



“A STUDY TO ASSESS THE EFFECTIVENESS OF INFORMATION PACKAGE ON KNOWLEDGE REGARDING POSTNATAL CARE AMONG PRIMIPARA MOTHERS IN DIFFERENT HOSPITALS OF MORADABAD U.P”

Obstetrics & Gynaecology

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ABSTRACT

Background of the study: Post-natal care include concerns for both the mother and the infant up to six weeks after delivery Early postnatal care aims to foster the developing bond between the infant and his or her parents and family while also advancing the physical health of the mother and child **Objective:** To assess the pre-test and post-test level of knowledge regarding postnatal care among Primipara mothers. To evaluate the effectiveness of information package on knowledge regarding postnatal care among Primipara mother. **Material And Method:** The study was conducted in Female District Hospital of Moradabad, Uttar Pradesh. Quasi-Experimental (One group Pre-test Post-test) design was adopted in this study. The sample consisted of 73 Primipara mothers . **Results:** The overall t-value is 25.638 that is greater than p value, which implies that the difference in pre-test and post-test stress score is found statistically significant at 0.05 level.

KEYWORDS

Knowledge, Postnatal Care, Primipara Mothers, Information Package

INTRODUCTION

The health of women during the time of pregnancy, delivery, and postpartum period is referred to as maternal health. . Each stage should be a positive experience, for ensuring women and their babies reach their full potential for health and well-being.

The postnatal period or puerperium is a period of adjustment after pregnancy when the anatomic and physiologic changes of pregnancy are reversed and body returns to the normal state. This period starts as soon as the placenta is expelled and extends up to the period of 6 weeks. The requirement during this period are nutritious diet, personal hygiene, postnatal exercise, breast feeding, family and immunization to the baby (Helen Varney, 1987)

Postnatal care, or PNC, is specialized postpartum care that starts as soon as the mother gives birth and lasts for around eight weeks. Prevention, eradication, early identification and treatment of health issues (if any), breastfeeding counseling, vaccinations, and discussion on the significance of birth spacing, mother nutrition, postnatal exercises, essential newborn care and other services are all included in the care⁽⁵⁾

Statement Of The Problem

“A Study To Assess The Effectiveness Of Information Package On Knowledge Regarding Postnatal Care Among Primipara Mothers At Different Hospitals In Moradabad, U.P”.

Objectives Of The Study

1. To assess the pre-test and post-test level of knowledge regarding postnatal care among Primipara mothers.
2. To evaluate the effectiveness of information package on knowledge regarding postnatal care among Primipara mothers.
3. To find out association between the knowledge regarding postnatal care among Primipara mothers with their selected demographic variables

Hypothesis

All hypothesis are tested at 0.05 level of significance

H₁ – There will be significant difference between pre-test and post-test knowledge regarding postnatal care among Primipara mothers.

H₂ – There will be significant association between pre-test level of knowledge regarding postnatal care among Primipara mothers with their demographic variables.

Variables

Socio Demographic Variables-

Socio-demographic variables includes age, education, type of family, area of residence, occupational status, family income, religion, gestational weeks during time of pregnancy, eating habit, Postnatal

day.

Independent variables-

In this study the independent variable is information package on Postnatal care.

Dependent variables-

In this study the dependent variable is knowledge regarding Postnatal care.

Study Population

Target Population: - Primipara mothers admitted in different hospitals of Moradabad, U.P.

Accessible population: - Primipara mothers who are admitted in Female District Hospital Moradabad, U.P.

Sample & Sample Size

The present study samples are the Primipara mothers who are admitted in Female District Hospital Moradabad, U.P. Sample size is 73 samples

Sampling Criteria

Inclusion Criteria-

- Primipara mothers available during the time of data collection
- Mothers who are willing to participate in the study
- Mothers who had delivered through normal vaginal delivery
- Mother who can write and understand hindi

Exclusion criteria-

- Multipara mothers
- High risk mothers
- Mothers who have undergone LSCS, Forceps and Vacuum delivery
- Mothers who are health care professionals.

Results And Findings

Section A: Frequency and percentage distribution of Primipara Mothers by demographic variables.

Result of the study show that most of the primipara mothers were in age 24-29 years 44 (60.3%), as per education 49 (67.1% were)having Primary education., as per Family type data 38 (52.1%) belongs to Nuclear family religion, Area of residence for most of the mothers were 45 (61.6%) were living in rural areas as per the occupation of primipara mothers 56 (76.7%) were home maker , 8 (11.0%) was Job holder and 7 (9.6%) were labor women, Family income of Primipara mothers, 1187-17755/ month, 20 (27.4%) according to religion 32 (43.8%) follows hindu religion , the Gestational weeks during the time of delivery, the data revealed that, 33 (45.2%) in 35-37 weeks. Postnatal Day where 61 (83.6%) has Postnatal day 1, , the eating habit

the data revealed 44 (60.3%) of mothers were vegetarian and as per of previous knowledge regarding postnatal care and 66 (90.4%) mothers were not having knowledge and 7 (9.6%) were having knowledge

Section B - Findings Related To Pre-test & Post-test Knowledge Level Regarding Postnatal Care.

Knowledge level regarding Postnatal care.	Score	Pre-test		Post-test	
		f	%	f	%
Inadequate Knowledge	0-15	56	76.7 %	2	2.7%
Moderate Knowledge	16-22	15	20.5%	17	23.3%
Adequate Knowledge	23-30	2	2.7%	54	74.0%

Table 1. Shows the pre-test & post-test knowledge level regarding postnatal care among Primipara mothers. The highest frequency was 56 (76.7%) mothers having inadequate knowledge and 15 (20.5%) were having moderate knowledge in pre-test and 2 (2.7%) were having adequate knowledge in pre-test, were in post test the highest frequency was 54 (74.0) mothers having adequate knowledge, 17 (23.3%) having moderate knowledge and 2 (2.7%) having inadequate knowledge.

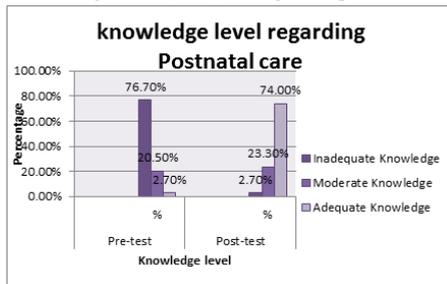


Figure 4.2.3: Findings related to Pre-test & post-test knowledge level regarding Postnatal care.

Section C - Finding Related To Effectiveness Of Information Package On Knowledge Score Regarding Postnatal Care Among Primipara Mothers.

Table 2 Finding Related To Effectiveness Of Information Package On Knowledge Score Regarding Postnatal Care Among Primipara Mothers.

Overall score	Pre-test	12.88	3.851	11.043	25.638	0.000
	Post-test	23.12	2.661			

df=72, *Significant at 0.05 level.

The table 4.3.1 reveals that effectiveness of information package on knowledge score regarding postnatal care among Primipara mothers. The overall t-value was 25.638 that was greater than p value, which implies that the difference in pre-test and post-test stress score was found statistically significant at 0.05 level.

Section - D Finding related to association between pre-test knowledge score regarding postnatal care among Primipara mothers.

Table 3 Association between pre-test knowledge score with the selected demographic variables. (N=73)

Variable	Inadequate knowledge (0-15)	Moderate knowledge (16-22)	Adequate knowledge (23-30)	Total	Chi-square value & df	P value	Inference
Age							
18-23 years	18	3	2	21	2.214 Df = 4	0.697	NS
24-29 years	32	10	2	44			
30-35 years	6	2	0	8			
Total	56	15	2	73			
Education							
Primary	36	11	2	49	2.269 Df=4	0.686	NS
Secondary	16	4	0	20			
Graduate	4	0	0	4			
Total	56	15	2	73			
Family Type							
Joint Family	30	4	1	35	3.435 Df = 2	0.180	NS
Nuclear Family	26	11	1	38			

Total	56	15	2	73			
Area of Residence							
Rural	37	8	0	45	4.117 Df = 2	0.128	NS
Urban	19	7	2	28			
Total	56	15	2	73			
Occupation							
Bussiness	1	1	0	2	4.406 Df= 6	0.622	NS
Homemaker	45	9	2	56			
Job holder	6	2	0	8			
Labour	4	3	0	7			
Total	56	15	2	73			
Family Income							
>47348	13	5	0	18	14.255 Df=6	0.027	S
1187-17755	19	2	2	23			
17755-23773	12	8	0	20			
23674-47347	12	0	0	12			
Total	56	15	2	73			
Religion							
Christian	5	0	0	5	3.027 Df=4	0.553	NS
Hindu	22	9	1	32			
Muslims	29	6	1	36			
Total	56	15	2	73			
Gestational weeks							
32-34 weeks	6	2	1	9	6.452 Df=4	0.168	NS
35-37 weeks	29	4	0	33			
38-40 weeks	21	9	1	31			
Total	56	15	2	73			
Postnatal Day							
1 st day	48	11	2	61	1.725 Df=4	0.786	NS
2 nd day	6	3	0	9			
3 rd day	2	1	0	3			
Total	56	15	2	73			
Eating Habit							
vegetarian	32	11	1	44	1.386 Df=2	0.500	NS
Total	56	15	2	73			
Previous knowledge status							
No	50	14	2	66	0.442 Df=2	0.802	NS
Yes	6	1	0	7			
Total	56	15	2	73			

*Significant at 0.05 level. S = Significant, NS = Not – Significant

The obtained chi – square value for Age in years ($\chi^2=2.214, p=0.697$), Education ($\chi^2=2.269, p=0.686$), family type ($\chi^2=3.435, p=0.180$), Residence ($\chi^2=4.117, p=0.128$), occupation ($\chi^2=4.406, p=0.622$), religion ($\chi^2=3.027, p=0.553$), gestational week ($\chi^2=6.452, p=0.168$), postnatal day ($\chi^2=1.725, p=0.786$), Eating habit ($\chi^2=1.386, p=0.500$), knowledge status ($\chi^2=0.442, p=0.802$) which shows that there was no significant association established with age, education, family type, residence, occupation, religion, gestational week, postnatal day, eating habit and knowledge status. Hence, the research hypothesis H₂ was rejected for this.

The obtained p value for family income is family income ($\chi^2=14.255, p=0.027$) less than 0.05 which indicates that there was a significant association between pre-test knowledge score regarding postnatal care with selected demographic variable. Hence, the research hypothesis H₂ was accepted.

Implication Of The Study Nursing Practice

- The nurses working in the hospitals, clinical setting and in community could be utilize to improve the knowledge of postnatal mothers in various methods and motivate them to correct practices.

Nursing Education

- The community health nursing and obstetric and gynaecological nursing curriculum needs to be strengthened and should include more content towards postnatal care practices, which should enable nursing students to know about the importance of postnatal care.

Nursing Administration

- The health administration of nursing at the national, state and district institutional and local level should focus their attention on making the public awareness about improving the high quality postnatal care practices regarding personal hygiene, diet exclusive breastfeeding, family welfare, newborn care, immunization, environmental sanitation, prevention of danger signs of mothers as well as newborn.

Nursing Research

The current study's findings will help professionals in nursing & nursing students and develop in inquiry by providing a base. The study helps the nursing researchers to improve the knowledge regarding postnatal care.

CONCLUSION

This study concluded that the Information package on knowledge about postnatal care was effective for educating the Postnatal primipara mothers for increasing their knowledge about the postnatal care as delivering the baby for first they were not having the much knowledge about how to care for themselves and their newborn baby, the information booklet that was provided will be beneficial for updating their knowledge for the future.

Conflict Of Interest

The author declares that they have no conflicts of interest.

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