

Content of antenatal education and modalities of delivery among nurses in oyo state, Nigeria

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Abstract

Background/Statement of problem: there is no structured content and modalities for the delivery of antenatal education in Nigerian healthcare institutions. Hence, the lack of knowledge on salient issues that are pivotal to survival of mothers and their babies among childbearing women. This study assessed the contents and mode of delivery of antenatal education from the perspective of care providers.

Methods: a descriptive cross sectional study design was adopted using structured questionnaire developed by the researcher for data collection. One hundred and ten nurses were recruited across various healthcare institutions in Oyo state, Nigeria to participate in the study.

Results: the mean age of the nurses was 39.7 with standard deviation of 10.1. About half (43.6%) of them had first degree in Nursing, while one-third (31.8%) were at the lower cadre of Nursing (Nursing officer II). The most common five topics taught by the nurses were as reported were; hygiene (98.2%), diet (84.6%), immunization (31.8%), birth preparedness (31.8%), and breastfeeding (28.2%). The most common mode of delivery is face-to-face teaching (98.2%) while e-teaching is least employed (20.9%). Pictures (87.3%) and posters (79.1%) were the most common materials used for teaching while majority (72.7%) provided fliers as teaching materials to their clients. Majority (98.2%) of the nurses stated that they provide antenatal education to serve as learning forum for their clients, however, very few (17.3%) stated that they provide antenatal education to keep their clients busy while waiting for doctor's consultation.

Conclusion and significance: Nurses choose to teach any topic during antenatal education based on their discretion. However, every pregnant woman attending antenatal clinic will benefit from balanced information that will enhance positive pregnancy outcome from her care provider, hence the need for structured content and modalities of delivery of antenatal education in Nigeria.

Key words: Antenatal education, Nurses, Pregnancy, Nigeria.

Biography:

Margaret O. Akinwaare is a researcher and a lecturer at the Maternal and child Health unit of Department of Nursing, Faculty of Clinical Sciences, College of Medicine, University of Ibadan, Nigeria. Her focus areas in research include; antenatal education, pregnancy, childbirth and maternal health. He is a registered nurse, a registered midwife and a registered public health nurse with Nursing and Midwifery Council of Nigeria. She is currently a Consortium for advanced Research Training in Africa (CARTA) PhD fellow.

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