

---

**"IMPACT OF A STRUCTURED TEACHING PROGRAMME ON ENHANCING KNOWLEDGE AND ATTITUDES OF STAFF NURSES TOWARDS RESPECTFUL MATERNITY CARE IN TELANGANA'S MATERNAL AND CHILD HEALTH CENTERS"**

**VIJAYLAXMI THATIPAMULA<sup>1</sup>, DR. RAJENDRA PRASAD SHARMA<sup>2</sup>**

**DEPARTMENT OF NURSING**

**<sup>1,2</sup>SHRI VENKATESHWARA UNIVERSITY, GAJRAULA (UTTAR PRADESH)**

**Abstract:**

Respectful Maternity Care (RMC) ensures that women receive care during childbirth that is free from abuse, mistreatment, and discrimination. In regions like Telangana, India, significant challenges persist in providing RMC due to gaps in healthcare providers' knowledge and attitudes. This study aimed to evaluate the effectiveness of a structured teaching programme in improving the knowledge and attitudes of nurses regarding RMC at selected Maternal and Child Health (MCH) centers in Telangana.

A pre-test and post-test design was used to assess changes in the knowledge and attitudes of 400 staff nurses. The intervention, a structured teaching programme on the principles of RMC, resulted in significant improvements. Before the programme, 44% of nurses had below-average knowledge, and 50% exhibited low attitudes toward RMC. Post-intervention, 70% of nurses demonstrated above-average knowledge, and 48% showed high positive attitudes. A statistically significant positive correlation ( $r = 0.401$ ,  $p < 0.01$ ) was found between knowledge and attitude improvements. Nurses with higher educational qualifications and those who participated in in-service training showed better results. These findings highlight the importance of structured educational interventions in improving RMC practices and overall maternal healthcare quality.

**Key words:** Respectful Maternity Care (RMC), Staff Nurses, Structured Teaching Programme, Knowledge and Attitude Improvement, Maternal and Child Health.

## Introduction:

The Indian government has committed to the World Health Organization's Sustainable Development Agenda, which includes the global aim of reducing maternal mortality to less than 70 deaths per 100,000 live births by 2030. Achieving this goal requires

accurate assessments of maternal and neonatal deaths and an understanding of the main variables leading to these fatalities at the local level. India, like many countries with high pregnancy-related fatalities, records only a small portion of maternal deaths, births, and other important occurrences. Maternal deaths are concentrated in rural areas and are the least likely to be documented.

India has implemented a working system to track births and deaths in over one million households, which represent the entire nation over a span of fifty years. The United Nations estimates that approximately 24 million children were born in India in 2017, while around 35,000 mothers died during or soon after childbirth, resulting in a **Maternal Mortality Ratio (MMR)** of 145 per 100,000 live births. This accounted for 12% of maternal fatalities worldwide. The World Health Organization reports that the global MMR rate decreased significantly from 342 in 2000 to 211 in 2017, leading to a reduction in global maternal fatalities from 450,000 to 295,000 over the same period. Approximately 40% of this decrease can be attributed to reductions in maternal fatalities in India.

Respectful Maternity Care (RMC) is a critical component of quality healthcare, ensuring women are treated with dignity, compassion, and autonomy during childbirth. Despite its importance, numerous studies show that the implementation of RMC is often hindered by healthcare providers' lack of knowledge and negative attitudes toward patient-centered care, especially among staff nurses who play a pivotal role in maternal and neonatal health. This gap in knowledge and the prevalence of negative attitudes can lead to poor patient experiences, increased maternal morbidity, and dissatisfaction with healthcare services. To address this issue, structured educational interventions have been proposed to improve healthcare providers' understanding and attitudes. This study aims to evaluate the effectiveness of a structured teaching programme aimed at enhancing the knowledge and attitudes of staff nurses regarding RMC. It is hypothesized that staff nurses will gain a more comprehensive understanding of RMC principles and demonstrate more respectful and empathetic attitudes in their interactions with pregnant women. This research intends to contribute to the broader goal of improving maternal healthcare quality and promoting a culture of respect, dignity, and patient-centered care in maternity wards.

---

## Materials and Methods:

This study employed a qualitative research approach to develop and evaluate a structured training programme aimed at enhancing staff nurses' understanding and attitudes towards Respectful Maternity Care (RMC). A pre-experimental research design, specifically a one-group pre-test and post-test evaluation, was used to measure the impact of the intervention on the nurses' knowledge and attitudes. The independent variable was the structured teaching programme, while the dependent variables were the nurses' knowledge and attitudes regarding RMC.

The study was conducted at selected Maternal and Child Health (MCH) centers in Telangana, India, with a sample of 400 staff nurses working in maternity wards. A simple random sampling technique was employed to ensure each nurse had an equal chance of being included in the study, thereby minimizing sampling bias. The intervention focused on educating the nurses about the principles and practices of RMC, including respectful communication, patient rights, and culturally sensitive care. Data were collected using validated knowledge questionnaires and attitude scales administered before and after the intervention. Statistical analyses, including paired t- tests and chi-square tests, were conducted to assess changes in knowledge and attitudes, providing a comprehensive evaluation of the effectiveness of the training programme.

## Results and Discussion:

In this study, the pre-test results indicated that 176 (44.0%) nurses had a below-average level of knowledge, while 224 (56.0%) had an average level of knowledge. After the intervention, 120 (30.0%) nurses exhibited an average level of knowledge, and 280 (70.0%) had an above-average level of knowledge, showing a marked improvement. Regarding attitudes, the pre-test revealed that 200 (50.0%) nurses had a low attitude level, 188 (47.0%) had a moderate attitude level, and 12 (3.0%) had a high attitude level. Post-intervention, 84 (21.0%) nurses had a low attitude level, 124 (31.0%) had a moderate attitude level, and 192 (48.0%) had a high attitude level, reflecting a significant shift toward more positive attitudes.

The pre-test mean attitude score was 47.92 (SD = 13.69), while the post-test mean score increased to 66.25 (SD = 19.35). The correlation coefficient ( $r = 0.401$ ) between knowledge and attitude regarding RMC was positive and statistically significant ( $p < 0.01$ ), indicating a significant relationship between knowledge and attitude. This suggests that enhanced knowledge about RMC principles is associated

with more favorable attitudes toward respectful care practices. These findings underscore the importance of improving both knowledge and attitude to foster better practices in maternity care.

Key findings revealed a significant association between staff nurses' educational qualifications and both their knowledge and attitudes regarding RMC. Nurses with higher levels of education demonstrated better knowledge and more positive attitudes toward RMC, highlighting the impact of educational background on care practices. In contrast, factors such as age, religion, marital status, monthly income, years of experience, and the number of deliveries conducted did not show significant associations with either knowledge or attitudes, suggesting these demographic variables may not be as influential in shaping RMC-related outcomes.

Additionally, participation in in-service training programmes focused on maternal and child health (MCH) services was found to be significantly linked to improvements in both knowledge and attitudes. This highlights the importance of professional development and training programmes in enhancing RMC practices, suggesting that continuous education and skill-building initiatives can play a pivotal role in improving the quality of care provided by staff nurses.

## Conclusion:

The study demonstrates that a structured teaching programme effectively enhances staff nurses' knowledge and attitudes regarding Respectful Maternity Care. Nurses with higher educational qualifications and those who participated in in-service training programmes exhibited better knowledge and more positive attitudes. The positive link between knowledge and attitude suggests that improving nurses' understanding of respectful care principles can lead to more respectful and patient-centered practices, ultimately enhancing maternity care outcomes.

## References:

1. Gomes M, Begum R, Sati P, Dikshit R, Gupta PC, Kumar R, Sheth J, Habib A, Jha P. Nationwide mortality studies to quantify causes of death: relevant lessons from India's Million Death Study. *Health Affairs*. 2017 Nov 1;36(11):1887-95.
2. World Health Organization. Trends in maternal mortality 2000 to 2017: estimates by WHO, UNICEF, UNFPA, World Bank Group, and the United Nations Population Division.
3. Sharma MA, Masih PA. A Study to Assess the Effectiveness of Structured Teaching Programme On Knowledge Regarding Respectful Maternity Care (TRMC) Among Staff Nurses. *Journal of*

---

Pharmaceutical Negative Results. 2022 Dec 31:2195-201.

4. Singh S. A Study to assess the Effectiveness of Structured Teaching Programme on Knowledge of Nursing Students Regarding Integrated Management of Neonatal and Childhood Illness (IMNCI) in Selected Colleges of Amritsar, Punjab. *Asian Journal of Nursing Education and Research*. 2018;8(1):15-21.
5. Devassy D, Sangeetha X. Knowledge on respectful maternity care among staff nurses: A descriptive survey. *Int J Reprod Contracept Obstet Gynecol*. 2023 Jun;12(6):1824-1829.
6. Devi ML, Deshpande J, Devi NS. To Assess the Knowledge and Attitude Regarding Respectful Maternity Care among Staff Nurses in Selected Hospitals of Pune City, 2021, Vol: 10(1).
7. Sando, D., Murray, S., & O'Neil, J. (2016). Respectful maternity care: The need for educational programs for healthcare providers
8. Kawana, M., & O'Neill, E. (2019). Training health care providers on respectful maternity care: A systematic review. *Journal of Nursing Education and Practice*, 9(6), 66-75.
9. Madhavanprabhakaran, G., & Ravi, S. (2021). Effectiveness of structured teaching programs on improving nursing knowledge and attitudes regarding respectful maternity care. *Nursing and Midwifery Studies*, 10(4), 233-241.
10. Miller, S., & Stowe, E. (2016). A review of pre-experimental research designs in nursing education. *Journal of Nursing Research*, 64(3), 180-189.