

Knowledge Regarding Teratogenic Effect of Drugs among Staff Nurses Working in Maternity and Paediatric Wards of K.L.E's Dr. Prabhakar Kore Charitable Hospital, Belgaum, Karnataka

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ABSTRACT

When pregnant mother consumes drugs it reaches the fetus through the placenta, in the same way that oxygen & nutrients are delivered to the baby in the mother's uterus. Depending upon the drug taken, the amount, duration & stage of pregnancy, it can produce varying effects on growing baby. Drugs can damage the fetus & cause developmental abnormalities (producing birth defects) & result in still birth. The objectives of the study were to assess the knowledge regarding teratogenic effect of drugs among staff nurse working in maternity and pediatric wards. Structured Knowledge Questionnaire on teratogenic effects of drugs was used to evaluate the knowledge of Staff Nurses. The results revealed that out of 30 staff nurses selected for the study, majority 19 (63.3%) possessed average knowledge regarding teratogenic effect of drugs.

Keywords: Teratogenic Effect, Nurses, developmental abnormalities, still birth

INTRODUCTION

In the past, people were not aware of teratogens or its effect on fetal development, due to lack of knowledge, lack of advanced studies, and technologies the infant morbidity and mortality rate are very high. Now we are in advanced technology in support, and health care delivery system accessible to all, we can be successful to prevent^[1].

These days many women are aware of the side effects and contraindications associated with drugs during pregnancy, either prescribed or non-prescribed medicines, and how it can affect their pregnancy adversely. However with the list of teratogenic substances growing, it is important to have a greater understanding of how the fetus may be affected rather than just avoiding specific drugs & related substances^[2].

A baby is most likely to be born with birth defects if exposed to the harmful effects of drugs during the time when the organs are developing, usually between the third and eight week of fertilization. This means that sometimes in very early pregnancy the fetus may be exposed to harmful substances without a women being aware that she is pregnant. Drugs taken after this period, although less likely to cause severe birth defects, may contribute to problems with growth & function of normally developed body parts^[3].

Teratology is the study of abnormal developments in embryos and causes of genital malformations or birth defects. These anatomical or structural abnormalities are present at birth although they may not be diagnosed until later in life. They may be visible on the surface of the body. Congenital

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malformation account for approximately 20% of deaths in the perinatal periods. Approximately 3% of newborns infants will have major malformations and other 3% will have malformations detected later in life ^[2].

Recent health statistical report given by WHO birth defects are known to occur 2-3 per 100 of all new borns teratogens are leading cause of infant mortality. A recent survey done in India stated that more than 8-15% of congenital anomalies account infant death due to effect of teratogens. 7 to 10 percentage will require extensive medical care to diagnosis or treat birth defects. Although significant progress have

be made in identifying teratogenics cause of some birth defects.^[4]

METHODOLOGY

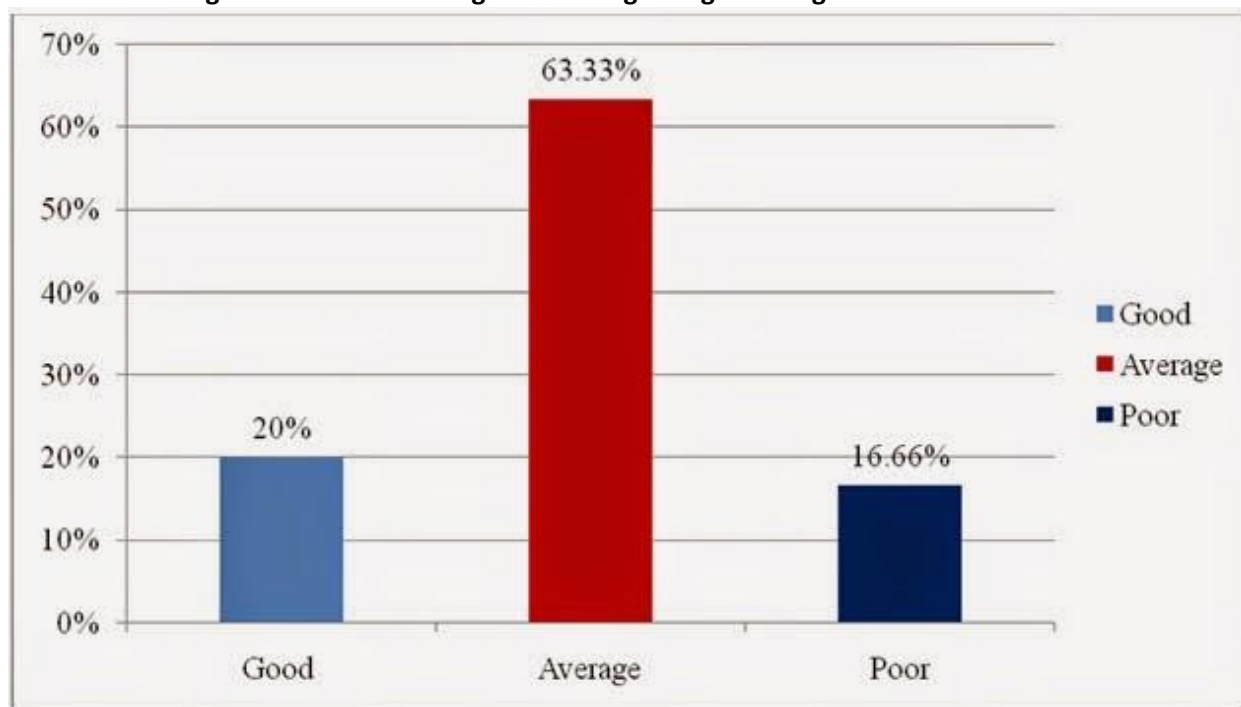
Descriptive approach was used in the study. The study population consisted of staff nurses working in maternity and pediatric ward of KLE's Dr. Prabhakar Kore Charitable Hospital, Belgaum Karnataka. Around 30 Staff Nurses were selected by a non-probability convenience sampling technique. Structured knowledge questionnaire on teratogenic effects of drugs was used to evaluate the Knowledge of staff nurses.

RESULTS:

Section I: Findings related to socio-demographic variables.

Sl. No.	Socio-demographic variables	Frequency (f)	Percentage (%)
1.	Age		
a.	20-24	22	73.33
b.	25-29	6	20
c.	30-34	2	6.66
2	Sex		
a.	Male	7	23.33
b.	Female	23	76.66
3	Course		
a.	GNM (Diploma in Nursing)	27	90
b.	B.Sc (N) Graduates	3	10
4	Work Experience		
a.	0-1 year	17	56.66
b.	2-3 years	9	30
c.	4-5 years	0	0
d.	6-7 years	4	13.33

Section II: Findings related to Knowledge Scores Regarding Teratogenic Effects.



Graph revealed that majority of staff nurses 19 (63.33%) had average knowledge and the remaining 06 (20%) and 05 (16.66%) had good and poor knowledge score respectively regarding teratogenic effects.

DISCUSSION & CONCLUSION

Most of the health care providers and mothers are unaware of adverse effects of teratogenic drugs taken during pregnancy, it is essential to educate the nurses to teach the pregnant women and their family members regarding teratogenic effects of drugs in order to protect the growing fetus from the harm caused by them. The study finding can be used by the hospital administrators to convince the hospital staff and educate them so that they in-turn can educate the junior nurses working under them and the pregnant women to improve the knowledge regarding teratogenic effect of drugs and thus decrease the perinatal mortality rate.

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