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**UNIVERSITY**

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# **COLLEGE OF POSTGRADUATE STUDIES**

## **2022/2023 PhD Thesis Abstract**

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**RT: Developing an Educational Program towards Improving Postpartum Depression Screening and Management Skills for Midwives in Selected Hospitals in Ondo State, Nigeria**

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**AB:** Postnatal period is the most vulnerable time and is critical to the health and survival of the mother and her newborn. World Health Organization (WHO) had provided guidelines for postnatal care. This is to help prevent eventful postnatal experiences. However, studies have shown lack of healthcare workers' knowledge of the guidelines and poor practices. Deficient knowledge of the postnatal care guidelines is one of the major contributors to the poor quality of postnatal care in Primary healthcare centers. Hence, this study assessed the effect of an intervention on knowledge and self-reported practices on postnatal care guidelines among health workers in selected primary healthcare facilities in Osun State, Nigeria.

This study utilized two groups pre-test and post-test quasi-experimental design. Total population for this study was 420 of healthcare workers. Taro Yamane's formula was used to determine sample size of 220 healthcare workers. Multistage sampling technique was used in selecting 110 healthcare workers each for Experimental (EG) and Control Group (CG). A structured validated questionnaire with a reliability index for the constructs ranging from 0.81 to 0.89 was used to collect data over three months at the pre-intervention, immediate post-intervention (P1) and three months' post-intervention (P2) phases. An adapted training package was used to train the

healthcare workers. The response rate was 95%. Descriptive (frequency and percentage) and inferential (paired t-test) statistics were used in the analysis at 5% level of significance.

Findings showed the knowledge of healthcare workers on WHO guideline on postnatal care pre-intervention for the EG was  $35.30 \pm 10.70$  and for CG was  $34.91 \pm 8.51$ . The P1 and P2 Knowledge scores for EG were  $62.44 \pm 18.70$  and  $60.58 \pm 19.17$ , while for CG were  $38.71 \pm 7.51$  and  $33.97 \pm 8.73$  respectively. The pre-intervention self-reported practices scores for EG was  $24.80 \pm 14.02$  while the P1 and P2 were  $37.35 \pm 10.67$  and  $41.31 \pm 10.80$  respectively. The CG self-reported practices for pre-intervention were  $17.82 \pm 5.02$ , whereas for P1 and P2 were  $21.11 \pm 6.11$  and  $19.31 \pm 4.58$  respectively. There were significant differences between pre- and post-intervention knowledge score of experimental group P1 ( $t = -12.07$ ,  $P = 0.000$ ), P2 ( $t = 11.48$ ,  $P = 0.000$ ) and self-reported practices P1 ( $t = 7.474$ ,  $P = 0.00$ ), P2 ( $t = 9.178$ ,  $P = 0.000$ ) of healthcare workers on WHO guidelines on postnatal care.

In conclusion, the training of healthcare workers on WHO guidelines on postnatal care improved their knowledge and self-reported practices. It is therefore recommended that the guidelines should be made available and accessible in all the healthcare facilities. Furthermore, healthcare workers should be adequately trained on inculcating WHO guidelines on postnatal care in their practice to ensure a successful postnatal care period.

**Keywords:** Healthcare workers, Knowledge level, Self-reported practice, Training package, WHO postnatal guidelines.

**Word Count:** 449

**Abbreviations:** *RFN: Researcher's Full Name, RD: Researcher's Department, RS: Researcher's School, RE: Researcher's Email, RAE: Researcher's Alternate Email, RP: Researcher's Phone Contact, RT: Registered Title, MS: Main Supervisor, ME: Main Supervisor's E-mail Address, SP: Main Supervisor's Phone Contact, CS: Co-Supervisor, CE: Co-Supervisor's E-mail Address, CP: Co-Supervisor's Phone Contact, AB: Abstract*

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