



A STUDY TO ASSESS THE KNOWLEDGE AND AWARENESS OF PREGNANT WOMEN REGARDING ANTENATAL CARE IN VIEW TO DEVELOP AN INFORMATIONAL BOOKLET

Nursing

Preeti Maria Menezes

Clinical Instructor, .D. Hinduja College of nursing, Emerald court, D- wing, Kondivita Lane, Marol Pipeline, Andheri East, Maharashtra 400059

ABSTRACT

Background: Appropriate antenatal care is one of the pillars of Safe Motherhood Initiatives, a worldwide effort launched by the World Health Organization (WHO) and other collaborating agencies in 1987 aimed to reduce the number of deaths associated with pregnancy and childbirth. It highlights the care of antenatal mothers as an important element in maternal healthcare as appropriate care will lead to successful pregnancy outcome and healthy babies. All pregnant ladies are recommended to go for their first antenatal check-up in the first trimester to identify and manage any medical complication as well as to screen them for any risk factors that may affect the progress and outcome of their pregnancy.

Objectives: The aim of the study was to determine the level of knowledge in Antenatal care and develop informational booklet.

Methods: Design used was Descriptive, Baseline data from 47 antenatal mothers was collected through self structured questionnaire.

Result: Majority of the women 39 (83%) had adequate knowledge for antenatal care followed by 8 (17%) had moderate knowledge. The mean knowledge in category 1(31.8) is lower than category 2 (43) and category 3 (41). Hence it suggests the mothers inadequate knowledge regarding the management of minor ailments & Physiological changes in pregnancy as compared to care during pregnancy and fetal well being. The computed value $p = 0.025$ is lower than the table value 5.99 at level of significance ($p=0.05$), hence there is a significant association between knowledge and Educational status of antenatal mothers.

Conclusion: The study findings showed inadequate knowledge among mothers, Hence the booklet "Healthy Mother, Healthy baby" was developed with more emphasis on the deficient category of knowledge along with care during pregnancy and fetal well being & distributed among mothers.

KEYWORDS

Antenatal mothers,, Knowledge, Antenatal care

INTRODUCTION:

According to the Perinatal Care Manual recently edited by the Ministry of Health Malaysia, primigravida women are advised to go for a total of ten visits during their pregnancy and for multigravida women, the total recommended antenatal visit is seven sessions.

The World Health Organisation in 2013 stated that 2,86,000 of maternal deaths in developing countries were due to preventable complications. Primary cause of maternal deaths are the result of three delays; delay in seeking care, delay in reaching health care facility and delay at an institutional level in providing appropriate care.² Appropriate antenatal care helps in early detection, treatment and prevention of conditions that are associated with maternal morbidity and mortality. Unfortunately, many women in developing countries do not receive such care. Understanding knowledge and practices of the community regarding care during pregnancy and delivery are required for program implementation. Partner's involvement in seeking timely antenatal care is important and studies have shown that women are more likely to use antenatal services when their husbands accompany them for ANC visits.³ In USA, partner involvement in pregnancy has increased utilization of antenatal care 1.5 times.

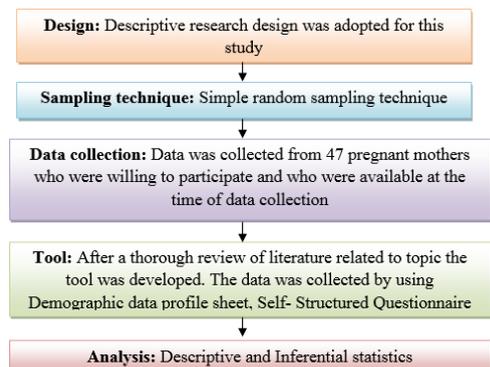
Background:

Antenatal care is considered as a back bone of obstetrical services of any health care delivery system. It is considered to be important for health of pregnant women and is the way in which maternal and fetal complications are detected and managed. Antenatal care has well established and recognised role by the pregnant patients in developed countries. In developing countries its importance is not well established and hence leads to poor attendance of antenatal clinics by the pregnant patient. The antenatal period presents important opportunities for reaching pregnant women to the hospital with a number of interventions that may be vital to their health and well being and that of their neonates. Confidential inquiries into maternal deaths in developing countries have found a positive association with inadequate antenatal care as a risk factor for maternal mortality.^{1,2,3}

The list of any civilization is the measure of consideration and care, which it gives to its weaker sections. In any community, women are especially vulnerable during pregnancy.⁴ The maternal mortality ratio (MMR) in India, estimate that MMR to be around 174 per 100,000 live births. (WHO 2015)⁵ Effective antenatal care can improve the health of the mother and give her a chance to deliver a healthy baby. Regular monitoring during pregnancy can help detect the complication at an early stage before they become life – threatening emergency. However,

one must realize that even the most effective scanning tools currently available; one cannot predict which will develop pregnancy related complication. Hence, every pregnant woman needs special care.⁴ Hence the investigator decided to conduct a study to assess the knowledge and awareness of pregnant women regarding antenatal care in view to develop an informational booklet.

Methods:



RESULTS:

Table 1: Frequency and percentage distribution of level of knowledge of antenatal care among pregnant mother Criteria Measure of Knowledge Score

Level of Scores N= 47	Frequency	Percentage (%)
Adequate (16-20)	39	83
Moderate (11-15)	8	17
Maximum =20 Minimum=0		

Table 1:- showed that majority of the women 39 (83%) had adequate knowledge for antenatal care followed by 8 (17%) had moderate knowledge.

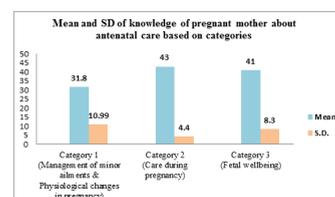


Figure 1 depicts that the mean knowledge in category 1(31.8) is lower

than category 2 (43) and category 3 (41). Hence it suggests the mothers inadequate knowledge regarding the management of minor ailments & Physiological changes in pregnancy as compared to care during pregnancy and fetal well being

Table No.: 2 Chi Square values showing the association of knowledge regarding antenatal care among pregnant mother with selected demographic variables.

Variables	Adequate (11-15)	Moderate (16 -20)	df	χ^2
Educational status			2	5.99*
Uneducated	3	2		
Upto 12th	6	28		
Graduate and above	0	8		

*Significant ($p < 0.05$)

The computed value $p = 0.025$ is lower than the table value 5.99 at level of significance ($p = 0.05$), hence there is a significant association between knowledge and Educational status of antenatal mothers.

DISCUSSION:

The study findings are supported by similar study conducted in Punjab which revealed that half of mothers (50%) were having good knowledge and they were below 30 years of age, majority of mothers (80%) were having good knowledge score and they were literate. There was significant association among demographic variables and knowledge of mothers regarding antenatal care.⁴

Contradictory to the present study a study conducted in Chennai found that Majority of 82% primigravida mothers had inadequate knowledge and 18% had moderately adequate knowledge in rural area. In urban area 54% had moderately adequate knowledge and only 10% had adequate knowledge of antenatal care. There was no significant association found between knowledge of primigravida mothers with selected demographic variable.⁵

CONCLUSION:

The study findings suggested that even though antenatal mothers had adequate knowledge in antenatal care there is still inadequate knowledge with aspect to Physiological changes during pregnancy and management of minor ailments.

REFERENCES:

1. Nighat N, Rehana A. Pattern of antenatal care pro-vided at a Public Sector Hospital Hyderabad, Sindh. J Ayub Med Coll Abbottabad 2007; 19: (4) 11-13.
2. Christiana RT, Chythia LH, Peter H and Michael JD. Why don't some women attend antenatal and post-natal care services? A qualitative study of commu-nity member's perspectives in West Java Province, Indonesia. BMC Pregnancy and Child birth 2010; 10: (61): 2-12.
3. Michael GA, Kosia MD, UsmanAU, Mufunda JC, Nyarongo P. Knowledge Attitude and Practice Towards Skilled Care Attendance among Women of Reproductive Age Group in Eritrea. Journal of Eritrean Medical Association 2006; 1: 47-49.
4. Lalita Yadav. Assessment of the Knowledge Regarding Antenatal Care among Pregnant Women with a View to Develop Information Booklet at Selected Clinics of District of Punjab. International Journal of Science and Research (IJSR) ISSN (Online): 2319-7064
5. <https://data.worldbank.org/indicator/SH.STA.MMRT>
6. V.Yasodha, Prof.V.Hemavathy.The Knowledge of Primigravida Mothers Regarding Antenatal Care in Selected Rural and Urban Areas. International Journal of Innovative Research in Science, Engineering and Technology. Vol. 3, Issue 11, November 2014.