

ASSESSMENT OF KNOWLEDGE ON PREGNANCY INDUCED HYPERTENSION AMONG THE ANTENATAL MOTHERS ATTENDING ANTENATAL OPD WITH A VIEW TO DEVELOP AN INFORMATION BOOKLET IN SELECTED HOSPITAL, GUWAHATI, ASSAM.

Nursing

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ABSTRACT

Hypertension is one of the common disorders of pregnancy; it can impact the body in different ways and contributes significantly to the maternal and perinatal morbidity and mortality. The main aim of the study is to assess the knowledge on pregnancy induced hypertension with a view to develop an information booklet among the antenatal mothers attending antenatal OPD. A Non-Experimental, Descriptive design was adopted for the study. In the study, 150 antenatal mothers were selected by using purposive sampling technique. The tools used for the study were demographic variables, self-structured knowledge questionnaire and information booklet. The analysis was done by using descriptive and inferential statistics in terms of frequency, percentage distribution and chi-square. The study reveal that 112(75%) have poor knowledge and 38(25%) of the antenatal mothers has good knowledge on pregnancy induced hypertension. There was a significant association between the level of knowledge score on pregnancy induced hypertension with the selected demographic variables. By providing the information booklet, it will help the society to prevent any problem with pregnancy induced hypertension.

KEYWORDS

Knowledge, pregnancy induced hypertension, antenatal mother, information booklet.

INTRODUCTION

Pregnancy is a unique, exciting and often joyous time in a women's life. A pregnant women needs to be a responsible women so as to support the health of her future child.¹ A few of the pregnant women with elevated blood pressure have normal babies without any complications during their delivery times²

Hypertension is one of the common disorders of pregnancy and contributes to the maternal and perinatal morbidity and mortality. It may appear for the first time during pregnancy as a result which may be pre-existing.³ It can impact the body and can affect the development of the placenta.⁴ Pregnancy induced hypertension occurs frequently in young primi gravid, over 35 years of age, multiple pregnancies with diabetes, obese mothers, low socioeconomic group and requires the efforts of the health care team.² There is no specific treatment, but a close monitor to rapidly identify pre-eclampsia and its life-threatening complications (HELLP syndrome and eclampsia). Drug treatment options like methyldopa, hydralazine, and labetalol are most commonly used for severe pregnancy hypertension.⁵

Hypertensive disorders of pregnancy occur 10% of all pregnant women around the world. Preeclampsia affects 3-5% of pregnancies. In Asia and Africa, one tenth of all maternal deaths are associated with hypertensive disorders of pregnancy.⁶ Assam has 363 maternal deaths per 100,000 live births in India. About 50% of pregnant women aged between 15 and 49 are also anaemic in India.⁷

C. Muthulakshmi and S. Sowmiya (2019) conducted a study to assess the knowledge regarding pregnancy induced hypertension among primigravid mothers in Saveetha Medical College and Hospital findings revealed that highest (40%) of antenatal mothers were having average knowledge, (15%) of them were having good knowledge, and only (5%) were having poor knowledge regarding prevention of PIH. Chi-square revealed that there was significant association with the demographic variables of experimental group.⁸

OBJECTIVES

1. To assess the level of knowledge on pregnancy induced hypertension among the antenatal mothers.
2. To find out the association between the knowledge score of pregnancy induced hypertension among the antenatal mothers with selected demographic variables.

METHODOLOGY

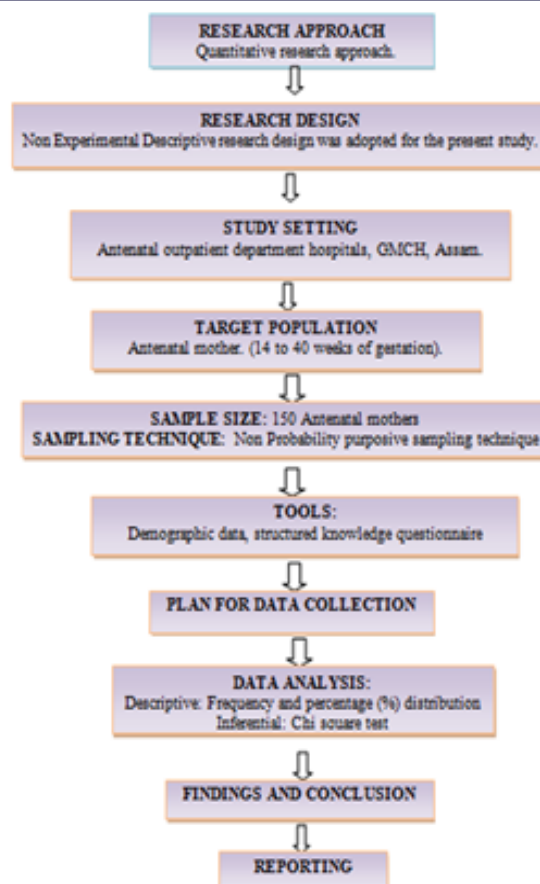


Fig1: Schematic Diagram Showing Research Methodology

RESULTS:

With reference to the sample characteristics presented in [Table1], majority of the antenatal mothers were in the age group between 25-29 year i.e 93(62%), 150(100%) were married, 71(47%) had secondary educated, 78 (52%) have private job, 86(57%) were from Hindu religion, 68 (45%) have an income of Rs 6000-9000, 115(77%) obtain the source of information from health personnel and 78 (52%) have 0-1 number of children.

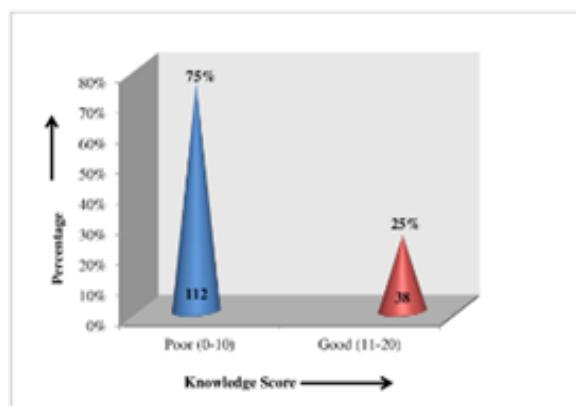
Table 1: Frequency and percentage distribution of knowledge on pregnancy induced hypertension among antenatal mothers according to their demographic variables.

n=150

Sl No.	Sample Characteristics	Frequency (f)	Percentage (%)
1.	Age in years		
	18-24	46	31
	25-29	93	62
	30 and above	11	7
2.	Marital status		
	Married	150	100
	Widow	0	-
3.	Educational status		
	Primary	33	22
	Secondary	71	47
	Graduate and above	46	31
4.	Occupation		
	Government job	36	24
	Private employee	78	52
	Daily labor	33	22
	Other	3	2
5.	Religion		
	Hindu	86	57
	Islam	45	30
	Christian	19	13
	Others	0	-
6.	Monthly income in rupees		
	Less than Rs. 5,000	64	43
	Rs 6,000-9,000	68	45
	Rs 10,000-14,000	18	12
	Rs 15,000 and above	0	-
7.	Source of information		
	Mass media	0	-
	Friends	20	13
	Health personnel	115	77
	Family members/ relatives	15	10
8.	Number of children		
	0-1	78	52
	2-3	72	48
	More than 4	0	-

With reference to the knowledge on pregnancy induced hypertension presented in [Fig 2], the result shows that 112(75%) of the antenatal mothers have poor knowledge and 38(25%) of the antenatal mothers have good knowledge on pregnancy induced hypertension.

n=150

**Fig2: Conical diagram showing the frequency and percentage distribution of respondents on knowledge on pregnancy induced hypertension**

With reference to the association between the level of knowledge score on pregnancy induced hypertension with their selected demographic variables presented in [Table 2], the result shows that was a significant association between the level of knowledge score on pregnancy induced hypertension with the selected demographic variables i.e., Age, occupation, religion, monthly income and number of children. Hence, null hypothesis (H_{01}) was rejected and accepted the research hypothesis (H_1).

Table 2: Association between the knowledge score on pregnancy induced hypertension with selected demographic variables.

n=150

Sl.	Demographic variables	Poor	Good	χ^2	Tabulated value	df	Inference
1	Age in years						
	18-24	32	14	9.92	5.99	2	S
	25-29	75	18				
	30 and above	4	7				
2	Marital status						
	Married	111	39	0	3.84	1	NS
	Widow	0	0				
3	Educational status						
	Primary	26	8	0.33	5.99	2	NS
	Secondary	51	20				
	Graduate and above	43	11				
4	Occupation						
	Government job	19	16	14.4	7.81	3	S
	Private employee	60	19				
	Daily labor	29	4				
	Other	3	0				
5	Religion						
	Hindu	50	36	26.6	7.81	3	S
	Islam	43	2				
	Christian	18	1				
	Others	0	0				
6	Monthly income						
	Less than Rs 5,000	38	27				
	Rs 6,000-9,000	54	12	16.7	7.81	3	S
	Rs 10,000-14,000	19	0				
	Rs 15,000 and above	0	0				
7	Source of information						
	Mass media	0	0	5.88	7.81	3	NS
	Friends	17	1				
	Health personnel	80	35				
	Family member/ relatives	14	3				
8	Number of children						
	0-1	69	10	15.0	5.99	2	S
	2-3	42	29				
	More than 4	0	0				

NS= Not significant at $p < 0.05$ *S= Significant at $p < 0.005$

DISCUSSION

Characteristics of demographic variables of the antenatal mothers.

In the present study, majority of the antenatal mothers were in the age group between 25-29 year i.e 93(62%), 150(100%) were married, 71(47%) had secondary educated, 78 (52%) have private job, 86(57%) were from Hindu religion, 68 (45%) have an income of Rs 6000-9000, 115(77%) obtain the source of information from health personnel and 78 (52%) have 0-1 number of children.

Assessing the level of knowledge score regarding pregnancy induced hypertension among antenatal mothers in selected hospital of Guwahati, Assam.

The present study indicates that antenatal mothers living in Guwahati were having 112(75%) poor knowledge and about 38(25%) good knowledge regarding pregnancy induced hypertension.

Similar findings were found in a descriptive study conducted by K.Chitra among 60 antenatal primi mothers in Dehradun, Uttarakhand, India which showed that the primi mothers have Highest (68%) were average knowledge, 25% were having good knowledge, and only 7% were having poor knowledge regarding prevention of PIH. [2]

Association of knowledge of antenatal mother's with selected demographic variables.

In present study, there was significant association between the knowledge score with the selected demographic variables i.e., age, occupation, religion, monthly income and number of children except for marital status, education and source of information. Similar findings were found in a non-experimental descriptive study conducted by V.Vijayalakshmi and N.Jaya among 30 primigravida with PIH in Govt. Rajaji Hospital, Madhurai which revealed that there was significant association with the level of knowledge ($p < 0.001$) and level of practice ($p < 0.01$) on PIH among primigravidas.^[9]

CONCLUSION

The present study was conducted to assess the knowledge on pregnancy induced hypertension among the antenatal mothers attending antenatal OPD with a view to develop an information booklet in selected hospital, Guwahati, Assam. The findings of the study revealed that the antenatal mothers is out of 150 subjects, 112(75%) had poor knowledge and about 38(25%) had good knowledge regarding pregnancy induced hypertension. There was association between knowledge score with age in years, religion, monthly income and number of children. Information booklet was provided to improve the knowledge of the antenatal mothers and will help the society to prevent any problem with pregnancy induced hypertension.

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