

Pregnancy Education in Rural Areas

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Background

This scholarly project will research the education that is provided to the pregnant population as well as the education that is given to those providing care and ensure that there is a cohesive message and understanding on what is needed to be done to ensure that maternal mortality does not continue to increase.

Significance

On average “700 women die each year in the United States as a result of pregnancy or delivery complications” (CDC, 2019).
“American women are more than three times as likely as Canadian women and six times as likely as Scandinavian women to die in the maternal period” (Martin, 2017).
“Of the U.S. maternal deaths, 39% of women died before or on the day of birth and 61% died in the postpartum period” (Suplee, Kleppel, & Bingham, 2016, p. 895).
Nurses have contact with pregnant population and provide a lot of education.

Methods

Descriptive Research Design. Anonymous questionnaires handed out, 20 participants. Physicians, APRNs, RNS, and LPNS.

Results

Demographics:

Physicians – 3, APRN -1
RN's – 15, LPN – 1
Experience:
Less than 5 years – 6
6-10 years – 4
11-15 years - 3
16-20 years – 3
More than 20 years - 4
Clinic – 6
Hospital – 11
Both – 3
Bourbon County – 4
Crawford County – 7
Neosho County – 1
Vernon County – 8

How long spent educating in clinic?

5-10 minutes – 4
11-15 minutes – 3
More than fifteen – 1
N/A – 12

How long spent educating in hospitals?

5-10 minutes – 2,
11-15 minutes – 3
More than 15 minutes – 11
N/A – 4

Education Tools Utilized

Websites – 7
Booklets – 7
Handouts – 20
Prenatal Classes – 13
Appointments - 11

Results

Topics

Nausea/vomiting – 18
Gestational diabetes – 17
Gestational Hypertension – 17
Signs and symptoms of preterm labor – 19
Drug/alcohol use – 18
Tobacco use – 17
Ultrasound scan – 16
Low back/pelvic pain – 17
Lab work – 19
Immunizations – 18
Signs of complications – 19
Labor and delivery – 19
Postpartum – 17
Depression – 17
Weight – 6

WHO Practice guidelines familiarity

Yes – 11, No – 9

Involve patient in plan of care

Yes – 17, No – 3

It was found that when asked about being prepared for emergent situations, most participants were in agreement that they were prepared, educated and equipped to handle emergent situations.

Limitations

Small sample size
Only 4 counties involved
Clinic and hospital sent questionnaire
Limited Time
Not getting patients point of view

Discussion

Observations

More time is spent with patient in hospital then clinic
Utilize the WHO's clinical guidelines can help with education
Most are aware of what tests are performed throughout pregnancy, but not all providers run the same tests at the same time

Implications

More time spent educating pregnant population
NP as educators
Utilizing the WHO clinical practice guidelines
Retain staff with proper education and equipment to be prepared
Understanding what education is being provided by the staff to the patient
Separate out questionnaires for just clinic and just hospital
Evaluating the education the staff is required to take to get prepared for emergent situations that can arise

References

Center for Disease Control and Prevention (2019, May), *Vital Signs: pregnancy related deaths* Retrieved from <http://www.cdc.gov/vitalsigns/maternaldeaths/index.html>
Martin, N. (2017, May 12). The last person you'd expect to die in childbirth. Retrieved from <https://www.npr.org/2017/05/12/527806002/focus-on-infants-duringchildbirthleaves-usmoms-in-danger>
Suplee, P., Kleppel, L., & Bingham, D. (2016). Discharge education on maternal morbidity and mortality provided by nurses to women in postpartum period. *Association of Women's Health, Obstetric and Neonatal Nurses*, 45, 894-904. <http://dx.doi.org/10.1018/jogn.2016.07.006>