

## ORIGINAL ARTICLE

# Knowledge Regarding Management & Prevention of Pregnancy Induced Hypertension among Antenatal Women

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Anita Sahu, Th. Bidyani Devi. Knowledge Regarding Management & Prevention of Pregnancy Induced Hypertension among Antenatal Women. J Nurse Midwifery Matern Health. 2025; 11(1): 07-11.

**ABSTRACT**

**Foundation:** The study is grounded on Hypertension amid gestation. Hypertension is the most common therapeutic issue experienced amid gestation, complicating 2-3% of gravidity. Numerous complications are emerging amid development. Presently a days around the world, incubation persuaded Hypertension complication rates are increased.

**Aim:** The aim of This think about is to access the adequacy of structured instructing programme on information regarding administration and prevention of Hypertension among pregnant ladies in the selected healing center of Bhopal.

**Objectives:**

1. To assess the pre-test and post test knowledge of antenatal mother regarding management and avoidance of pregnancy induced Hypertension.
2. To determine the effectiveness of structured teaching program on management and prevention of pregnancy induced Hypertension among antenatal women.
3. To discover out the relationship between information of antenatal ladies with respect to administration and anticipation of pregnancy initiated hypertension with demographic variables.

**Material:** In this ponder, one gather pre-test, post-test pre experimental plan was utilized and non-probability reason testing procedure was received to select 40 pre-birth moms in Jai Prakash Locale Healing center Bhopal.

**Result:** The antenatal mother's pre-test and post-test information score was compared and the pre-test and post-test, cruel is 15.125, 21,525, respectively and SD 6.00, 5.232 and there is importance contrast between pre-test and post-test information of pregnant ladies and test score "t" value calculate is 2.963 which is greater than the (P>005) level of noteworthy at df = 2.02. Concluded that the structured educating program found to be compelling in improving the information of regarding administration and anticipation of Hypertension among pregnant

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➤ **Received:** 09-01-2025 ➤ **Revised:** 00-00-0000 ➤ **Accepted:** 27-03-2025



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ladies, as the knowledge increment in the post-test and it appears that health instruction is must for antenatal mothers to borrow their wellbeing thankfully in preventative, promotive and healing aspects.

## KEYWORDS

• Hypertension; • Antenatal ladies; • Administration; • Prevention.

## INTRODUCTION

Hypertension is the most common restorative issue experienced amid incubation, complicating 2-3% of pregnancies. Hypertensive infections amid development are classified into 4 orders, as suggested by the National Tall Blood Weight Instruction Program Working Bunch on Tall Blood Weight in Pregnancy:

1. incessant hypertension,
2. preeclampsia-eclampsia,
3. preeclampsia superimposed on unremitting hypertension
4. gestational hypertension

With tall blood weight, there is an increase in the resistance of blood vessels. This may ruin blood stream in many diverse organ frameworks in the eager mother counting the liver, kidneys, brain, uterus, and placenta. There are other issues that may create as a result of PIH. Placental abruption (untimely detachment of the placenta from the uterus) may happen in a few pregnancies. PIH can too lead to fetal issues counting intrauterine development confinement (destitute fetal development) and still birth. If untreated, severe PIH may cause unsafe seizures and indeed passing in the mother and baby. Since of these dangers, it may be essential for the child to be conveyed early, before 37 weeks gestation.

### Background of the study

Gestational hypertension is the elevation of blood weight amid the moment half of pregnancy or in the to begin with 24 hours postpartum without proteinuria and without side effects. Normalization of blood weight will happen amid the postpartum period, as a rule inside 10 days. Treatment for the most part is not justified, since most patients have gentle hypertension. Gestational hypertension in and of itself has small impact on maternal or perinatal horribleness or mortality. However, around 46% of patients analyzed with

preterm gestational hypertension will develop proteinuria and advance to preeclampsia. Ladies with gestational hypertension are likely to have lifted blood weight with ensuing pregnancies and to create essential hypertension afterward in life.

## OBJECTIVES OF THE STUDY

1. To survey the pre-test and post test information of antenatal ladies with respect to administration and avoidance of pregnancy actuated Hypertension
2. To decide the viability of organized instructing program on administration and anticipation of pregnancy actuated Hypertension among antenatal women.
3. To discover out the relationship between information of antenatal ladies with respect to administration and anticipation of pregnancy actuated hypertension with statistic variables.

## HYPOTHESIS

**H<sub>1</sub>:** There will be significant association between socio demographic variables and pre test knowledge score regarding management and prevention of hypertension among pregnant women.

**H<sub>2</sub>:** There will be significant difference between pre and post test knowledge score regarding management and prevention among pregnant women.

## MATERIAL AND SRETEGIES

**Research Approach:** In see of the objects of the display ponder Subjective investigate approach is consideration to be suitable.

**Research Design:** In the show ponder agent has upheld a pre-experimental one gather pre-test post test plan to survey the viability of organized educating programme on information with respect to administration and anticipation of pregnancy induced hypertension

among pregnant ladies in chosen healing center at Bhopal. The research design embraced for the display consider is delineated in figure.

**Research Setting:** Jai Prakash hospital at Bhopal.

**Population:** Pregnant ladies was taken from Jai Prakash hospital Bhopal (M.P.) who full filled the incorporation criteria.

**Sample:** Pregnant ladies at jai Prakash Hospital.

**Sample Measure:** 40 Respondents

**Sampling Method:** In this think about Purposive inspecting procedures was utilized.

### Variables

**Independent Variable:** Independent variable is the variable that stand alone and is not dependent on any other.

In present study independent variable is **structured teaching programme** regarding hypertension.

**Dependent Variable:** It is the outgrowth variable of internet, the variable that's presupposed to depend on or caused by another variable.

In the present study dependent variable is **knowledge of hypertension in pregnancy or gestation.**

### Addition Criteria for sampling

- All Pregnant women.
- Pregnant women who were admitted in prenatal impatient department.
- Antenatal mother who follow Hindi, English.

### Exclusive Criteria for Sampling

- Pregnant women who are mentally disturbed.

Pregnant women who are not willing to share in the study.

## RESULTS

**Table 1:** Shows that

	Variables	F	Excellent	Good	Average	Poor	Chi Test	P-value	Df
<i>Age</i>	18-25	16	2	2	2	10	7.925	0.0049	9
	26-33	14	1	4	5	4			
	34-41	8	2	2	2	2			
	Above 42	2	0	0	1	1			
<i>Religion</i>	Hindu	16	1	4	1	10	3.067	0.0003	9
	Muslim	20	4	2	8	6			
	Sikh	2	0	1	1	0			
	Christian	2	0	1	0	1			
<i>Education</i>	Illiterate	2	0	0	1	1	16.098	0.0001	12
	Primary	16	1	2	3	11			
	High school	10	1	2	3	4			
	Higher secondary School	8	3	3	2	0			
	Graduate and above	4	1	1	1	1			
<i>Occupation</i>	Government job	4	1	1	1	1	6.751	0.0094	9
	Private job	2	0	0	1	1			
	Seif employed	10	0	1	2	7			
	House wife	24	4	6	6	8			
<i>Monthly income</i>	>5000	10	2	2	2	4	6.985	0.0082	9
	5001-15000	16	1	2	5	8			
	15001-30000	8	2	1	2	3			
	Above 30000	6	0	3	1	2			
<i>No. of Children</i>	00	14	2	3	2	7	5.061	0.0245	9
	01	16	3	4	4	5			
	02	8	0	1	3	4			
	Above 3	2	0	0	1	1			

There will be significant association between socio demographic variables and pre test knowledge score regarding management and prevention of Pregnancy induced

Hypertension among pregnant women.

Scoring of Pre-test and Post-test knowledge in pregnant mothers.

**Table 2:** Result shows that

Knowledge score	Mean	M.D.	S.D.	S.E.	Df	T value	Table value
Pre -Test	15.125	6.4	6.00	1.7726	39	2.963	2.02
Post -Test	21.525		5.232				

There will be significant difference between pre and post test knowledge score regarding management and prevention among pregnant women.

## DISCUSSION

This study is to assess the effectiveness of structured teaching programme on knowledge regarding management and prevention of Hypertension among pregnant women in the selected hospital of Bhopal. In this study, one group pre-test, post-test pre-experimental design was used and non-probability purpose sampling technique was adopted and 40 antenatal women were selected from Jai Prakash District Hospital Bhopal. The antenatal women pre-test and post-test knowledge score was compared and the pre-test and post-test, mean is 15.125, 21.525, respectively and SD 6.00,5.232 and there is significance difference between pre-test and post-test knowledge of pregnant women and test score " t " value is 2.963 which is greater than the (P>005) level of significant at df = 2.02

## CONCLUSION

The present study assessed that the knowledge and effectiveness of structured teaching programme regarding management & prevention of hypertension among pregnant women in selected Hospital in Bhopal. During data collection it was found that most of the women didn't have enough knowledge Pregnancy induced Hypertension. They have knowledge regarding High Blood Pressure but were unaware regarding how to control it. By organizing health education camp, knowledge and technique to check blood pressure and go for antenatal check-ups can be improved and stillbirth, seizures, Eclampsia and miscarriage can be prevented and controlled.

**Conflict of Interest:** None

**Funding:** None

**Ethical Consideration:** Permission to conduct the study was taken from the hospital authority. The consent was taken from the pregnant women.

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