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**Satish Kumar Passyavula**

B.sc (N), M.sc (N) Principal,  
Psychiatric Nursing, Swami  
Vivekanand Nursing College,  
Simultala, Bihar, India

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## **A study to assess the knowledge regarding gestational diabetes mellitus among antenatal mothers who are attending out-patient department, in Vanivillas hospital, Bangalore**

**Satish Kumar Passyavula**

### **Abstract**

Gestational diabetes is a form of diabetes which affects pregnant women. It is believed that the hormones produced during pregnancy reduce a woman's receptivity to insulin, leading to high blood sugar levels. Gestational diabetes affects about 4% of all pregnant women. It is estimated that about 135,000 cases of gestational diabetes arise in the United States each year.

**Keywords:** Assess, knowledge, antenatal mothers, gestational diabetes mellitus

### **Introduction**

Gestational diabetes affects the mother in late pregnancy and the baby too. Insulin does not cross the placenta, as glucose and other nutrients do. Extra blood glucose passes through the placenta that gives the baby a high blood glucose level. It results the baby's pancreas to make extra insulin to get rid of the blood glucose. Since the baby is getting more energy than it needs to develop and grow, the extra energy is stored as fat. It can lead to Macrosomia i.e. "Fat" baby. At birth this fat baby develops problem in breathing or may develop hypoglycemia due to over production of insulin.

### **Materials and Methods**

**Source of Data:** The data will be collected from antenatal mothers in Vanivillas hospital, Bangalore.

**Research Design:** Non-experimental design. The research approach adapted for this study is descriptive in nature.

**Research Approach:** Descriptive survey approach.

**Setting of the Study:** The study will be conducted at Vanivillas hospital, Bangalore.

**Population:** Antenatal mothers who are attending antenatal Outpatient patient department in Vanivillas Hospital, Bangalore.

### **Methods of Data Collections**

The data collection procedure will be carried out for a period of one month. The study will be conducted after obtaining permission from concerned authorities the investigator collect the data from antenatal mothers by using structured questionnaire to assess the knowledge regarding gestational mellitus.

The Tool schedule consist of following sections:

Section A: demographic data.

Section B: questions regarding the knowledge of gestational diabetes mellitus.

**Sampling Technique:** Sampling technique adopted for selection of sample is Non-probability convenience sampling.

### **Correspondence**

**Satish Kumar Passyavula**

B.sc (N), M.sc (N) Principal,  
Psychiatric Nursing, Swami  
Vivekanand Nursing College,  
Simultala, Bihar, India

**Sample Size:** The samples consist of hundred antenatal mothers attending Vanivillas hospital Bangalore.

**Sampling Criteria**

**Inclusion Criteria**

- a. Antenatal mothers age between 20 to 35 years.
- b. Antenatal mothers attending antenatal Outpatient patient department in Vanivillas hospital, Bangalore.
- c. Antenatal mothers who are willing to participate in the study.
- d. Antenatal mothers are available at the time of study.

**Exclusion Criteria**

- a. High risk Antenatal Mothers.
- b. Antenatal mothers in inpatient department.
- c. Antenatal mothers who are not willing to participate in the study.
- d. Antenatal mothers age less than 20 and more than 35 yrs.
- e. Antenatal mothers who are not available at the time of the study.

**Tools for Data Collection:** The structured questionnaire is used to collect the data from antenatal mothers.

**Data Analysis Method:** The data collected will be analyzed by using descriptive statistics and inferential statistics.

**Descriptive statistics:** Frequency and percentage for analysis of demographic data and mean, mean percentage and standard deviation will be used for assessing the level of knowledge.

**Inferential statistics:** Chi- square test will be used to find out the association between knowledge and selected demographic variables.

**Assess:** The critical analysis and valuation or judgment of the status or quality of a particular condition or situation.

**Knowledge:** It is the antenatal mother's ability to answer for the questions regarding gestational diabetes mellitus.

**Antenatal mothers:** It is relating to the period of pregnancy.

**Gestational diabetes Mellitus:** A disorders of carbohydrate metabolism in which sugars in the body are not oxidized to produce energy due to reduced insulin during pregnancy.

**Out-patient department:** A patient who receives treatment at a hospital but is not admitted to a bed in a hospital ward.

**Self-instructional module:** Refers to the unit of training or education in which teaching is under taken by one's own interest.

**Data Analysis Method:** The data collected will be analyzed by using descriptive statistics and inferential statistics.

**Descriptive statistics:** Frequency and percentage for analysis of demographic data and mean, mean percentage and standard deviation will be used for assessing the level of knowledge.

**Inferential statistics:** Chi- square test will be used to find out the association between knowledge and selected demographic variables.

**Conclusion:**

Assessed the Knowledge Regarding Gestational Diabetes Mellitus among Antenatal Mothers Who are attending out Patient Department, in Vanivilas hospital, Bangalore-02

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