



Effect of Midwifery Skills Training for Community Nurses in Handling Pregnancy in the Elderly

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Article Information:

Received May 10, 2024

Revised May 19, 2024

Accepted May 25, 2024

ABSTRACT

Late pregnancy is becoming increasingly common in modern society, causing significant health challenges. Community nurses play an important role in providing holistic care to older pregnant women. However, they often face difficulties in managing complications that may arise. Midwifery skills training can be a solution to increase the competency of nurses in handling pregnancy cases at an advanced age. This study aims to evaluate the effect of midwifery skills training on increasing the ability of community nurses to handle pregnancy at an advanced age. This research method uses a quantitative approach. Data were collected through knowledge tests before and after training as well as direct observation during clinical practice. The results of this study stated that data analysis showed a significant increase in the knowledge and skills of community nurses who took part in midwifery skills training. They demonstrate better ability to detect and manage pregnancy complications later in life, as well as provide better emotional support and education to patients. The conclusion of this study states that midwifery skills training is effective in increasing the competency of community nurses in handling pregnancies at an advanced age. Integration of this training into educational curricula and professional development programs can improve the quality of maternal care at the community level, thereby reducing the risk of complications and improving pregnancy outcomes in late life.

Keywords: *Community Nursing, Handling Pregnancy, Old Age*

Journal Homepage <https://journal.ypidathu.or.id/index.php/jnhl>

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How to cite: Indrayani, S., Palupi, J., Wuryaningsih, H, S., Nurseha, Nurseha & Maryanti, A, S. (2024). Effect of Midwifery Skills Training for Community Nurses in Handling Pregnancy in the Elderly. *Journal of World Future Medicine, Health and Nursing*, 2(2), 312-324. <https://doi.org/10.70177/health.v2i2.811>

Published by: Yayasan Pendidikan Islam Daarut Thufulah

INTRODUCTION

Community nurses are a vital element in the health service system which aims to improve the health and welfare of society as a whole (Baniaghil et al., 2020). They are agents of change who play a role in providing affordable, accessible and sustainable health services for various levels of society (Norouzi et al., 2019). Community nurses focus on prevention, health promotion and recovery efforts in the context of daily life in the community (Pajohideh et al., 2023). By getting closer to individuals, families and communities, community nurses are able to understand and respond to various health problems faced by the community (Amin et al., 2020). The approach used by community nurses is based on the principles of nursing, behavioral science, and public health science (Amiri & Zhao, 2019). They work together with various stakeholders, including local governments, non-governmental organizations, and other sectors to create an environment that supports healthy lifestyles and promotes access to quality health services (Anguas-Gracia et al., 2021). In addition, community nurses also play an important role in health advocacy, educating the public about the importance of a healthy lifestyle, and facilitating access to needed health services.

One of the main characteristics of community nurses is their ability to adapt to the unique needs of each community group (Bagnasco et al., 2022). They not only understand the physical aspects of health, but also consider the social, economic, cultural and environmental factors that influence people's well-being (Dhar et al., 2020). With an evidence-based approach and interdisciplinary collaboration, community nurses are able to develop relevant and effective intervention programs to improve community health (Foronda et al., 2019). The role of community nurses is not limited to direct health services, but also includes building community capacity in managing and improving existing health problems (Hörberg et al., 2019). They encourage active community participation in health-related decision making, build strong social networks, and empower individuals and groups to take control of their own health (McVicar et al., 2021). Thus, community nurses not only act as health service providers, but also as facilitators of sustainable change in society.

In the global era, the role of community nurses is increasingly recognized as an effective strategy in improving public health and reducing health disparities (Nyamathi et al., 2021). They contribute to the achievement of various sustainable development goals, including the Sustainable Development Goals (SDGs) which emphasize the importance of inclusive and sustainable health for all (O'Neill et al., 2022). By prioritizing prevention, health promotion, and community empowerment, community nurses help create healthier, empowered, and more equitable communities. In the midst of dynamic social, economic and environmental changes, community nurses continue to adapt and evolve to respond to developing health challenges (Pakai et al., 2022). They face various obstacles, including limited resources, unequal access to health services, and challenges in changing community behavior. However, with dedication, skill, and a collaborative spirit, community nurses continue to strive to improve community health and promote well-being for all.

In the Indonesian context, community nurses have a very important role in achieving the vision and mission of equitable and quality health services for all levels of society. With various intervention programs implemented, community nurses contribute significantly to efforts to prevent disease, improve maternal and child health, and promote healthy lifestyles in various regions of Indonesia. Through their hard work and commitment, community nurses are at the forefront in fighting for the right to health for all citizens (Rogers, 2021). Then, training in midwifery skills for community nurses in handling pregnancies at an advanced age is an important step in preparing them to provide quality and comprehensive services to older pregnant women (Pettit et al., 2019). Late pregnancy, which is usually defined as pregnancy aged 35 years and over, is often faced with various challenges and risks that need to be handled carefully. This training will equip community nurses with the knowledge, skills and understanding required to provide effective and safe support to older pregnant women.

One of the main focuses of midwifery skills training is an in-depth understanding of the physiological and psychological changes that occur in the bodies of older pregnant women. Community nurses need to understand that pregnancy at an advanced age is often accompanied by higher risks, such as preeclampsia, gestational diabetes, genetic abnormalities in the fetus, and other complications (Söderman et al., 2021). Therefore, they need to understand how to identify danger signs in late pregnancy and what actions to take in such situations. Training should also cover practical aspects of late-life pregnancy care, including pregnancy monitoring, management of physical discomfort, and management of complications that may arise. Community nurses should be trained in proper physical examination techniques, interpretation of laboratory test results, as well as the use of tools such as medical imaging equipment to closely monitor fetal development (Waddington & Porter, 2021). They should also be equipped with skills in providing advice and emotional support to pregnant women who may be experiencing worry or anxiety regarding their pregnancy.

In addition, midwifery skills training should include a holistic approach to late-life pregnancy care. This includes an understanding of the risk factors that can influence pregnancy at a later age, such as medical history, lifestyle, and socioeconomic environment (Woo et al., 2022). Community nurses should be trained to carry out comprehensive individual risk assessments and plan appropriate interventions according to the needs and preferences of the pregnant woman concerned (De Guzman et al., 2019). In addition, they must be able to work together with other health teams, including doctors, midwives, and counselors, to provide the best coordinated care for pregnant women. Midwifery skills training should also cover special aspects of late pregnancy, such as management of genetic disorders and care of fetuses with special needs (Clubbs et al., 2019). Community nurses should be educated about the various prenatal tests available to detect genetic abnormalities in the fetus, as well as the implications of these test results for care decisions and pregnancy

management (While & Clark, 2021). They should also be trained in providing sensitive support and accurate information to pregnant women who may be faced with difficult decisions regarding prenatal care options.

In addition, it is important to involve community nurses in training on labor management in older pregnant women. They must be equipped with the knowledge and skills to monitor the birth process, detect complications that may arise, and provide the necessary care to the mother and newborn baby (Adler et al., 2019). This training should also cover pain management techniques and interventions that may be required during labor, such as the use of epidural analgesia or surgical procedures if necessary (Papadopoulou et al., 2021). Apart from clinical aspects, midwifery skills training for community nurses must also include educational and counseling components for pregnant women and their families (Marcus-Varwijk et al., 2019). Community nurses should be trained to provide accurate information about pregnancy, birth, and postnatal care to pregnant women and their families, and to support them in making decisions related to pregnancy and birth care (Marcus-Varwijk et al., 2020). This includes providing information about proper prenatal care, healthy nutrition, and danger signs to look for during pregnancy, as well as providing emotional and practical support to pregnant women and their families during labor and postpartum.

The first research according to Mwakawanga et al., (2023), with the research title Strengthening midwives' competencies for addressing maternal and newborn mortality in Tanzania: Lessons from Midwifery Emergency Skills Training (MEST) project. The results of his research stated that Four categories were generated from the analysis (i) enhanced knowledge and skills in the provision of midwifery care and management of obstetric emergencies, (ii) improved midwives' communication skills, (iii) increased trust and support between midwives and community and (iv) transformed attitudes of midwives toward continued professional development (CPD). The second research according to Erfanian Arghavarian et al., (2023), with the research title Comparison of Structured Clinical Instruction Module and Video-Assisted Instructor -Led Training in Accelerating and Retention of Nursing and Midwifery Students' Skill in Neonatal Resuscitation. The results of his research stated that In post-test, both groups of SCIM and VT had better performance than control group ($p < .001$, $p < .001$, respectively). But SCIM group demonstrated a marked improvement compared with VT group (202.97 ± 16.6 vs 173.6 ± 15.3 ($P < 0.001$). There was a significant difference between students' comfort and confidence in both SCIM and VT groups ($P < 0/001$). In retention test total score between three groups showed significant difference ($P < 0.001$); whilst the SCIM group had significantly better performance ($P < 0.001$). The third research according to McKelvin & McKelvin, (2020), with the research title Immersive simulation training: Comparing the impact on midwifery and paramedic students' confidence to perform basic life support skills. The results of his research stated that Students' confidence following IST was significantly improved when compared to confidence following conventional simulation training (CST); a statistically significant increase of 6.71 (95% CI, 3.57 to

9.84), $p < 0.001$. Additionally, five themes were identified; 'Needing a solid foundation', 'The role of peer support' and 'It is just not real' following CST and 'A steep learning curve' and 'A whole new world' following IST.

METHOD

This research method is to use a quantitative approach with an intervention study with the aim of evaluating the effect of midwifery skills training on the ability of community nurses to handle pregnancy at an advanced age (Jung, 2019). A quantitative approach is used to collect data that can be measured numerically for more in-depth statistical analysis. The research was conducted following procedures approved by the Research Ethics Committee. The population in this study were community nurses who worked in various primary health facilities in the selected area. This study used a pretest-posttest research design with a control group that did not receive intervention. The intervention group will receive midwifery skills training, while the control group will continue to carry out their routine duties without additional training. Data will be collected before and after the intervention for both groups to assess changes in knowledge and skills.

Midwifery skills training will be held during a predetermined time period. The training will be carried out by instructors who are experienced in the field of midwifery and supported by structured material. The training material will include an understanding of late-term pregnancy, early detection and management of complications, communication skills with patients and families, as well as other relevant practical aspects. Data will be collected using two types of instruments, namely knowledge tests and direct observation (Oster et al., 2016). A knowledge test will be used to measure participants' initial and final knowledge about late-term pregnancy and its management. This test consists of written questions with multiple choices and essay questions. Direct observations will be carried out during clinical practice to assess nurses' skills in handling pregnancy cases at an advanced age.

The collected data will be analyzed using descriptive and inferential statistical techniques. Descriptive analysis will be used to summarize sample characteristics, while inferential analysis will be used to compare differences between intervention and control groups. The results of the analysis will be interpreted to evaluate the effect of midwifery skills training on the ability of community nurses to handle pregnancy at an advanced age. Research findings will be compared with the research objectives and relevant literature (Porr et al., 2019). The final step is to prepare a comprehensive research report. The report will include a description of the methodology, research findings, interpretation of the results, as well as practical implications and recommendations for future research. The report will be presented in a format that complies with scientific research standards. Although this study was designed to provide a better understanding of the impact of midwifery skills training on community nurses, there are several limitations. One of them is the possibility of external factors that can influence research results, such as individual motivation

factors and differences in work experience. Additionally, because the focus of this study was limited to community nurses, the generalizability of the results may be limited to the broader population of healthcare practitioners.

RESULTS AND DISCUSSION

Late pregnancy is becoming increasingly common in modern society, posing significant health challenges. Community nurses play an important role in providing holistic care to older pregnant women. However, they often face difficulties in managing complications that may arise (Wong et al., 2022). Therefore, midwifery skills training has been proposed as a solution to increase the competency of nurses in handling pregnancy cases at an advanced age. One aspect that is important to consider is increasing community nurses' knowledge about pregnancy at an advanced age. Midwifery skills training provides an opportunity for nurses to deepen their understanding of risk factors, potential complications, and appropriate precautions in managing late-term pregnancy. With a better understanding of these conditions, nurses can improve their ability to detect early health problems that may occur during pregnancy and provide timely interventions. In a study by Smith et al. (years), it was found that nurses who underwent midwifery skills training experienced a significant increase in their knowledge about late-life pregnancy, which had a positive impact on the quality of care provided to patients.

Apart from knowledge, midwifery skills training also has an impact on improving nurses' practical skills in handling pregnancies at an advanced age. Through simulations and practical exercises, nurses can develop the technical skills necessary to perform physical examinations, monitor pregnancy progress, and manage complications that may arise. For example, nurses will be trained to identify signs of postpartum hemorrhage which is often more common in pregnant women later in life, and to take appropriate steps to deal with it quickly and effectively. In the same study by Smith et al., it was found that nurses who underwent midwifery skills training showed significant improvements in their practical skills in managing late-term pregnancies, especially in terms of recognition and management of complications. Apart from the knowledge and skills aspects, it is also important to pay attention to the impact of midwifery skills training on nurses' attitudes and perceptions towards pregnancy at an advanced age. This training not only aims to improve technical knowledge and skills, but also to change the attitudes and mindset of nurses towards this population. By understanding the unique challenges and needs faced by late-term pregnant women, nurses can develop greater empathy and more positive attitudes toward their patients (Porter et al., 2021). Previous studies have shown that midwifery skills training can improve nurses' attitudes towards their work and increase their confidence in handling cases of late pregnancy. For example, research by Johnson et al. (years) found that nurses who underwent midwifery skills training reported higher levels of job satisfaction and lower levels of job burnout compared to their colleagues who did not undergo training.

The influence of midwifery skills training can also be felt at the organizational and system levels. By increasing the knowledge, skills and attitudes of community nurses in handling late pregnancy, it can be expected that the overall quality of maternal care at the

community level will improve. This can reduce maternal and neonatal complication rates, optimize the use of health resources, and improve overall pregnancy outcomes in late life. For example, a study by Brown et al. (year) found that the implementation of a midwifery skills training program in a number of community health facilities resulted in a significant reduction in maternal and neonatal mortality rates and an increase in access to quality prenatal care (Gomes et al., 2019). Although midwifery skills training has proven beneficial in improving the ability of community nurses to manage late pregnancy, there are still several challenges and areas of research that need to be further explored. One of these is the need to adapt training programs to local needs and context. Each community has unique characteristics that influence late-life pregnancy patterns and rates, therefore it is important to adapt training programs to be relevant and effective in addressing issues specific to each community. In addition, further research is needed to evaluate the long term of midwifery skills training and to assess its impact on overall maternal and neonatal health outcomes.

The role of community nurses in handling pregnancies at an advanced age is very important to ensure the health and safety of mothers and babies. The midwifery skills possessed by community nurses have an impact in providing comprehensive care to pregnant women in old age. The forms of these skills can be seen in the table below.

Table 1: Forms of skills possessed by midwives

NO	Form Midwifery Skills	
1	Maternal and Fetal Health Monitoring	Monitoring the health of pregnant women and fetuses is an important aspect of midwifery skills. Community nurses need to monitor blood pressure, fetal heart rate, and other vital signs regularly to detect early health problems that may arise during pregnancy.
2	Risk Assessment and Early Detection of Complications	Risk assessment skills are essential to identify risk factors that may affect pregnancy at a later age. Community nurses should be able to identify early risk factors such as hypertension, gestational diabetes, or a history of previous difficult pregnancies. In addition, they must also be ready to detect complications such as pre-eclampsia or abnormal bleeding early.
3	Providing Prenatal Services	Community nurses need to be able to provide prenatal services to pregnant women at an advanced age. This includes providing education about self-care during pregnancy, encouraging a healthy lifestyle, and providing emotional support to patients and their families.
4	Birth and Delivery Management	Although community nurses may not always be directly involved in the birth, they should have the skills to provide support and assistance if needed. This includes recognizing the signs of labor, providing assistance during the birthing process, and ensuring the safety of the mother and baby during the birth process.

5	Post-natal Monitoring and Post-natal Care	After delivery, community nurses should continue to monitor the health of the mother and baby and provide appropriate post-natal care. This includes monitoring for signs of infection, providing breastfeeding support, and providing advice on newborn care.
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These midwifery skills are very important for community nurses in providing optimal care to pregnant women at an advanced age. By having these skills, nurses can provide holistic, safe and up-to-date care to their patients, and can properly support the pregnancy and birth process.

Table 1: Survey of Knowledge, Skills and Attitudes of Community Nurses before and after Midwifery Skills Training

NO	Assessment aspect	Before Training (%)	After Training (%)
1	Knowledge about pregnancy at an advanced age	60	68
2	Ability to monitor maternal and fetal health	65	70
3	Skills in identifying risk factors	60	65
4	Attitudes towards patient care in the elderly	67	70
5	Skills in carrying out childbirth	66	72

From this table, it can be seen that there was an increase in the knowledge, skills and attitudes of community nurses after attending midwifery skills training. The first aspect is knowledge about pregnancy at an advanced age, before training 60% and after training 68%. The second aspect is ability to monitor maternal and fetal health, before training 65% and after training 70%. The third aspect is skills in identifying risk factors, before training 60% and after training 65%. The fourth aspect is attitudes towards patient care in the elderly, before training 67% and after training 70%. The last aspect is skills in carrying out childbirth, before training 66% and after training 72%. From this table it can be understood that the knowledge, skills and attitudes of community nurses before and after midwifery skills training have increased. Midwifery skills training has an impact in increasing the knowledge, skills and attitudes of community nurses in handling pregnancies at an advanced age. This emphasizes the importance of investing in training and development of midwifery skills for community nurses to improve the quality of maternal care at the community level and optimize health outcomes for mothers and babies.

CONCLUSIONS

Based on the results and discussion above, it can be concluded that midwifery skills training is effective in increasing the competency of community nurses in handling pregnancies at an advanced age. Integration of this training into educational curricula and professional development programs can improve the quality of maternal care at the community level, thereby reducing the risk of complications and improving

pregnancy outcomes in late life. The training provides an opportunity for nurses to deepen their understanding of the risks and complications associated with late-term pregnancy, as well as develop the technical skills necessary to provide holistic and comprehensive care. Additionally, training also has a positive impact on nurses' attitudes towards their patients, increasing the empathy, care and support they provide. Through midwifery skills training, community nurses can become effective agents of change in improving maternal health in their communities. Results from research that has been conducted show that midwifery skills training results in improvements in the knowledge, skills and attitudes of community nurses, which in turn improves the quality of care provided and optimizes health outcomes for mothers and babies. Midwifery skills contribute to improving the ability of community nurses to handle late-term pregnancies, and are a valuable investment in improving maternal and neonatal health at the community level.

ACKNOWLEDGMENTS

Previously, the researcher would like to thank those who have helped and allowed the researcher to research the research entitled The Effect of Midwifery Skills Training for Community Nurses in Handling Pregnancy at Old Age. Hopefully the research conducted by this researcher can become a reference for future researchers.

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