



Knowledge, practice and quality of antenatal care received among pregnant women: A descriptive study

Ms. Sangeetha S

Msc (N), Obstetrics and Gynecological Nursing, Sree Gokulam Nursing College

Mrs. Bindu C G

Professor, Department of Obstetrics and Gynecological Nursing, Sree Gokulam Nursing College, Trivandrum-695607

ABSTRACT

A descriptive study using quantitative approach was conducted to assess the knowledge, practice and quality of antenatal care received among pregnant women who attending the antenatal OPD of Sree Gokulam Medical College Hospital, Venjaramoodu. Convenient sampling technique was adopted and selected 250 pregnant women who have completed 32 weeks of gestation. The tool used for data collection consisted of socio-personal proforma, questionnaire to assess knowledge regarding antenatal care, three point rating scale to assess practice of antenatal care and checklist to assess quality of antenatal care received among pregnant women. Results showed that more than half (57.6%) of the subjects had good knowledge and majority (62.0%) of the subjects had good practice of antenatal care. Majority (89.6%) of the subjects received excellent quality of antenatal care. The study findings concludes that there is a weekly positive correlation between knowledge and practice on antenatal care significant at $p < 0.01$.

KEYWORDS : practice; quality of antenatal care; pregnant women

Introduction

Pregnancy is a precious time for a woman. It is a maturational milestone that can be stressful but also rewarding as the woman prepares for a new level of caring and responsibility. Knowing what is happening to woman and how to take care of herself and her growing baby during the weeks ahead will help the woman to enjoy this exciting period in their lives. As woman's body adapts to the changes related to pregnancy, she will begins to prepare herself physically, emotionally and practically for motherhood. A woman's body will change as dramatically and rapidly during pregnancy. The nine month of journey will make both internal and external changes to the woman's body. Her self-concept changes in readiness for parenthood as she prepares for her new role. She moves gradually from being committed to a lifelong concern for another human being. This can be a time of great hope and joyful anticipation. This growth requires mastery of care during pregnancy.

Antenatal care also refers to pregnancy related health care provided by a doctor or a health worker in medical facility. It should monitor a pregnancy for signs of complication detect and treat pre-existing and concurrent problems of pregnancy. It also provides advice and counseling on diet during pregnancy, delivery care, postnatal care and related issues. An antenatal care is necessary for ensuring a healthy mother and baby at the end of gestation. Prenatal care is an important goal concerning in the health status of the pregnant women during their reproductive period and its health beneficial accounting for nearly one quarter of all pregnant worldwide. Through the antenatal care service attempts have been made to identify pregnant women not at risk and those at risk group based on their previous pregnancy or currently historical or clinical factors and steps are planned to prevent it in this high risk group of women to reduce adverse pregnancy outcomes.

World Health Organization (WHO) proposed (1998) a set of principles of perinatal care that endorse the protection, promotion and support necessary for effective perinatal care WHO principles of perinatal care includes pregnancy and birth should be viewed as a natural process in life and essential care should be provided to women with the minimum set of interventions necessary, care should be based on the use of appropriate technology, sophisticated or complex technology should not be applied when simpler procedures may suffice or be superior, care should be evidence based and local, care should be available as close to the woman's home as possible and based on an efficient system of

referral from primary care to tertiary levels of care, effective care may involve contributions from a wide range of health professionals, including midwives, general practitioners, obstetricians, neonatologists, nurses, childbirth and parenthood educators, care should include consideration of the intellectual, emotional, social and cultural needs of women, it should be culturally appropriate and culturally safe, should provide women with information and support so they can make decisions and should respect the privacy, dignity and confidentiality of women.

An article published on Knowledge, attitude, and practice of exercise during pregnancy among antenatal mothers. A total of two hundred antenatal mothers were included in the study. Results show that the total mean exercise knowledge score was 20.53 ± 2.08 . 51% felt it was necessary to do exercise during pregnancy. Eighteen percentages were practicing exercise in pregnancy. The investigators conclude that knowledge of women on exercise during pregnancy was less than average, and their attitude was favorable. However a very few were actually practicing exercise in pregnancy.

Materials and methods

The study followed a descriptive research design using a quantitative approach. The sample of the present study consisted of 250 pregnant women completed 32 weeks of gestation who are attending antenatal OPD since first trimester of pregnancy. The objectives were; to assess the knowledge regarding antenatal care among pregnant women, to assess the practice of antenatal care, quality of antenatal care received among pregnant women, To determine the association between knowledge, practice of antenatal care regarding antenatal care, quality of antenatal care and selected socio-personal variables and to determine the correlation between knowledge and practice of antenatal care among pregnant women. The setting chosen for the present study was Obstetrics and Gynecological outpatient department of Sree Gokulam Medical College Hospital, Venjaramoodu. It is a 750 bedded, multi-specialty hospital with all general departments and super specialty with twenty four hours casualty and critical care units. After obtaining informed written consent from participants a structured questionnaire was administered to assess the knowledge regarding antenatal care, three point rating scale was administered to assess the practice of antenatal care and checklist as per the WHO guidelines were used to assess the quality of antenatal care received among pregnant women. Ethical clearance was obtained from the ethical and research committee of Sree

Gokulam Medical College Hospital. Informed written consent was obtained from the participants after detailed explanation, before conducting the study. Confidentiality and anonymity of study participants was maintained by not revealing names of any of the participants anywhere in the study.

Results

a. Sample characteristics

In this study majority (48.4%) of the subjects were belongs to the age group of 20-24 years followed by 33.6% of the subjects were belongs to the age group of 25-29 years, 10.8% of the subjects were belongs to the age group of 30-34 years, 3.2% of the subjects were belongs to the age group of 35-39 years and 4.0% of the subjects were belongs to the age group of <19 yrs. Among subjects 36.4% were graduates and 32.0% completed plus two, 12.4% were postgraduates and diploma holders, only 6.8% were studied up to SSLC. Majority (89.6%) of the subjects was house wives, 7.2% of the subjects were professional and 3.2% of the subjects were skilled workers. More than half (62.4%) of the subjects belongs to Hindu religion, 37.2% of the subjects were belongs to Muslim religion and 0.4% of the subjects were belongs to Christian religion. Among subjects majority (73%) belongs to nuclear family and 27% belongs to joint family. More than half (55%) of the subjects were primi gravida, 37% of the subjects were second gravida and 8.0% of the subjects were multi gravida. 28.4% of the subjects were having information from their mothers, 26.4% of the subjects were having information from media, 18.8% of the subjects were having information from health workers and 26.4% of the subjects having information from these all.

b. Knowledge regarding antenatal care among pregnant women

Table 1: Frequency and percentage distribution of subjects according to knowledge regarding antenatal care among pregnant women

(n= 250)

| Knowledge | Frequency (f) | Percentage (%) |
|-----------|---------------|----------------|
| Good | 144 | 57.6 |
| Average | 93 | 37.2 |
| Poor | 13 | 5.2 |

c. Practice of antenatal care among pregnant women

Table 2: Frequency and percentage distribution of subjects according to practice of antenatal care among pregnant women

(n= 250)

| Practice | Frequency (f) | Percentage (%) |
|----------|---------------|----------------|
| Good | 155 | 62 |
| Adequate | 88 | 35.2 |
| Poor | 7 | 2.8 |

d. Quality of antenatal care received among pregnant women

Majority (89.6%) of the subjects had received excellent quality of antenatal care followed by 10.4% had received good quality of antenatal care and none of them received average or poor quality of antenatal care.

e. Association between knowledge, practice, quality of antenatal care and selected socio-personal variables

There is highly significant association between knowledge with education and source of information at p<0.001 level and significant association between practice with education and source of information, at p<0.001 level.

f. Correlation between knowledge and practice of antenatal care among pregnant women.

There was a weekly positive correlation between knowledge and

practice of antenatal care which is significant at p<0.01. For determining correlation Spearman's Rank correlation co-efficient used which is the non-parametric correlation to assess the linear correlation between two quantitative variables which are non-continuous.

Discussion

In the present study majority (57.6%) of the subjects had good knowledge on antenatal care followed by 37.2 had average knowledge and 5.2% had poor knowledge on antenatal care. The present study findings are consistent with the result of a previous study which was conducted on assessment of pregnant women's knowledge and practices concerning prenatal care who attend primary health care centers in Baghdad City in 2011.

The present study finding shows that majority (62.0%) of subjects had good practice of antenatal care followed by 35.2% had moderately well and only 2.8% had poor practice of antenatal care. The present study findings are consistent with the result of another previous study which was a cross-sectional study carried out among 384 pregnant women attending the antenatal clinic in a tertiary care hospital of Pune, Maharashtra. The study reveals that majority (70%) of pregnant women was practicing antenatal care adequately, and variables such as education (p=0.000) and socio-economic status (p=0.003) had a significant association with practices of antenatal care.

Present study identified that majority (89.6%) of subjects received excellent quality of antenatal care followed by 10.4% received good quality of antenatal care. The identified results of this study are consistent with the findings of another previous study, Nepal Demographic and Health Survey (2011) conducted among 4079 mothers and they found that the majority (96%) of pregnant women received good quality of antenatal care. The findings of the present study contradict with the findings of another cross-sectional study published on coverage and quality of antenatal care provided at primary health care facilities in the Punjab province of Pakistan. The results revealed that the overall enrollment for antenatal checkup was 55.9% and drop out was 32.9% in subsequent visits. The quality of services regarding assessment, treatment and counseling was extremely poor. The reasons for low coverage and quality were the distant location of facilities, deficiency of facility resources, indifferent attitude and non-availability of the staff.

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