A study to assess the knowledge regarding antenatal exercises among staff nurses and nursing students in NMCH, Nellore Andhra Pradesh.

Abstract: Most pregnant women restrict their mobility and their participation in routine activities, but studies have proved that daily exercise can reduce risk of miscarriage by 40%. Objectives: To assess the level of knowledge regarding antenatal exercises among staff nurses. To assess the level of knowledge regarding antenatal exercises among nursing students. To compare the level of knowledge between staff nurses and nursing students regarding antenatal exercises. To find out the association between the knowledge regarding antenatal exercises among staff nurses and nursing students with selected socio demographic variables. To find out the association between the knowledge regarding antenatal exercises among nursing students with selected socio demographic variables. Materials and Methods: The study was conducted at Papireddypalem village, Nellore by using a descriptive research design. 15 staff nurses and 15 nursing students were selected by Convenient sampling technique, structured questionnaire were used to collect data. The collected data was organized, tabulated, analyzed and interpreted by using descriptive and inferential statistics. Results: 5(33.3%) staff nurses had adequate knowledge and 4(26.7%) had moderately knowledge and 6(40%) had inadequate knowledge: where as 1(6.7%) nursing students had adequate knowledge and 4(26.7%) of them had moderate adequate knowledge and majority 10(66.6%) of them had inadequate knowledge.