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Effectiveness of child birth education on labour outcomes among antenatal mothers in a selected rural hospital in South IndiaMrs. Jayasankari. S¹, Dr. Rebecca Samson², Dr. Navaneetha.M³ Dr. Mary Daniel⁴

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Introduction: Child birth preparation classes are a forum to help the pregnant woman to get information and support and to find their comfort zone after exploring various aspects of pregnancy, labour and child birth, empowers women and increases the possibility of a positive birth experience.

Objectives: To compare the difference in the level of Knowledge on child birth among antenatal mothers between the experimental group and control group. To compare the labour outcomes among antenatal mothers between the experimental and control group of Antenatal Mothers.

Methods: True Experimental- Post test only- control group design was adopted. 30 primipara women with 32- 34 weeks of gestation were registered as participants. Antenatal mothers who have absolute contraindication for vaginal delivery were excluded. The experimental group had 3 sessions of Child birth education while the control group had followed routine care.

Major findings: There was statistically significant difference between pre and post test knowledge scores in experimental group at $p < 0.001$. In experimental group all the mothers had normal vaginal delivery. In control group 3 (20%) of them underwent caesarean section, 5(33%) had forceps delivery and 2 (13%) of them had vacuum delivery. In control group, 13(86.6%) had neutral experience where as all 15 (100%) of them had positive experience in experimental group. In experimental group the maternal infant bonding among the dyads was high for 13 (86%) primipara women but in control group it was poor for 12(80%) primipara women and the difference was found to be highly significant 16.541 at $P < 0.001$.

Conclusion: The child birth education was effective in reducing the anxiety levels of the parturient women, gives them confidence and they were able to cope up smoothly with the events of child birth, less interventions during intrapartum period and exhibit high levels of maternal and infant bonding.

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Biography

Jayasankari S started her career from College of Nursing, Ambillikai, South India in 1997. She did her post graduation in 2005. She had 20 years of experience as Nurse educator in various cadre positions in Tamilnadu, Kerala and Pondicherry. She is now pursuing Ph.D Nursing in MAHER University, Chennai, Tamilnadu. Presently she is the Vice Dean, Professor cum HOD at College of Nursing, Pondicherry Institute of Medical Sciences, Puducherry, South India. She had been always appreciated for her teaching and collaborative skills by the students, peers and the higher officials. She has presented 19 papers in various Regional, National and International conferences, published 9 papers in peer reviewed National Journals. She has guided many post graduate Nursing Students and 7 batches of Undergraduate Nursing students for their research projects.

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