



A STUDY: A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE REGARDING DANGER SIGN OF PREGNANCY AMONG PREGNANT WOMEN IN SELECTED AREAS OF DISTRICT MANDI (H.P).

Obstetrics & Gynaecology

Verma Archana	Assistant professor, Abhilashi College of Nursing, Mandi (H.P.)
Monika	Post Basic B.Sc. (N) Students, Abhilashi College of Nursing, Mandi (H.P.)
Kumari Veena	Post Basic B.Sc. (N) Students, Abhilashi College of Nursing, Mandi (H.P.)
Yogita	Post Basic B.Sc. (N) Students, Abhilashi College of Nursing, Mandi (H.P.)

ABSTRACT

Pregnancy is a time of many physiological changes. Pregnancy and childbirth are the two vital events in the life of a woman. Hence the study "To assess the knowledge regarding danger signs of pregnancy among pregnant women in a selected area of district Mandi (H.P.)". A quantitative research (descriptive design) was used for this study. The study was carried out in selected villages of distt. Mandi (i.e. Ratti, pairi, and Dhangu). The sample comprised of 60 pregnant women and selected by purposive sampling technique. Data collection was done in the month of August by administering the self-structured knowledge assessment checklist among pregnant women. Data was analyzed by using descriptive and inferential statistics. **Result:** Inferential and Descriptive statistics were used to analyze the data. The findings of study revealed that, Out of 60 pregnant women, (-) were have Poor Knowledge, (48.3%) were have Average Knowledge, and (51.7%) were have very good knowledge level. It was found there is no significance association between knowledge regarding danger signs with their selected socio-demographic variables except (support system during pregnancy). **Conclusion:** It was concluded that self-structured knowledge assessment checklist regarding danger signs increase the awareness and knowledge of pregnant women.

KEYWORDS

Assess, Knowledge, Danger signs, Pregnancy, Pregnant women.

INTRODUCTION:-

Pregnancy is a joyous occasion for every women and her family. Pregnancy is a very exciting event, it is the period that every women wants to treasure throughout her lifetime. It is the time in which one or more offspring develops inside a women's uterus.^[1]

Pregnancy is a creative and productive period in the life of women. It is one of the physiologic vital events, which needs special care from the conception to postnatal period, every mother wants to enjoy the nine months period with the baby inside her womb. The women joyful experience of the pregnancy is not going to be always but sometimes it is associated with problems of some minor ailments that may present among mothers which cause discomfort to the mothers during pregnancy.^[2]

Pregnant women needs to be a responsible women to support the health of her future child. The growing fetus depends entirely on its mother's health for all needs. During pregnancy women require special care because, it brings double health benefits, first to her as an adult member of the community and second to the product of her pregnancy.^[3]

All human life in this planet is born of women. In all cultures being pregnant or to produce a child is considered a major event in the family. Reproduction and formation of family are of central importance to most societies. A women in her role as a mother forms the backbone of the family.^[4]

A pregnant women is a unit of two individual that consists of the mother and the fetus which starts after conception and continues through all the phases of pregnancy and after delivery. So, significant attention and care from the family, society and medical system should also be provided to pregnant women.^[5]

Most women experience Minor Ailments or side effects during their pregnancies usually nausea and vomiting heart burn, frequency of urination, hemorrhoids, Back Ache, constipation, cough, hiccough, anxiety during pregnancy. Although pregnancy is not a disease but a normal physiological process, it is associated with certain risk to health and survival for the both women and for the infant she bears. Pregnancy is a normal and natural process. Sometimes, certain risks are associated that can prove to be harmful for the mother and her child. Although pregnancy is a natural condition that can predispose to a series of physiological changes in the anticipated mother's, normal pregnancy may be followed by a variety of life-threatening problems for the pregnant women and the fetus which are called danger signs of pregnancy.^[6]

Dangerous symptoms of pregnancy and signs are serious problems that endanger maternal health and increase the likelihood of maternal mortality worldwide such as vaginal bleeding, excessive vomiting, abdominal pain, swelling of the face, fingers face and ankles, elevated fever, elevated blood pressure.^[7]

In developed countries they have been largely overcome because every pregnant women has to take special care during pregnancy and childbirth. It is important, to know danger signs for women and health care providers to rule out serious complication and initiate treatment immediately. All pregnant women, their partners and families should be aware of the signs of complications and emergencies and know when to seek care from the skilled attendant.^[8]

WHO recommends that health services work with women, their families and the broader community so that they receive appropriate and comprehensive information on the danger sign's during pregnancy. Some danger sign's are more difficult than others to recognize such as oedema. Women and their families need to be able to recognize danger sign's accurately and act appropriately. For example; Bleeding requires immediate transport to a health facility because a women, particularly with anaemia, can die in a matters of hours.^[7]

Knowing about danger sign's in advance will help communities and families implement their birth and emergency plans. The most common danger signs during pregnancy that can increase the risk of maternal deaths are: vaginal bleeding, convulsions or fits, edema, high fever, abdominal pain, severe headache, blurred vision, absence or decreased foetal movements, fluid from vagina, foul smelling in vaginal discharge etc.

Every pregnant women faces the risk of sudden and in predictable complications that could end in death or injury to herself or her infant. Hence, it is necessary to employ strategies to overcome such problems as and when they arise. The adequate preparation required for any rapid action in the event of obstetrics complications are documented factors which delay in receiving skilled obstetric care.^[9]

Empowerment of women is also a crucial strategy for decreasing maternal mortality through danger signs education and early intervention because it allows them to make crucial decision about their own health. Moreover, practices toward danger signs of pregnancy will save lives of women from preventable diseases and maternal death and reduce maternal mortality and morbidity.^[10]

Therefore this study aims to fill the gaps by assessing the knowledge and determinants of danger signs among pregnant women seeking

obstetric care. Hence, this was done to assess the level of awareness among people of distt. Mandi.

Need Of The Study :

In India, most of the mothers have poor knowledge regarding antenatal, intranatal and post natal care. Illiteracy poverty and lack of communication and transport facility and make them vulnerable to serious consequences such as shock and death.

WHO stated that worldwide, there are 430 maternal deaths for every 100,000 live births. In developing countries, 480 maternal death for every one 100,000 live births. In developed countries, there are 27 maternal deaths for every 100,000 live birth. Maternal mortality in India is a subject of grave concern. The maternal mortality rate in Himachal Pradesh is 55 per 100,000 live births. And in India, the maternal mortality rate of ratio of India has improved further by a spectacular 6 points and now stands at 97 per 100,000 live births.^[11]

Every women needs to be aware of the danger sign that occur during pregnancy, as a complication can be unpredictable. These danger signs include vaginal bleeding, severe headache, vision problems, convulsions, edema, hyperemesis gravidarum, high fever and reduced fetal movement. These danger signs usually indicate the presence of an obstetric complication that may arise during pregnancy delivery or post delivery, knowledge of these danger signs will help women to make the right decision and take appropriate health care seeking actions eventually taking the right health care seeking actions mean receiving immediate appropriate care, which reduce the maternal mortality rate.^[12]

However the health care seeking action of women after recognizing a danger sign during pregnancy have not yet been investigated as all pregnant women are at risk of developing pregnancy related complications education regarding danger signs of pregnancy should be provided to all women who are attending the antenatal care clinic.^[13]

During a visit to a clinic women receive an antenatal card contain all the health services provided during each visit are recorded, however the card doesn't usually include information on danger sign thus such information may be missed during a visit women are advised to go to a nearby health faculty and seek in case they experience any pregnancy danger signs however visiting traditional healers or friends or relatives before going to a health faculty is also apparent.^[14]

A cross sectional study is conducted to assess the knowledge of obstetric danger signs among mothers in Ethiopia. A total 422 were selected by systematic random sampling technique and data was collected by using structured questionnaire. The result of study that respondent who gave birth at health centre were 35.7 times, more likely to have good knowledge of obstetric danger signs than those who gave birth at home. This study concluded that the knowledge of obstetric danger signs was poor.^[15]

Growing research indicate that danger signs in pregnancy affect maternal health. For most women, pregnancy is an inevitable and important period in their lives, which involves a series of physical and psychological changes. Danger signs in pregnancy affect the maternal health as well as Baby's health. So it is very important to assess the danger signs, because it helps mother to reduce the chances of disability and stress. By assessing these danger signs in pregnant women, it helps mothers to get knowledge. This study also helps the mother to know about the danger signs. So, it was decided to conduct a study to assess the knowledge regarding danger signs of pregnancy among pregnant women

MATERIALS AND METHODS:-

Research design:-

Research design can be defined as a blueprint to conduct a research study. It is a plan, structure and strategies of investigation conceived to as to obtain answers to research questions and to control variance. Quantitative research approach considered to be most appropriate to evaluate the collected data related to assess the knowledge of Pregnant women regarding danger signs of pregnancy. A descriptive design is used to assess the knowledge regarding danger signs of pregnancy among Pregnant women in selected areas of Distt. Mandi [H.P.]

Research Variables:-

A variable is an attribute to which numerals or values are assigned. A

variable by name implies something that varies.

Dependent Variable:

It is outcome variable of the interest, the variable that is hypothesized to depend on or the caused by another variable, the independent variable.

Independent Variable:

Variables that are purposely manipulated or changed by the researcher, also called manipulated variables.

In present study variables were:-

- Knowledge of Pregnant women (Independent variables)
- Pregnant women (Dependent variables)

Socio-Demographic Variables:-

It includes age, religion, marital status, education, occupation, type of family, dietary pattern and Support system during the period of pregnancy.

Setting:

The setting of the study is the physical location and condition in which data collection takes place in a study. The researcher need to decide their intervention will be implemented and where the data will be collected. The present study was conducted in selected areas of Distt. Mandi I.e vill. Ratti, Pairi and Dhangu [H.P.]

Population:

Population is the entire aggregate of cases that meet the designated set of criteria. A population might be broad in scope or narrow. The research study population for the study consisting of knowledge regarding danger sign of pregnancy among the pregnant women in selected areas of Distt, Mandi [H.P.].

Target Population:

Here, the target population are Pregnant women residing in Ratti, pairi and dhangu areas of distt Mandi.

Accessible Populations: Who are available at the time of data collection.

Sample And Sampling Technique:

Sample is a subject of population that is selected to participate in study. In this study sample is compromised of 60 pregnant women in selected village area of Ratti, Pairi, and Dhangu in distt. Mandi [H.P.].

Sampling Technique:

Sample in this study were selected by using purposive sampling technique.

Developmental And Descriptive Tools:

Socio- Demographic variables and Self-Structured Knowledge assessment checklist.

DISCUSSION:-

The first objective of the study was to assess the knowledge regarding danger signs of pregnancy among pregnant women.

The findings of study revealed that the knowledge score of the pregnant women regarding the danger signs is, out of 60 pregnant women, (-) were have Poor Knowledge, (48.3%) were have Average Knowledge, and (51.7%) were have very good knowledge level.

The second objective of the study was to associate the knowledge of pregnant women regarding danger signs with specific socio-demographic variables(i.e. age, religion, marital status, educational status, occupation of pregnant women, type of family, Dietary pattern and support system during pregnancy.)

The findings of the study had showed that association of socio demographic variables was done by using Chi- Square test. Although there was no Statistical significant association found between the level of knowledge and socio-demographic variables such as age, Religion, Educational Status, Type of family, Dietary pattern. There was a significant association found between level of knowledge and support system during pregnancy at $p \geq 0.05$ level. This indicates that the level of knowledge varies according to age, Religion, Educational Status, Type of family and dietary pattern.

CONCLUSION:-

The presents study was concluded that self structured knowledge assessment checklist regarding danger signs increasing the awareness and knowledge of pregnant women. This knowledge will help them to improve the practice of providing care to the pregnant women. The findings of the study have been discussed with reference to the objective and findings of the studies.

REFERENCES:-

1. <https://www.nichd.nih.gov/health/topics/pregnancy/conditioninfo>
2. Chauhan G, Tadi P. Physiology, Postpartum Changes. [Updated 2022 Nov 14]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2023 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK555904/>
3. <https://www.gatesfoundation.org/goalkeepers/report/2023-report/>
4. Ngum Chi Watts MC, Liamputtong P, McMichael C. Early motherhood: a qualitative study exploring the experiences of African Australian teenage mothers in greater Melbourne, Australia. BMC Public Health. 2015 Sep 10;15:873. doi:10.1186/s12889-015-2215-2. PMID: 26358465; PMCID: PMC4566485.
5. <https://en.wikipedia.org/wiki/Pregnancy>
6. Soma-Pillay P, Nelson-Piercy C, Tolppanen H, Mebazaa A. Physiological changes in pregnancy. Cardiovasc J Afr. 2016 Mar-Apr;27(2):89-94. doi: 10.5830/CVJA-2016-021. PMID: 27213856; PMCID: PMC4928162.
7. Counselling for Maternal and Newborn Health Care: A Handbook for Building Skills. Geneva: World Health Organization; 2013. 8, DANGER SIGNS IN PREGNANCY. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK304178/8>. Hailu M, Gebremariam A, Alemseged F. Knowledge about Obstetric Danger Signs among Pregnant Women in Aleta Wondo District, Sidama Zone, Southern Ethiopia. Ethiop J Health Sci. 2010 Mar;20(1):25-32. doi: 10.4314/ejhs.v20i1.69428. PMID: 22434957; PMCID: PMC3275898.
9. Shamanewadi AN, Pavithra MB, Madhukumar S. Level of awareness of risk factors and danger signs of pregnancy among pregnant women attending antenatal care in PHC, Nandagudi. J Family Med Prim Care. 2020 Sep 30;9(9):4717-4722. doi: 10.4103/jfmpe.jfmpe_743_20. PMID: 33209789; PMCID: PMC7652143.
10. Asferie WN, Goshu B. Knowledge of pregnancy danger signs and its associated factors among pregnant women in Debre Tabor Town Health Facilities, South Gondar Administrative Zone, North West Ethiopia, 2019: Cross-sectional study. SAGE Open Med. 2022 Jan 25;10:20503121221074492. doi: 10.1177/20503121221074492. PMID: 35096393; PMCID: PMC8793113.
11. <https://journalgrid.com/view/article/rjns/211>
12. <https://www.who.int/news-room/fact-sheets/detail/maternal-mortality>
13. <https://bmcpregnancychildbirth.biomedcentral.com/articles/10.1186/s12884-017-1628-6>
14. Pregnancy, Childbirth, Postpartum and Newborn Care: A Guide for Essential Practice. 3rd edition. Geneva: World Health Organization; 2015. C, ANTENATAL CARE. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK326665/>
15. Wassihun B, Negese B, Bedada H, Bekele S, Bante A, Yeheyis T, Abebe A, Uli D, Mohammed M, Gashawbez S, Hussien E. Knowledge of obstetric danger signs and associated factors: a study among mothers in Shashamane town, Oromia region, Ethiopia. Reprod Health. 2020 Jan 16;17(1):4. doi: 10.1186/s12978-020-0853-z. PMID: 31948443; PMCID: PMC6966792.