

# Study to Assess the Effectiveness of Hands-on Training Regarding AMTSL among Nurses Working in Selected Health Care Facilities

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## Abstract

Pregnancy is a complex phenomenon requires a constant consistent supervision of health team members throughout the phase of pregnancy. The actual challenging phase in throughout pregnancy is the delivery phase; during which majority of complications will arise in fraction of minutes on such complication is post-partum haemorrhage. Prevention of postpartum haemorrhage begins by registration and confirmation of pregnancy, by regular intake of iron and folic acid supplements, balanced diet and exercise. During labour postpartum haemorrhage is prevented by good practice of AMTSL (Active Management of Third Stage of Labor), hence the present study aim to assess the practice of AMTSL by nurses during delivery and improve their skill by hand-on training. A total 98 nurses working in labor unit were selected by purposive sampling, using a structured practice checklist questionnaire the skill was assessed and hand-on training was given following which post training the skill was assess by using same practice checklist questionnaire. The results of the study showed that the hands-on training was effective and have brought the change in the skill and confidence level of the nurses. The study recommended that nurses should be given regular continuing nursing skill education in bettering the care of the patients and improving the nursing care in health care facilities.

**Keywords:** Postpartum haemorrhage • Health care facilities • Labor

## Introduction

Active management of third stage of labor is important procedure in prevention of postpartum haemorrhage; nearly 70% of postpartum haemorrhage can be prevented by applying AMTSL (Active Management of the Third Stage of Labour) procedure. AMTSL has three main principles they are use of uterotoincs, controlled cord traction and uterine massage, these three principles are key to prevent postpartum haemorrhage in majority of cases. The proper use of AMTSL has reduced maternal morbidity. Hence the present study aims to hand-on train nurses in AMTSL and equips nurses with knowledge and practice to handle complicated deliveries [1].

## Methodology

A one group pre-test post-test no control group design was used for 98 nurses selected by purposive sampling, a structured practice checklist questionnaire was designed with validity and reliability of 95 and 90 respectively. The same questionnaire was used for pre and post. Hands-on training was organised by selecting the place where nurses can be trained in the skill [2]. The setting of the study was at various health care facilities affiliated to conduct delivery.

## Results

A total of 98 nurses were selected for the study. The demographic findings

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of the nurses are as follows in Table 1. Table 2, shows that for maximum score of 20 in the practical checklist questionnaire, in pre-test 98 nurses mean was 8.09 with standard deviation of 1.12 and mean% was 40.45 and in post-test mean was 17.57 with standard deviation 2.35 and mean% 87.85, this signifies that the hand-on training was effective and could able to bring 47.40 improvement in the mean% of nurses skill development [3].

Table 3, shows that the hand-on training was effectiveness at t value 24.25 for 2 degree of freedom with p value less than 0.001 depicts that the training had brought significant improvement in skill of nurses on practice of active management of third stage of labor and prevention of postpartum haemorrhage [4].

## Discussion

The present study aimed to assess the effectiveness of hands-on training regarding AMTSL among nurses, the nurses selected for the study were working in the labor unit, the demographic variables were majority of nurses were aged between 25-30 years, all of the nurses were registered and were

**Table 1.** Describes the demographic variables of the nurses.

Demographic Variables	Response Categories	Nurses	Percentage
Age (years)	Less than 25-30	58	59.19
	31-40	40	40.18
Professional	Basic nursing	60	61.22
Qualification status	Additional nursing	38	38.77
Years of experience	Less than 3-5	70	71.42
	5-10 and above	28	28.57

**Table 2.** Describes the nurses' pre and post-test skill score.

S. No	Aspect	Pretest Skill Scores			Posttest Skill Scores			Mean% Skill Performance Enhancement	
		Max Score	Mean	Standard Deviation	Mean%	Mean	Standard Deviation		Mean%
1	AMTSL	20	8.09	1.12	40.45	17.57	2.35	87.85	47.40

**Table 3.** Describes the effectiveness of hands-on training on AMTSL among nurses.

Skill Score	Sample Size	Mean	Standard Deviation	T Value	Df	P Value
Pretest	98	8.09	1.12	24.25	2	≤ 0.001
Posttest	98	17.57	2.35			

well professional qualified, all nurses were experienced for minimum three years. The study found effective hands-on training at t value 24.25 at p value less than 0.001 and the post-test practical score was greater than pre-test practical score in terms of mean, standard deviation and mean percentage, the total mean percentage practical performance was enhanced to 47.40 [5].

## Conclusion

Active management of third stage of labor is essential practice in third stage of labor which prevents the incidence of postpartum haemorrhage; nurses are the backbone of health care delivery system the knowledge and practice of nurses should be updated regularly. Hands-on training is very effective in comparison to that of conventional training. Hands-on training in the present study showed as effective method of learning. The study recommend that nurses should be given continuing education for other maternal and child

health care procedures for bettering standards of patients care and improving nurses' skill and regular application of practice

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