital Bangalore. Samples were pregnant women with pregnancy induced hypertension and who fulfilled the eligibility criteria. Totally 166 samples were selected by using purposive sampling technique 82 subjects were participated in control group and 84 were participated in experimental group. Experimental group was exposed to Nursing Intervention Package which was detailed description regarding pregnancy induced hypertension and preventive measures. Knowledge, compliance strategies to control PIH and perinatal outcome this includes maternal and fetal outcome were main outcome variables. All the data were analyzed using SPSS 16.0 version. Significance for all analyses was set at p< 0.05 level.

**Results:** Increased knowledge level, compliance strategies score and favourable perinatal outcome showed that the Nursing intervention package was effective. (For knowledge t value 20.654 p = .001 <0.05, compliance strategies t value = 12.680 p= .001<0.05, peinatal outcome, Maternal outcome $\chi^2= 9.815$ p= .002<0.05, fetal outcome $\chi^2=7.808$ p= .005 <0.05).There was a positive correlation between knowledge and compliance $r= 0.643$ which was significant at 0.05
level \( p = 0.001 \). There was a relationship between compliance and maternal outcome in control and experimental group, the calculated \( p \) values respectively 0.027 and 0.023 which was significant at 0.05 levels. Chi square was used to find the association. There was no association between demographic variables and knowledge, compliance in both the groups. Association was found between family history of hypertension and maternal outcome \( p = 0.049 \) and fetal outcome \( p = 0.024 \) in control group. There was an association between family history \( p = 0.009 \), BMI \( p = 0.000 \) with maternal outcome. There was an association between fetal outcome and BMI \( p = 0.000 \), family history of hypertension \( p = 0.031 \) and previous history of hypertension \( p = 0.003 \) in experimental group.

**Conclusion:** Self-care would be the most effective and appropriate approach to enhance both maternal and foetal well being, as well as the successful outcome of pregnancy. There is a need creating awareness among antenatal mothers regarding importance of consuming calcium rich diet, adding more vegetables and fruits, avoiding salty, add needed salt in the food, and educating about monitoring maternal and fetal wellbeing. Nurses have more responsibility on creating knowledge among antenatal mothers by facilitating distribution of booklets, handouts, charts, regularly to all out patient department of hospitals health clinics in rural and urban and they can conduct workshops and camps regarding pregnancy induced hypertension in hospital setup in order to create awareness positive attitude towards antenatal care and to have favorable pregnancy outcome.

**Keywords:** Pregnancy induced hypertension, compliance strategies, perinatal outcome, maternal outcome and fetal outcome.