



**ORIGINAL RESEARCH PAPER**

**Nursing**

**“A DESCRIPTIVE STUDY TO ASSESS BIRTH PREPAREDNESS AND COMPLICATION READINESS IN ANTENATAL WOMEN VISITING OPD AT SELECTED HOSPITAL OF A METROPOLITAN CITY IN VIEW TO DEVELOP A ‘TOOL KIT’ ON BIRTH PREPAREDNESS”.**

**KEY WORDS:**

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**ABSTRACT**

**Research Problem:** Birth preparedness and complications readiness in antenatal women visiting OPD of a selected hospital.

**Primary Objective:** To identify Birth preparedness and complication readiness in antenatal women.

**Research Methodology:** Research approach adopted for this study was quantitative research approach and non-experimental descriptive survey design. 150 was the sample size of Primigravida women attending antenatal clinic in selected hospitals of metropolitan city and those fulfilling the inclusion criteria were selected keeping in mind the availability and feasibility of the study.

**Conclusion:** Based on findings of the study, a 'tool kit' was developed on birth preparedness which covers important aspects related to pregnancy and childbirth that need to be circulated during the antenatal visit.

**INTRODUCTION**

In recent times the healthcare is more focused around childbirth, most of it has been concentrating on maternal preparedness and complication readiness among antenatal women that includes prevention of risk to mother and child with positive outcome of pregnancy. Maternal and child health has always been a concern in the health care system. The obstetric outcome has been focused more on women's experience from past records. There is complexity to provide adequate support during childbirth, therefore support from the social network and from the health professionals is of utmost importance. The Birth preparedness and complication readiness matrix developed in 2004 by the maternal and neonatal health program, aims at preventing obstetric delays which could be life threatening to the mother and child thereby reducing maternal morbidity and mortality occurring.<sup>11</sup> It also points out the importance of policy makers, health providers, families, and the women in facilitating skilled birth attendance.

**PRIMARY OBJECTIVE**

- To identify Birth preparedness and complication readiness in antenatal women.

**SECONDARY OBJECTIVE**

- To associate the Birth Preparedness and complication readiness in antenatal women with selected demographic variables.
- To develop a tool kit on Birth preparedness and complication readiness.

**METHODOLOGY**

Research approach adopted for this study was quantitative research approach and non- experimental descriptive survey design. 150 was the sample size of Primigravida women attending antenatal clinic in selected hospitals of metropolitan city and those fulfilling the inclusion criteria were selected keeping in mind the availability and feasibility of the study.

**Table 1: Association of knowledge regarding antenatal exercises with demographic variables.**

Parameter	measures		DF	Chi Square test	p-value	Significant		
	no	yes						
	f	%	f	%				
Age Group								
18-28yrs	62	77.50%	18	23.75%	2	9.429	0.0090	Yes
29-39yrs	41	63.08%	24	36.92%				
40 and	1	20%	4	80%				
Education								

Illiterate	6	85.71%	1	14.29%	3	5.467	0.1406	No
Primary Education	39	72.22%	15	27.73%				
Secondary Education	66	82.50%	14	17.50%				
Graduate	4	44.44%	5	55.56%				

**RESULTS AND FINDINGS**

Based on analysis, it was found that majority of the antenatal women ie-115 (76.67%) lacked knowledge about antenatal danger signs, 138 (92%) women were not aware about post-natal danger signs, 97 (64.67%) women lacked knowledge about birth control measures, 116 (77.33%) women had no knowledge about episiotomy, 135 (90%) 135 women were not aware about perineum care, 140 (93.33%) women had no knowledge about postnatal exercise, and none(0/150) women knew about newborn danger signs, 116 (77.33%) women did not know about vaccination schedule for newborn child.

**DISCUSSION**

Birth preparedness and complication readiness (BPACR) is considered as the strategy that can be used to promote the use of skilled maternal and neonatal care.

**CONCLUSION**

According to the study finding, it can be concluded that there are many important aspects on birth preparedness and complication readiness, which the primigravida women need knowledge for positive outcomes of pregnancy. Based on findings of the study, a 'tool kit' was developed on birth preparedness which covers important aspects related to pregnancy and childbirth that need to be circulated during the antenatal visit.

**REFERENCES**

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