



CHILD BIRTH EXPERIENCE AMONG POSTNATAL MOTHERS WITH A VIEW TO PREPARE A MODULE ON RESPECTFUL MATERNITY CARE

Nursing

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ABSTRACT

Introduction: The most admired creation of God are women. They are the mentors of the young ones, helping hands of the needy and pillars of beautiful homes. A woman is treated as a whole person when she bears a child and becomes a mother. It is a great achievement in any woman's life irrespective of her caste, colour, creed, race, religion, ethnicity and nation. Pregnancy and childbirth are celebrated universally and this promotes women to motherhood.

Materials and Methods:

- Research approach: Qualitative approach was used in this study.
- Research design: Descriptive qualitative research design.
- Sampling Technique: Intensity sampling technique was used in this study.
- Sample: In this study, the sample consisted of 15 postnatal mothers who met sampling and inclusion criteria.

Tools:

Section A: - Proforma to assess the demographic variable (age, education, occupation, place of living, type of family and source of information).

Section B: - Semi structured interview schedule to explore the childbirth experience of the postnatal mothers.

Result: Analysis of the demographic variables revealed that 73.33% of the sample belongs to the age group of 19-25 years, 26.67% belongs to the age group of 26-35 years. Regarding the educational status of the sample, it was revealed that 66.66% of the sample were graduates, 26.67% had higher secondary education and 6.66% had only secondary education. It was noted that 40% of the sample were employed and 60% of the sample were unemployed. 13.33% of the sample live in rural area, 33.33% live in semi urban area and 53.33% live in urban area. Regarding the type of family, it was noted that 60% of sample belongs to nuclear family and 40% belongs to joint family. 60% of the sample got information from peer group, 20% got information from media and 20% from family members. The postnatal mothers described childbirth as a multifaceted experience and giving birth to a baby was an extremely memorable and joyful event in their life. Postnatal mothers preferred health care providers with kind attitudes, ready to spend time with them, calm, tactful, warm and caring. They appreciated and valued the emotional support from the health care providers in the labour room. The women highlighted the importance of respectful maternity care.

Conclusion: Childbirth experience is one of the wonderful and unforgettable experience as far as a woman is concerned. Childbirth is described as a multifaceted experience. Sense of security and perceived control, experienced level of labour pain, personal support, midwifery care, experience of earlier deliveries, intrapartum analgesia, information given and involvement in decision-making contribute to the childbirth experience.

KEYWORDS

Childbirth experience, Respectful Maternity Care.

INTRODUCTION

Childbirth is a significant event in a woman's life and a transition to motherhood. Childbirth experiences are the subjective psychological and physiological processes, influenced by the social and environmental factors. Birth experiences elicit uncertainties of the next destination with feelings of inabilities. Childbirth experiences could be both positive and negative. Negative experiences are characterized by fear, excessive pain, poor support and care, discomfort and undesirable outcomes.

MATERIALS AND METHODS

Qualitative approach with descriptive qualitative research design was used in this study. Institutional ethics clearance certificate was obtained from Bishop Benziger College of Nursing and consent from the concerned authority of Government Victoria Hospital, Kollam. The study was carried out during the period from 2nd December 2019 to 28th December 2019. The samples were selected intensively. The purpose of the study was explained and informed consent was obtained from samples. Samples were selected by using sampling criteria from the selected setting. Written informed consent for audio recording was taken from the selected samples and a brief description of the study was given to them. Baseline data were collected from the samples using demographic proforma. Then the childbirth experience was collected from the postnatal mothers by means of semi structured interview schedule and was audio recorded. A module regarding Respectful Maternity Care was prepared by the researcher and provided to the staff nurses. Interviews were transcribed and analysed using thematic analysis.

RESULTS

Graphical Representation of Demographic Variables

N = 15

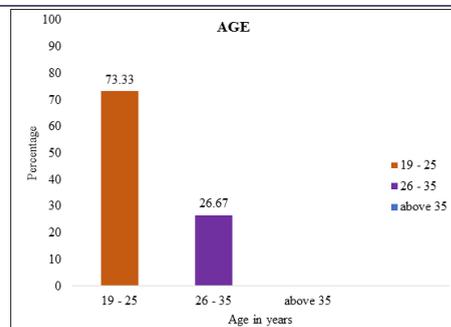


Figure 1: Percentage wise distribution of the sample according to age

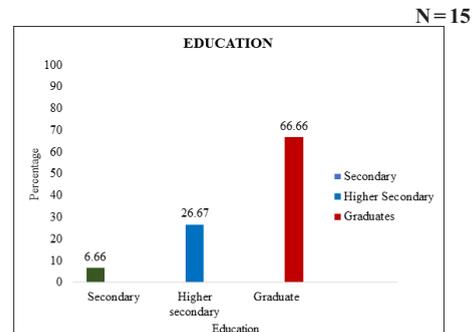


Figure 2: Percentage wise distribution of the sample according to educational Status

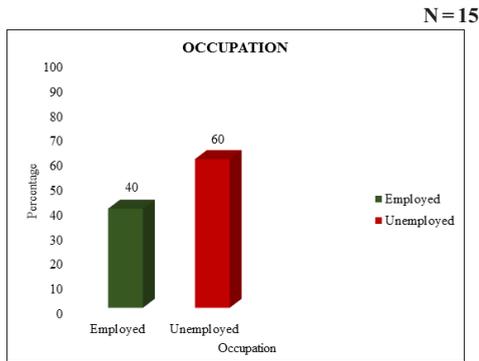


Figure 3: Percentage wise distribution of the sample according to occupation

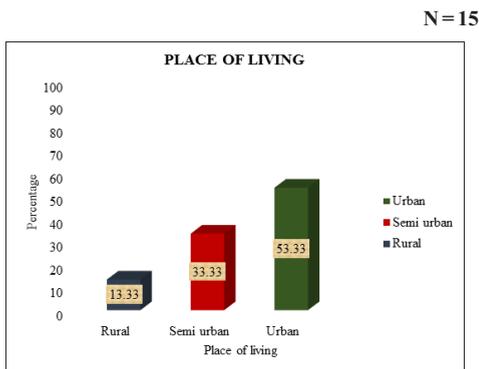


Figure 4: Percentage wise distribution of the sample according to place of living

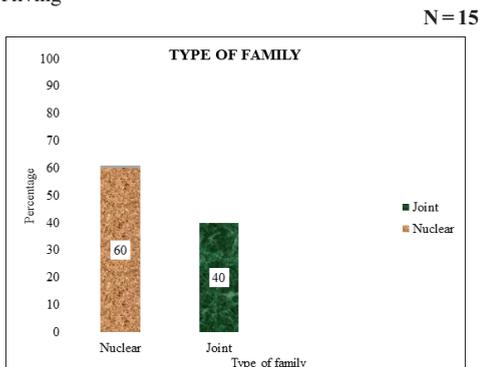


Figure 5: Percentage wise distribution of the sample according to type of family

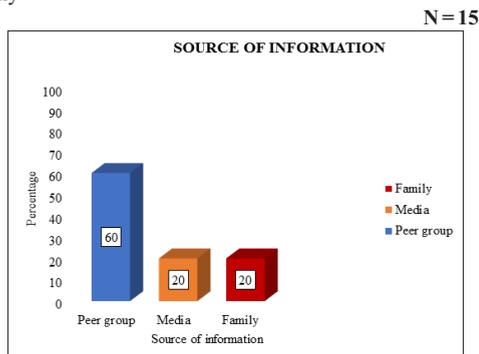


Figure 6: Percentage wise distribution of the sample according to source of information

DISCUSSION

The present study was conducted to explore the childbirth experience among postnatal mothers with a view to prepare a module on respectful maternity care. In order to achieve the objectives of the study, descriptive qualitative research design was adopted. The samples were selected by intensity sampling method. The sample comprised of 15

postnatal mothers who met the inclusion and the exclusion criteria.

The findings are discussed based on the following objectives

- To explore the childbirth experience among postnatal mothers.
- To prepare a module on respectful maternity care.

To explore the childbirth experience among postnatal mothers

The findings of the study revealed that childbirth experience of a postnatal mother mainly depends on the care and support that is provided by the health care providers in the labour room. Positive aspects regarding delivery pain must be strengthened and its negative aspects must be reduced as much as possible to create a suitable vision towards it. Undoubtedly delivery is a painful experience for all the women except a very few of them. Labour pain is the result of a complex and subjective interaction of multiple physiological and psychosocial factors on a woman's individual interpretation of labour stimuli.

The findings of the present study were supported by a study conducted on 288 Swedish women, 28% of them evaluated labour pain as a positive condition, 31% of them did not have any particular evaluation and 41% of them considered it as the worst experience they had.

The findings of the present study were supported by another study conducted in an Alternative Birth Care Centre of a University Hospital, Iran. The participants were nine in number. Four of them evaluated it as a positive experience and five of them evaluated it as a negative experience. They remarked that the pain is the natural part in a delivery process and that the strength and power to cope with it came from the support from the nurses, husband, and the family members.

To prepare a module on respectful maternity care

The findings of the study revealed that Respectful Maternity Care highlights the connection between human rights language and key program issues relevant to maternity care, increasing the capacity of maternal health advocates to participate in human rights processes, aligning childbearing women's sense of entitlement to high-quality maternity care with international human rights community standards, and providing a basis for holding the maternal care system and communities accountable to these rights.

The findings of the present study were supported by a study which was conducted to find the women's experiences of disrespect and abuse in maternity care facilities in Benue State, Nigeria. Five focus group discussions with a sample of 32 women were conducted as part of a qualitative phenomenological study. All the women received maternity care in health facilities in Benue State, Nigeria and had experienced at least one incident of disrespect and abuse. Audio-recorded discussions were transcribed and analysed using a six-stage thematic analysis. The participants perceived incidents such as being shouted at and the use of abusive language as a common practice. Women described these incidents as devaluing and dehumanising to their sense of dignity. Some women perceived that professionals did not intend to cause harm by such behaviours. The women highlighted the importance of accessing health facilities for safe childbirth and expressed that the experiences of disrespect and abuse may not impact their intended use of health facilities. However, these reflected their perceptions about the inherent lack of choice and an underlying sense of helplessness.

The findings of the present study were supported by another study which was conducted to find the effectiveness of respectful care policies for women using routine intrapartum services. They included randomized and non-randomized controlled studies evaluating the effectiveness of introducing Respectful Maternity Care policies into health facilities. In total, over 8000 women were included at baseline and over 7500 at the endpoints. Moderate certainty evidence suggested that Respectful Maternity Care interventions increases women's experiences of respectful care; two observational studies also reported positive changes and therefore these studies suggests that quality care has increased.

Experiences of disrespectful or abusive care, and, specifically, physical abuse, were reduced. Low certainty evidence indicated fewer accounts of non-dignified care, lack of privacy, verbal abuse, neglect and abandonment with Respectful Maternity Care interventions, but no difference in satisfaction rates. Other than low certainty evidence of reduced episiotomy rates, there were no data on the pre-specified clinical outcomes.

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