

**EVALUATE THE EFFECTIVENESS OF INFORMATION, EDUCATION
AND COMMUNICATION PACKAGE ON KNOWLEDGE AND
KNOWLEDGE ON PRACTICE REGARDING SELF CARE
AMONG MOTHERS WITH GESTATIONAL DIABETES
MELLITUS IN SELECTED MATERNITY
HOSPITAL AT TRICHY.**

By

Ms.S.JACINTA

Reg. No: 30106223

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FOR THE DEGREE OF MASTER OF
SCIENCE IN NURSING
(OBSTETRICS AND GYNECOLOGICAL NURSING)**

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CERTIFICATE

Certified that this is the bonafied work of **Ms.S.Jacinta**, Final year M.Sc (Nursing) student of Sara Nursing College, Dharapuram, Submitted in partial fulfillment of the requirement for the Degree of Master of Science in Nursing to The Tamil Nadu Dr. M. G. R. Medical University, Chennai, under the Registration No. **30106223**

College Seal:

Signature:

PROF. M. KANDASAMY, M.Sc (N)., (Ph.D).,

PRINCIPAL,

SARA NURSING COLLEGE,

DHARAPURAM-638673

TIRUPPUR (DT).

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Approved by the Dissertation Committee on: 02.02.2012

Signature of the research Guide.....

Prof. M. Kandasamy, M.Sc (N)., (Ph.D).,
Principal,
Sara nursing college,
Dharapuram-638673
Tirupur (Dt).

Signature of the Clinical Speciality Guide

Mrs.R. Mary Sumathi,M.Sc(N)
Reader,
HOD of Obstetrics and gynecological Nursing,
Sara Nursing College,
Dharapuram- 638673.

Signature of the Medical Expert

Dr.Mallika Swaminathan,MBBS,DGO
Obstetrician Gynaecologist
Janani hospital
Dharapuram
Tirupure Dt.

Signature of the Internal Examiner
with Date

Signature of the External Examiner
with Date

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ABSTRACT

A study to evaluate the effectiveness of Information, Education and Communication package on knowledge and knowledge on practice regarding self care among mothers with gestational diabetes mellitus in selected maternity hospital at Trichy District.

The present study was conducted in Pankajam hospital and Jagatha hospital at Trichy District. Pre-experimental one group pretest posttest design was used for this study. Permission was obtained from the medical superintendent and data collection was done over a period of 4 weeks. The investigator had selected 30 mothers with gestational diabetes mellitus through convenience sampling technique. Oral consent was obtained. Pretest was done on day first with structured knowledge questionnaire to assess the level of knowledge and check list was used to assess the level of knowledge on practice. Then Information, Education and Communication package was administered to the subjects with video clippings, Pamphlet and demonstration for 20 minutes. The posttest knowledge and knowledge on practice of the subjects were assessed after 15 days with the help of same questionnaire. Descriptive and inferential statistics were used to analysis the findings of the study.

There was significant difference found ($P < 0.05$) on knowledge and knowledge on practice. The mean knowledge score during pre test was $10.4(\pm 2.26)$ and post test was $18.9(\pm 1.46)$, the mean score of knowledge on practice during pre test was $3.56(\pm 1.28)$ and post test was $8.2(\pm 1.166)$. There was a positive correlation found between post test level of knowledge score and knowledge on practice score ($r = 0.9$).

There was a significant association found ($P < 0.05$) between the selected demographic variables such as mothers age, educational status, place of residence, age at marriage, number of children, antenatal check up, previous history of abortion, treatment for gestational diabetes mellitus with posttest level of knowledge. There was a significant association found ($P < 0.05$) between educational status, antenatal check up, family history of diabetes mellitus, treatment for gestational diabetes mellitus with posttest level of knowledge on practice.

It is concluded that Information, Education and Communication Package is an effective tool in creating awareness to all antenatal mothers which bring down the maternal mortality and also prevents the maternal and fetal complications.