

CHAPTER 6

CONCLUSIONS

The study concluded that childbirth experiences were significantly higher in experimental group. The comprehensive childbirth preparation package was effective in terms of childbirth experiences and maternal-neonatal outcome. From the findings of the study conclusion can be drawn that primigravidae who were exposed to comprehensive childbirth preparation package were having significantly better childbirth preparedness than the control group. Comprehensive childbirth preparation package was effective as participants in experimental group had positive childbirth expectation than the participants in control group. Childbirth fear was significantly lesser in CCBPP receiving group participants than in non-receiving group. Significant childbirth experiences and better maternal-neonatal outcome was observed between the groups.

Implications

1. Nursing and midwifery practice

- a.** Present study reveals that primigravidae had inadequate childbirth preparedness and had concerns related to fear of childbirth process. Antenatal care component must address childbirth preparation, childbirth expectations, and childbirth fear of first-time mothers.
- b.** Comprehensive childbirth preparation package is a very easy, cost-effective intervention that can be used by nurses to reduce the stress, and fear in primigravidae who are undergoing the process of labor for the first time.

- c. Implementation of this program would help to develop trusting relationship between midwives and mother and would also help to improve the satisfaction level of the mothers.

2. Nursing education

- a. Presently education is more inclined toward labor outcome than preparation. Childbirth preparation package must be taught to students by incorporating it in the nursing curriculum.
- b. Nursing educators can use the key outcomes of this study to teach the important concepts of self-care and self-efficacy and identify strategies for enhancing self-efficacy by expanding knowledge of childbirth.
- c. Nurses, educators, and student nurses should be informed about various childbirth education certificate courses, and they should be motivated to undergo those courses so that they can practice this program independently.
- d. E-learning modules can be developed on comprehensive childbirth preparation package for teaching students and midwives.

3. Nursing administration

- a. Special comprehensive childbirth preparedness classes can be conducted depending upon clients need.
- b. Nursing administrators can work on playing childbirth preparedness slides on waiting lounge of antenatal OPD so that pregnant women can get awareness about the childbirth process.

- c. Administrators must arrange for professional conferences and in-service education on childbirth preparation program.
- d. Childbirth experience can be assessed as feedback from primiparous mothers, at the time of discharge, for quality improvement and audit.

4. Nursing research

- a. Dissemination of findings in research journals to create awareness among nursing professionals.
- b. Different types of comprehensive childbirth preparedness programs based on mother's condition and weeks of gestation may be developed, and present study maybe used as a reference for further studies.

Recommendations

1. By applying the same intervention (i.e., CCBPP), multicenter trials may be conducted.
2. Replication of the study by single or double blinding can be done to check the effectiveness of the intervention.
3. The present study was conducted in a community health center. Similar studies can be conducted in government or private hospitals.
4. A comparison study may be administered to identify the efficacy of CCBPP among primiparous and multiparous women.

Summary

This chapter of the study deals with brief summary, findings, implications, limitations, and the recommendations.