IJNRD.ORG ISSN : 2456-4184
INTERNATIONAL JOURNAL OF NOVEL RESEARCH AND DEVELOPMENT (IJNRD) | IJNRD.ORG
An International Open Access, Peer-reviewed, Refereed Journal

A STUDY TO ASSESS THE EFFECTIVENESS BY PLANNED HEALTH EDUCATION ON ANTICONVULSANT DRUG AMONG ANTENATAL MOTHERS AT SELECTED HOSPITAL SMVMCH

DR. P. MANIMEGALAI [1], R. RAJAMOHAN [2]

[1]**Associate Professor in Department of Obstetrics & Gynaecological nursing, SMVNC, Puducherry**

[2]**B.Sc., (Nursing)-IV Year, Sri Manakula Vinayagar Nursing College, Puducherry**

ABSTRACT:

Introduction: Anticonvulsant drugs, also known as antiepileptic drugs or AEDs, are medications used primarily to treat epilepsy, a condition characterized by recurrent seizures. However, these medications have important implications in the context of antenatal care, which refers to the medical attention given to pregnant women. **Objectives of the study**: The main objective of the study to assess the effectiveness by planned health education on anticonvulsant drugs among antenatal mothers. **Methodology:** The research approach used for this study was quantitative research approach. A pre-experimental design was adopted for this present study. By using convenient sampling technique, 30 antenatal mothers were selected for the present study. **Results:** The present study reveals that in pre- test level of knowledge, majority 24 (80%) of them had inadequate knowledge, 5 (16.7%) of them had moderate knowledge and 1 (3.3%) of them had adequate knowledge. In post-level of knowledge, majority 15 (50%) of them had adequate knowledge and 15 (50%) of them had moderate knowledge on anticonvulsant drugs among antenatal mothers. **Conclusion:** The study findings concluded that after the intervention the post-test level of knowledge showed majority of them had adequate knowledge on anticonvulsant drugs among antenatal mothers. There is significance association between educational status with the levels of knowledge of anticonvulsant drugs among antenatal mothers where ‘p’ value is < 0. 05.

Keywords: Anticonvulsant drugs, Planned health education, Antenatal mother, Epilepsy

INTRODUCTION:

Epilepsy is a neurological disorder affecting women's life cycle, leading to stigma, illness severity, and reproductive decision-making. Anticonvulsant drugs, or AEDs, are used to treat epilepsy, but they have significant implications for antenatal care. Maintaining seizure control is crucial for antenatal mothers, as seizures during pregnancy can pose risks to both the mother and fetus. However, many AEDs carry teratogenic risks, so the choice of medication during pregnancy requires careful assessment.

Pregnancy can alter the pharmacokinetics of AEDs, requiring dosage adjustments and close monitoring. Preconception counseling is essential for women with epilepsy, and a team approach involving neurologists, obstetricians, and pediatricians is necessary. Postpartum management and breastfeeding considerations are also important. In summary, managing epilepsy in pregnancy requires personalized care, careful monitoring, and collaboration among healthcare professionals.

NEED FOR THE STUDY

Epilepsy affects an estimated 60 million people globally, with half of them being women. About one-third of these women are of childbearing age, with a 20-40% lower childbirth rate compared to the general population. The World Health Organization estimates that there are 50 million people living with epilepsy (PWE) worldwide, with 80% of PWE in low- and middle-income countries. In India, 10-12 million PWE live, contributing to almost one-sixth of the disease load. Epilepsy and pharmacotherapy present an increased risk to pregnant women and fetus due to physiological, metabolic, and hormonal changes during pregnancy.

In India, the prevalence estimates range from 3.0 to 11.9/1000 population and incidence from 0.2 to 0.6/1000/year. The burden of epilepsy in India has a high treatment gap, with higher occurrence in males, rural areas, and lower socioeconomic status. In the Bangalore Urban-Rural Neuro-Epidemiological Survey, a prevalence rate of 8.8/1000 was observed, with rural communities having a higher rate. A study on knowledge, risk perception, and reproductive decision-making among women with epilepsy found lower knowledge about the illness, pregnancy, childbearing practices, breastfeeding, and epilepsy-related factors.

STATEMENT OF THE PROBLEM

A study to assess the effectiveness by planned health education on anticonvulsant drug among antenatal mothers at selected hospital SMVMCH

OBJECTIVES OF THE STUDY

- To assess the knowledge on anticonvulsant drugs among antenatal mothers.
- To assess the effectiveness by planned health education on anticonvulsant drugs among antenatal mothers

- To associate the knowledge of anticonvulsant drugs among antenatal mothers with selected demographic variables

RESEARCH METHODOLOGY:

A quantitative research approach and pre-experimental design was selected for the present study. The present study was conducted on 30 antenatal mothers at selected hospitals who meet the inclusion criteria. simple random technique the samples were selected for the present study. The tool consists of demographic variables and structured questionnaires. The data of the study was evaluated by using descriptive and inferential statistics.

MAJOR FINDING

Regarding the age groups, the majority 12 (40%) were in the age group of 18-25 years, 12(40%) were above the age group of 25-30 years and 10(20%) were above the age group of 18-30 years. In the aspect of religion, the data shows majority 23 (76.7%) were Hindu. Regarding education qualification, majority 15 (50%) were graduate, 9 (30%) were completed higher secondary. In the aspect of occupation status majority, 14 (46.7%) were unemployment. With regards to annual income majority, 12 (46.7%) belong to an income below 50000. With regards to type of marriage, the data shows that the majority 18 (60%) were non consanguineous and 12 (40%) were consanguineous. In aspect of history of previous delivery, majority 13 (43.3%) had no previous delivery, 6 (20%) had LSCS, 3 (10%) had induced normal delivery and 8 (26.7) had spontaneous normal vaginal delivery.

RESULTS AND DISCUSSION

The study was conducted study to assess the effectiveness by planned health education on anticonvulsant drug among antenatal mothers at selected hospital SMVMCH. The table 1 reveals the distribution of Level of planned health education. The finding shows that in pre- test level of knowledge, majority 24 (80%) of them had inadequate knowledge, 5 (16.7%) of them had moderate knowledge and 1 (3.3%) of them had adequate knowledge. In post-level of knowledge, majority 15 (50%) of them had adequate knowledge and 15 (50%) of them had moderate knowledge on anticonvulsant drugs among antenatal mothers.

The table 2 shows that the pre-test mean score for the level of knowledge was 11.07, SD 3.11 and the post-test mean score for the level of knowledge was 19.83, SD 2.77. The calculated ‘t’ value was 20.23, and the p-value is 0.001. Hence it is highly significant.

Table 1: Frequency and percentage wise distribution between pre-test and post-test to assess the effectiveness of planned health education on anticonvulsant drug among antenatal mothers N=30

Level of planned health education	Pre-test score		Post-test score	
	f	%	f	%
Inadequate	24	80	0	0
Moderate	5	16.7	15	50
Adequate	1	3.3	15	50
Overall	30	100	30	100

Figure 1: Percentage wise distribution of Level of planned health education on anticonvulsant drug among antenatal mothers

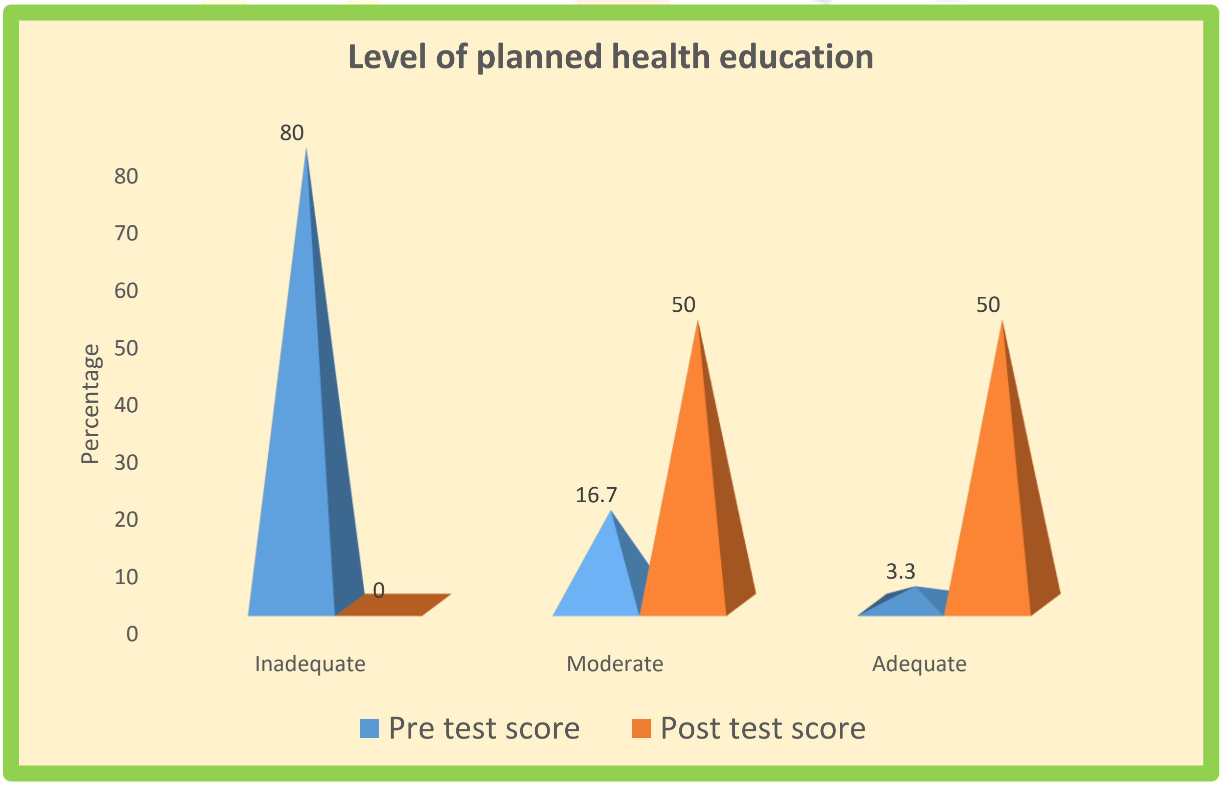

Table 2: Effectiveness of planned health education on anticonvulsant drugs among antenatal mothers.

N = 30

Level of planned health education						Difference in mean	't' test	p-value
Pre-Score			Post test					
Mean	SD	Mean%	Mean	SD	Mean%			
11.07	3.11	44	19.83	2.77	79	8.77	20.23	P<0.001*** HS

CONCLUSION:

The study findings concluded that in pre- test level of knowledge, majority of them had inadequate knowledge. After the intervention the post-test level of knowledge showred majority of them had adequate knowledge and moderate knowledge on anticonvulsant drugs among antenatal mothers. There is significance association between educational status with the levels of knowledge of anticonvulsant drugs among antenatal mothers where 'p' value is < 0.05.

RECOMMENDATIONS:

- Same study can be conducted with large samples.
- Same study can be conducted in community area.
- Same study can be conducted in Urban area.

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