

A Pre-Experimental Study to Assess the Effectiveness of Self- Instructional Module on MNT Therapy in Gestational Diabetes Mellitus Among Final Year Nursing Students at A Selected College of Delhi

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ABSTRACT

Introduction: Gestational Diabetes Mellitus (GDM) is a significant health concern affecting pregnant women and their unborn children, necessitating effective management strategies such as Medical Nutrition Therapy (MNT).

Aim: The purpose of this study was to evaluate how well a self-instructional module (SIM) on MNT therapy increased the knowledge of final-year nursing students at a particular Delhi institution.

Methodology: 110 samples were chosen using a purposive sampling technique in a quantitative evaluation approach using a pre-experimental descriptive research design. The general information was collected and knowledge was measured by structured questionnaire. After the pre-test self-instructional module was provided to final year nursing students GNM(N) and BSC(N), post-test was done after 7 days.

Result: The major findings of pre-test were, the majority students 81(73.64%) were having average level of knowledge, 0 were having good level of knowledge, 29(26.6%) were having poor level of knowledge. The major findings of post-test were, majority of students 0 were having good level of knowledge, 83(75.45%) were having average level of knowledge, 27(24.54%) were having poor level of knowledge. The mean post-test knowledge score was higher than mean pre-test knowledge score. Thus, the intervention was found to be effective strategy to enhance the knowledge regarding Medical Nutrition Therapy in Gestational Diabetes Mellitus.

Keywords: Gestational diabetes, Medical Nutritional Therapy (MNT), Self- instructional module (SIM).