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Effect of a multidisciplinary education program on women with pregnancy induced hypertension in rural Malaysia

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Pregnancy-Induced Hypertension (PIH) is among the top four most common causes of maternal death in Malaysia. The purpose of this study was to examine the effect of a multidisciplinary education program on knowledge, attitude and perceived behavior control of PIH management among antenatal women diagnosed with PIH in rural Malaysia. A quasi-experimental study with pre and post design was conducted to measure the effect of a multidisciplinary education program on study variables guided by the theory of planned behavior. 63 antenatal mothers with PIH from six maternal and child health clinics in Lahad Datu, Sabah participated in this study and participants were assigned to intervention (n=32) and control group (n=31). Participants in experimental group attended a multidisciplinary education program (8 hour workshop) regarding PIH management and blood pressure control, nutrition and exercise, whereas, the control group, did not receive any. Data were collected using a set of questionnaire which measures socio-demographic characteristics of the participants, blood pressure level, knowledge and attitude of PIH management and perceived behavior control. Data were collected from both intervention and control group pre-test and 14 days post-test. A t-test of mean differences was used to examine the effect of the multidisciplinary education program on knowledge, attitude and perceived behavior control of PIH management. Findings showed that there were significant differences in mean score pre and post-test for knowledge (t=4.97, p<0.001) and attitude of PIH management (t=2.76, p<0.001). However, there was no significant difference in perceived behavioral control between intervention and control group. Findings of this study indicated that the multidisciplinary education program might be utilized as an effective management program for antenatal mother diagnosed with PIH residing in rural areas.

Biography

Zamzaliza Abdul Mulud is an Academician in Centre for Nursing Studies, Universiti Teknologi MARA, Malaysia. Her specialization is in the nursing field specifically in medical surgical, mental health and gerontological nursing. Her research interest includes the effect of the educational program, resilience among caregivers of individuals with illness, qualitative research and caregiver burden.

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