

# A Study to Assess the Effectiveness of Pre Operative Teaching on Knowledge Regarding Postnatal Care among Mothers Undergoing Elective Lower Segment Cesarean Section (LSCS) at Shri Vinoba Bhave Civil Hospital, Silvassa, Dadra and Nagar Haveli

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## ABSTRACT

**Introduction:** Knowledge regarding the pregnancy, labor and postnatal care has the positive influence on the mothers, Knowledge about what to expect during the postnatal period is one of the best ways to improve the health of mother and baby and prevent the complications, with a view to this, the study was conducted to assess the effectiveness of pre operative teaching on knowledge regarding postnatal care among mothers undergoing elective cesarean section at Shri Vinoba bhave Civil Hospital, Silvassa. Evaluate the effectiveness of pre operative teaching on postnatal care among mothers undergoing elective lower segment cesarean section. Associate the pre-test level of knowledge regarding postnatal care among mothers undergoing elective lower segment caesarean section with selected socio-demographic variables. Quasi experimental, pre-test-post-test control group research design with non probability, purposive sampling technique was used to selected 60 elective caesarean section mothers falls in inclusion criteria, Interview schedule consist of two section such as Socio-demographic variables, Structured knowledge questionnaire (30 items). Validity and reliability were established. Pre-test was conducted followed by pre operative teaching regarding postnatal care and after 7 days post test was conducted. The data obtained were analysed using descriptive and inferential statistics. Overall the calculated “t” value was (25.76), mean difference was (11.47), p-value was less than 0.05 which shows highly significant. Association was assessed by chi-square which it shows there was significant association between educational status of mother ( $\chi^2_{(5,0.05)}=19.084, 0.00185; p<0.05$ ), educational qualification of husband ( $\chi^2_{(6,0.05)}=14.186, 0.0276; p<0.05$ ) and religion ( $\chi^2_{(3,0.05)}=12.347, 0.0062; p<0.05$ ). Present study shows that pre operative teaching regarding postnatal care among mothers undergoing elective caesarean section was effective method for increasing the knowledge regarding postnatal care.

**Key word:** Elective lower segment cesarean section, pre operative teaching, postnatal care, t test and chi-square.

## 1. Introduction

### 1.1 Background of the study

Giving birth to a child is one of life's most blissful experiences and the nine months of pregnancy is an exciting time for many women and their partners. 'Post natal' is a Latin word, which means 'after birth'. It is the period which begins immediately after the birth of the child extended for 6 weeks. The period is known as post partum or puerperium. Cesarean section (C-section) is surgery to deliver a baby. After this surgery most of the mother has to go through pain, bleeding, less milk production, less bonding of mother and baby. Preoperative teaching meets the patients need for information regarding breast feeding, new born care, hygiene, ambulation, diet, postnatal exercise and family planning, and follow up. Patients who are more knowledgeable about what to expect after surgery, and who have an opportunity to express their goals and opinions, often cope better with postoperative pain and decreased morbidity. Preoperative care is extremely important prior to any invasive procedure, regardless of whether the procedure is minimally invasive or a form of major surgery. Knowledge about what to expect during the postnatal period is one of the best ways to improve the patient's health. Teaching mothers regarding expected care to be taken after delivery can help to prevent the complications. This includes the opportunity for the patient to practice; breast feeding, new born care, hygiene, ambulation, diet, postnatal exercise, family planning and follow up. This helps the patients in early recovery and overcoming any risk, which may occur during post operative period.

### 1.2 Need of the study

According to World Health Organization (WHO), caesarean section use continues to rise globally, now accounting for more than 1 in 5 (21%) of all childbirths. This number is set to continue increasing over the coming decade, with nearly a third (29%) of all births likely to take place by caesarean section by 2030, the research finds.

The fifth NFHS — done in two phases between June 2019 and January 2020, and January 2020 and April 2021, and released by the health ministry Wednesday — showed that the national C-section rate is 21.5 percent, higher than what the World Health Organization terms "ideal", 10-15 percent.

According to data collected by the Union Ministry of Health Management Information System (HIMS), In 2008-09 the public hospitals registered total 73.13 lakh, of which 4.16 lakh were c-section, over 14% of the total birth in 2018-2019 took place through c-section around 19 lakh births out of the total 1.3 crore in public hospital. In private sector 4 lakh in 2008-09 to 20.5 lakh in 2018-19.

During the clinical experiences, the student researcher found that, women shows less knowledge regarding postnatal care among mothers undergoing elective caesarean section which motivate the researcher to educate about the preoperative teaching on postnatal care, based on maternal and neonatal benefits & reduction of postpartum complications.

### 1.3 Objectives of the study

1. Assess the level of knowledge regarding postnatal care among mothers undergoing elective lower segment cesarean section between the experimental and control group.
2. Determine the effectiveness of pre operative teaching on postnatal care among mothers undergoing elective lower segment cesarean section.
3. Find out the association between pretest level of knowledge regarding postnatal care among mothers undergoing elective lower segment cesarean section with their selected socio-demographic variables.

#### 1.4 Hypothesis

**H1:** There is a significant difference in level of knowledge regarding postnatal care between the experimental and control group of mothers undergoing elective lower segment cesarean section after the pre operative teaching at the 0.05 level of significance.

**H2:** There is a significant association between pretest level of knowledge regarding postnatal care among mothers undergoing elective lower segment cesarean section with their selected socio-demographic variables at the 0.05 level of significance.

#### 1.5 Operational definition

**Assess :** It refers to the method of estimating the pre operative teaching on postnatal care among mothers undergoing elective lower segment cesarean section.

**Effectiveness :** It refers to the significant gain in knowledge which will be determined by significant difference in pretest and posttest score of experimental and control group after pre operative teaching on postnatal care mothers who have undergone elective cesarean section.

**Knowledge :** It refers to the extent of some of what is know to the mothers undergoing elective lower segment cesarean section regarding postnatal care.

**Preoperative teaching :** It refers to the activities of teaching to the antenatal mother who are undergoing elective cesarean section regarding postnatal care which includes diet, neonatal care, breastfeeding, postnatal exercise and ambulation, hygiene, family planning and follow up.

**Postnatal care :** In this study it includes aspects of postnatal care which includes diet, neonatal care, breastfeeding, postnatal exercise and ambulation, hygiene, family planning and follow up.

**Mother :** It refers to mothers who are admitted for elective lower segment cesarean section at Shri Vinoba Bhave Civil Hospital and fulfills all inclusion criteria.

**Elective cesarean section :** In this study refers to the mothers who are planned to deliver by lower segment cesarean section and admitted one day prior and who can come for follow up in Shri Vinoba Bhave Civil Hospital, Silvassa, Dadra & Nagar Haveli.

#### 1.6 Delimitations

- a. Mothers admitted for elective lower segment cesarean section.
- b. Mothers with gestational age more than 38 weeks of gestation.
- c. Mothers who understand and speak Hindi, Gujarati and English.
- d. Mothers who willing to participate in the study.

## 2. Methodology

Research approach : Quantitative research approach

Research design : Quasi experimental, pre test – post test control group research design

Study setting : Shri Vinoba Bhawe Civil Hospital, Silvassa, Dadra & Nagar Haveli

Target population : All elective lower segmental cesarean section mothers

Accessible population : Elective lower segmental cesarean section mothers admitted at SVBCH

Sample : 60 (30 for control group and 30 for experimental group) mothers admitted in SVBCH for elective LSCS

Sampling technique : Non probability, Purposive sampling technique

Variables :

Independent variables : Preoperative teaching on postnatal care after cesarean section

Dependent variables : Knowledge on postnatal care

Data collection instruments :

Structured interview schedule

Section I : Socio demographic variables

Section II : Structured knowledge questionnaire on postnatal care

| <b>SR. NO.</b> | <b>LEVEL OF KNOWLEDGE</b> | <b>SCORE</b> | <b>PERCENTAGE</b> |
|----------------|---------------------------|--------------|-------------------|
| 1              | Poor                      | 0-7          | ≤25%              |
| 2              | Average                   | 8-15         | 26-50%            |
| 3              | Good                      | 16-23        | 51-75%            |
| 4              | Very Good                 | 24-30        | ≥76%              |

Intervention : Preoperative teaching on postnatal care

Intervention and Analysis : Descriptive and Inferential statistics

### 3. Data Analysis

#### **Section I: Analysis of frequency and percentage distribution of mothers underwent elective cesarean section according to their socio-demographic variable.**

**Table 1 : Frequency and percentage distribution of mothers underwent elective cesarean section according to their socio-demographic variable.**

n=60

| <b>Sr. No.</b> | <b>Socio-Demographic Variables</b> | <b>Frequency (f)</b> | <b>Percentage (%)</b> |
|----------------|------------------------------------|----------------------|-----------------------|
| 1.             | Age (in years)                     |                      |                       |
|                | 18-24 years                        | 18                   | 30                    |
|                | 25-30 years                        | 31                   | 51.7                  |
|                | 31-35 years                        | 8                    | 13.3                  |
|                | >35 years                          | 3                    | 5                     |
| 2.             | Educational status of the mother   |                      |                       |
|                | Professional                       | 0                    | 0                     |
|                | Graduate/ Post graduate            | 8                    | 13.3                  |

| Sr. No. | Socio-Demographic Variables        | Frequency (f) | Percentage (%) |
|---------|------------------------------------|---------------|----------------|
|         | Intermediate/ Diploma              | 4             | 6.7            |
|         | High school                        | 21            | 35             |
|         | Middle school                      | 1             | 1.7            |
|         | Primary school                     | 18            | 30             |
|         | No formal education                | 8             | 13.3           |
| 3.      | Occupation of mother               |               |                |
|         | Professional                       | 2             | 3.3            |
|         | Semi professional                  | 3             | 5              |
|         | Shop / Farm                        | 0             | 0              |
|         | Skilled worker                     | 0             | 0              |
|         | Semiskilled worker                 | 6             | 10             |
|         | Unskilled worker                   | 8             | 13.3           |
|         | Home maker                         | 41            | 68.3           |
| 4.      | Education qualification of husband |               |                |
|         | Professional                       | 0             | 0              |
|         | Graduate/ Post graduate            | 11            | 18.3           |
|         | Intermediate/ Diploma              | 7             | 11.7           |
|         | High school                        | 23            | 38.3           |
|         | Middle school                      | 7             | 11.7           |
|         | Primary school                     | 7             | 11.7           |
|         | No formal education                | 5             | 8.3            |
| 5.      | Occupation of husband              |               |                |
|         | Professional                       | 0             | 0              |
|         | Semi professional                  | 1             | 1.7            |
|         | Shop / Farm                        | 4             | 6.7            |
|         | Skilled worker                     | 34            | 56.7           |
|         | Semiskilled worker                 | 14            | 23.3           |
|         | Unskilled worker                   | 7             | 11.7           |
|         | Home maker                         | 0             | 0              |
| 6.      | Family monthly income in rupees    |               |                |
|         | >41430                             | 1             | 1.7            |
|         | 20715-41429                        | 3             | 5              |
|         | 15536-20714                        | 18            | 30             |
|         | 10357-15535                        | 24            | 40             |
|         | 6214-10356                         | 11            | 18.3           |
|         | 2092-6213                          | 3             | 5              |
|         | <2091                              | 0             | 0              |
| 7.      | Residency                          |               |                |
|         | D & NH, DD                         | 13            | 21.7           |
|         | Gujarat                            | 19            | 31.7           |

| Sr. No. | Socio-Demographic Variables                  | Frequency (f) | Percentage (%) |
|---------|--|---------------|----------------|
|         | Maharashtra                                  | 19            | 31.7           |
|         | Other state                                  | 9             | 15             |
| 8.      | Type of family                               |               |                |
|         | Joint  | 46            | 76.7           |
|         | Nuclear                                      | 12            | 20             |
|         | Extended                                     | 2             | 3.3            |
| 9.      | Religion                                     |               |                |
|         | Hindu  | 37            | 61.7           |
|         | Muslim                                       | 10            | 16.7           |
|         | Christian                                    | 12            | 20             |
|         | Specify if any other____                     | 1             | 1.7            |
| 10.     | Previous knowledge about post operative care |               |                |
|         | Yes  | 37            | 61.7           |
|         | No   | 23            | 38.3           |
| 11.     | Source of information                        |               |                |
|         | Family and friends                           | 9             | 24.32          |
|         | Mass media                                   | 1             | 2.70           |
|         | Health care worker                           | 27            | 72.97          |
|         | Specify if any other                         | 0             | 0              |

**Section II :Comparison of level of knowledge on postnatal care among mothers undergoing elective cesarean section.**

**FIGURE : 1 : Comparision of level of knowledge on postnatl care among mothers undergoing elective ceasarean section.**

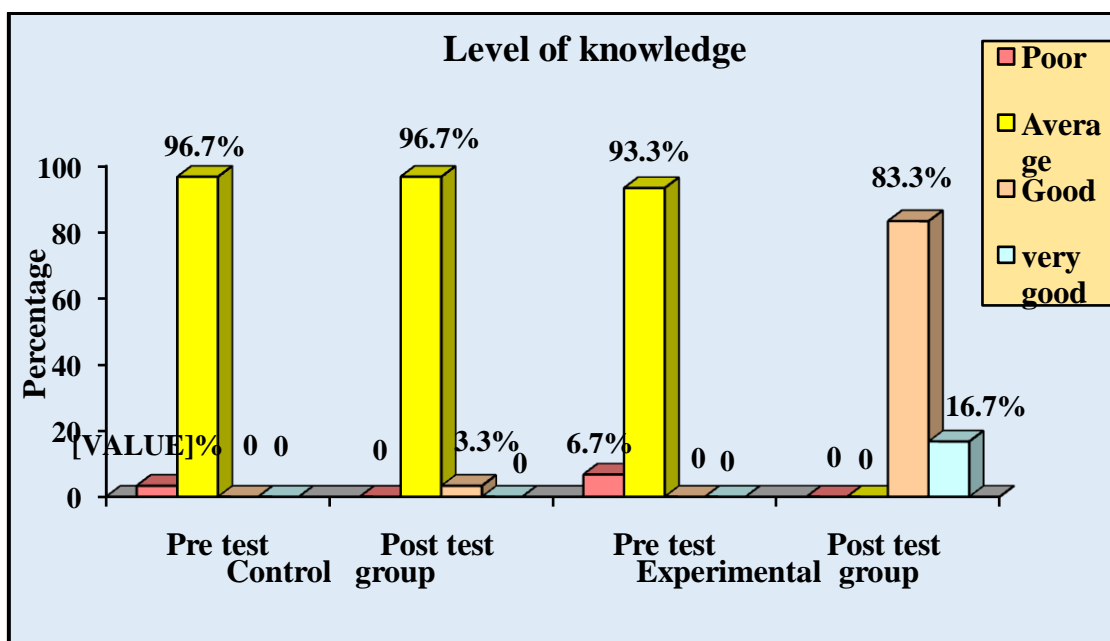


Figure shows that pretest and posttest level of knowledge on postnatal care among experimental and control group. In control group pretest findings shows that 3.3% of them have poor, 96.7% have average and no one have good or very good level of knowledge whereas in posttest 96.7% have average and 3.3% have good level of knowledge.

In experimental group pretest findings shows that 6.7% of them have poor and 93.3% of them have average level of knowledge which was increased in posttest to 83.3% have good and 16.7% of them have very good level of knowledge.

It shows that pre operative teaching on post-natal care among mothers undergoing elective lower cesarean section was effective.

**Section III : Evaluate of the effectiveness of pre operative teaching on postnatal care among mothers underwent elective cesarean section.**

Unpaired “t”-test was found between control and experimental group posttest to evaluate the effectiveness of pre operative teaching on knowledge regarding postnatal care among mothers underwent elective caesarean section.

**FIGURE :2 : Comparison of mean score of control and experimental group post test among mothers undergoing elective LSCS.**

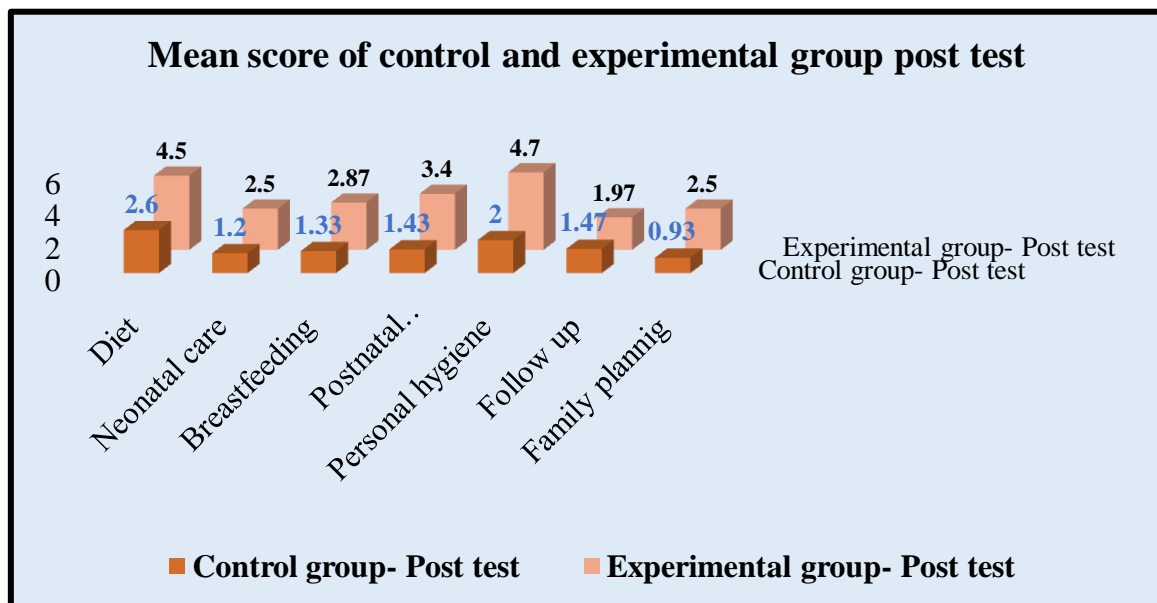


Figure shows that for the component of diet the calculated “t” value was (9.51), mean difference was (1.9), p-value was less than 0.05, for neonatal care the calculated “t” value was (6.54), mean difference was (1.3), p-value was less than 0.05, for breastfeeding the calculated “t” value was (7.74), mean difference was (1.53), p-value was less than 0.05, for postnatal exercise and ambulation the calculated “t” value was (8.5), mean difference was (1.97), p-value was less than 0.05, for personal hygiene the calculated “t” value was (11.45), mean difference was (2.7), p-value was less than 0.05, for follow up

the calculated “t” value was (4.56), mean difference was (0.5), p-value was less than 0.05, for family planning the calculated “t” value was (9.55), mean difference was (1.57), p-value was less than 0.05.

For overall the calculated “t” value was (25.76), mean difference was (11.47), p-value was less than 0.05. which shows that pre operative teaching was effective to increase the knowledge regarding postnatal care.

Hypothesis (H1) is accepted.

**Hence, the research hypothesis (H1) was accepted** it was inferred that the mean posttest knowledge score of mothers undergoing elective cesarean section is higher in experimental group than the control group. This indicates that the preoperative teaching was effective in increasing in knowledge level of mothers undergoing elective cesarean section.

**Section IV :Association between pre test level of knowledge on postnatal care with selected socio-demographic variables.**

**Table 8: Association between pre test level of knowledge on postnatal care with selected socio-demographic variables.**

**n = 60**

| Sr. No.   | Socio-Demographic Variables             | Below Median | Above Median | χ <sup>2</sup> , Df | p-value                     |
|-----------|---|--------------|--------------|---------------------|-----------------------------|
| <b>1.</b> | <b>Age (in years)</b>                   |              |              |                     |                             |
|           | 18-24 years                             | 13           | 05           |                     |                             |
|           | 25-30 years                             | 16           | 15           | 2.83,<br>(df=3)     | <b>0.4,</b><br><b>NS</b>    |
|           | 31-35 years                             | 05           | 03           |                     |                             |
|           | >35 years                               | 01           | 02           |                     |                             |
|           |   |              |              |                     |                             |
| <b>2.</b> | <b>Educational status of the mother</b> |              |              |                     |                             |
|           | Graduate/ Post graduate                 | 03           | 05           |                     |                             |
|           | Intermediate/ Diploma                   | 02           | 02           | 19.084,<br>(df=5)   | <b>0.00185,</b><br><b>S</b> |
|           | High school                             | 15           | 06           |                     |                             |
|           | Middle school                           | 10           | 01           |                     |                             |
|           | Primary school                          | 00           | 08           |                     |                             |
|           | No formal education                     | 05           | 03           |                     |                             |
|           |   |              |              |                     |                             |
| <b>3.</b> | <b>Occupation of mother</b>             |              |              |                     |                             |
|           | Professional                            | 01           | 01           |                     |                             |
|           | Skilled worker                          | 02           | 01           | 5.461,<br>(df=4)    | <b>0.243,</b><br><b>NS</b>  |
|           | Semiskilled worker                      | 01           | 05           |                     |                             |
|           | Unskilled worker                        | 06           | 02           |                     |                             |
|           | Home maker                              | 25           | 16           |                     |                             |
|           |   |              |              |                     |                             |
| <b>4.</b> | <b>Education qualification of</b>       |              |              |                     |                             |



|            |   |    |    |                |                    |
|------------|---|----|----|----------------|--------------------|
|            | <b>husband</b>                                      |    |    |                |                    |
|            | Professional Graduate/ Post graduate                | 06 | 00 |                |                    |
|            | Intermediate/ Diploma                               | 00 | 05 |                |                    |
|            | High school   | 03 | 04 | 14.186, (df=6) | <b>0.0276, S</b>   |
|            | Middle school                                       | 14 | 09 |                |                    |
|            | Primary school                                      | 05 | 02 |                |                    |
|            | No formal education                                 | 03 | 04 |                |                    |
|            |   | 04 | 01 |                |                    |
| <b>5.</b>  | <b>Occupation of husband</b>                        |    |    |                |                    |
|            | Semi professional                                   | 00 | 01 |                |                    |
|            | Shop / Farm   | 03 | 01 | 2.754, (df=4)  | <b>0.599, NS</b>   |
|            | Skilled worker                                      | 20 | 14 |                |                    |
|            | Semiskilled worker                                  | 07 | 07 |                |                    |
|            | Unskilled worker                                    | 05 | 02 |                |                    |
| <b>6.</b>  | <b>Family monthly income in rupees</b>              |    |    |                |                    |
|            | >41430  | 00 | 01 |                |                    |
|            | 20715-41429   | 01 | 02 |                |                    |
|            | 15536-20714   | 09 | 09 | 6.125, (df=5)  | <b>0.294, NS</b>   |
|            | 10357-15535   | 15 | 09 |                |                    |
|            | 6214-10356  | 09 | 02 |                |                    |
|            | 2092-6213   | 01 | 02 |                |                    |
| <b>7.</b>  | <b>Residency</b>                                    |    |    |                |                    |
|            | D & NH, DD  | 06 | 07 |                |                    |
|            | Gujarat   | 12 | 07 | 2.485, (df=3)  | <b>0.47800, NS</b> |
|            | Maharashtra   | 13 | 06 |                |                    |
|            | Other state   | 04 | 05 |                |                    |
| <b>8.</b>  | <b>Type of family</b>                               |    |    |                |                    |
|            | Joint   | 27 | 19 |                |                    |
|            | Nuclear   | 06 | 6  | 1.774, (df=2)  | <b>0.411, NS</b>   |
|            | Extended  | 02 | 00 |                |                    |
| <b>9.</b>  | <b>Religion</b>                                     |    |    |                |                    |
|            | Hindu   | 24 | 13 |                |                    |
|            | Muslim  | 01 | 09 | 12.347, (df=3) | <b>0.0062, S</b>   |
|            | Christian   | 09 | 03 |                |                    |
|            | Specify if any other_____                           | 01 | 00 |                |                    |
| <b>10.</b> | <b>Previous knowledge about post operative care</b> |    |    |                |                    |
|            | Yes   | 23 | 14 | 0.582, (df=1)  | <b>0.4455, NS</b>  |
|            | No  | 12 | 11 |                |                    |

|            |                              |    |    |        |                             |
|------------|------------------------------|----|----|--------|-----------------------------|
| <b>11.</b> | <b>Source of information</b> |    |    |        |                             |
|            | Family and friends           | 07 | 02 | 2.673, | <b>0.2627,</b><br><b>NS</b> |
|            | Mass media                   | 00 | 01 | (df=2) |                             |
|            | Health care worker           | 16 | 11 |        |                             |

**\*p<0.05 significant, \*\* p<0.01 & \*\*\*p<0.001 Highly significant.**

**Hence, research hypothesis (H2) was accepted** as the calculated value is more than table value at 0.05 level of significant for level of knowledge in selected socio-demographic variables which include educational status of mother, educational qualification of husband and religion.

**Research hypothesis (H2) was rejected** as the calculated value is less than table value at 0.05 level of significance for level of knowledge in selected socio-demographic variables which include age, occupation of mother, occupation of husband, family monthly income in rupees, residency, type of family, previous knowledge about post operative care, source of information.

#### 4. Discussion

**Effectiveness of pre operative teaching on knowledge regarding postnatal care among mothers undergoing elective lower segment cesarean section.**

Aarthi J. conducted the similar study shows to assess effectiveness of preoperative teaching on postoperative outcome among mothers who undergo elective caesarean section in government headquarters hospital at Kanchipuram. The result shows that in control group, mean percentage was 14.63, whereas in experimental group it was 24.6. The improvement score of mean value was 9.96 and standard deviation was 4.94 and the 't' value was 15.36. This shows a significant improvement in the health status among mother who underwent elective caesarean section.

**Association between pre test level of knowledge among mothers undergoing elective lower segment cesarean section with selected demographic variables.**

Rajan E., Nayak S. Effectiveness of self instructional module on knowledge of post operative self care for mothers undergoing elective caesarean section in selected hospitals, mangalore. The study result shows that there was significant association between the level of knowledge and demographic variables namely age, education, monthly income, religion exposure to health awareness and history of caesarean section.

#### 5. Conclusion

Mothers can experience lack of knowledge regarding postnatal care who admitted for elective cesarean section. Lack of knowledge regarding postnatal care have negative impact on health of mothers undergoing elective cesarean section. To reduce the negative impact of lack of knowledge various strategies can be included such as pre operative teaching on postnatal care. Thus, study assessed the effectiveness of pre operative teaching on knowledge regarding postnatal care among mothers undergoing elective lower segment cesarean section and conclude that pre operative teaching was effective in increasing the level of knowledge.

## 6. Limitation

- The study was limited only to the patient who undergoing elective cesarean section
- Limited to 60 samples (30 each in experimental and control group)
- Findings could be generalized only for hospitalized elective cesarean section mothers who full filled inclusion criteria in the study.

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