

# Knowledge Regarding Postnatal Care Among Postnatal Mother: A Hospital Based Study

Muna Maharjan, Babita Singh

**Abstract— Background:** Becoming a mother is an important stage in every woman's life. Most different period in women's life is their growth into parenthood and is precisely postpartum period. The postnatal period is a critical phase in the lives of mothers and newborn babies. Most maternal and infant deaths occur during this time. Yet, this is the most neglected period for the provision of quality care.

**Objective:** To assess the level of knowledge among postnatal mothers about postnatal care.

**Methods:** A descriptive cross sectional study design was adopted for the study. Non probability purposive sampling technique was used to select the postnatal mothers. Fifty seven postnatal mothers were interviewed face to face using structured interview schedule in Gynecological/Obstetrical Ward of National Medical College Teaching Hospital, Birgunj. Data were collected using pre-tested structured interview schedule in Bhojpuri version. The obtained data were analyzed by descriptive statistics (frequency and percentage) and inferential statistics (chi-square).

**Findings:** Among 57 postnatal mother half of the postnatal mothers, 30 (52.63%) had average level of knowledge regarding postnatal care. Highest knowledge was in the area of breastfeeding and lowest in the areas of family planning. There is still lack of knowledge among mothers regarding postnatal period, postnatal exercise, timing of first bath after birth of baby. There were statistically significant association between religion and knowledge of postnatal mothers (p-value 0.006). Similarly, there was no any statistical significant association of knowledge with others socio demographic variables.

**Conclusion:** Different types of awareness program are required to improve maternal knowledge on postnatal care.

**Index Terms—** Knowledge, Postnatal mother, postnatal care..

## I. INTRODUCTION

Motherhood is a joy full stage as she is the only one capable to bring forth the new life. Women the life given, is vulnerable to lose her life in the process of childbirth. Postnatal period is the scientific term for the period following childbirth till 6 weeks during which the body tissues particularly the genital and pelvic organs return back to pre-pregnant state. The postpartum period or puerperium, begins as soon as placenta is expelled and last for approximately 6 weeks when the uterus becomes regressed almost to the changes of pregnancy, labor and delivery have resolved and the body has reverted to the non pregnant state. (Dutta, 2009)

The days and weeks following childbirth the postnatal period is critical phase in the lives of mothers and newborn babies. Major changes occur during this period which determine the wellbeing of mothers and newborns. Yet this is the most neglected time for the provision of quality services. Lack of appropriate care during this period could result in significant ill health and even death. Rates of provision of skilled care are lower after childbirth when compared to rates before and during childbirth. Most maternal and infant deaths occur during this time. (WHO, 2013)

Postnatal care is pre-eminently about the provision of a supportive environment in which a women, her baby and wider family can begin their new life together. Adequate utilization of postnatal care can help reduce mortality and morbidity among mothers and their babies. (Dhakal, Chapman, Simkhadha, Teijlingen, Stephens and Raja, 2007)

Nepal Government recommends 3 postnatal visits, first within 24 hours of delivery, second on the third day and third on the seventh day after delivery. The most common fatal complication are postpartum hemorrhage of unsafe abortion, prolonged or obstructed labor and eclampsia. However, there is very less information about uptake of postnatal care among the mothers in the community. (Poudel, Bhattari, Rayamghi, Parajuli and Pokharel, 2013)

## II. MATERIALS AND METHODS

A descriptive cross sectional study was adopted to assess the level of knowledge on postnatal care among postnatal mothers. The study was conducted in Gynecological / Obstetrical Ward of National Medical College Teaching Hospital, (NMCTH) Birgunj, Nepal. The study population comprises of postnatal mothers admitted in the obstetrical ward of NMCTH. The study was carried out during two weeks from 2073/05/26 to 2073/06/05. Non probability purposive sampling technique was used to select the sample of the study. The sample size of the study was 57 postnatal mothers. The pretested structured interview schedule was used as a research instrument to collect the necessary data. The research instrument comprises of 2 sections i.e. socio-demographic variables and multiple choice questions to assess the knowledge related to postnatal care. Level of knowledge was classified as inadequate (0-12), moderate (13-19) and adequate (20-25) based on the score get by the response to structured interview schedule. The collected data were organized and coded IBM Statistical Package for Social Science (SPSS 20) version and appropriate statistical tests were performed to draw the inference

Muna Maharjan, B.Sc Nursing Students, National Medical College Nursing Campus Birgunj

Babita Singh, Vice Principal, National Medical College Nursing Campus Birgunj

**Table 2: Association of Postnatal Mothers’ Knowledge with Socio-Demographic Variables. n=57**

III. FINDINGS

Findings shows that, 26.32 % of postnatal mothers were in the age group 15-19 years, 43.86 % were in the age group 20-24 years, 19.29% were in the age group 25-29 years and remaining 10.53% were in the age group 30 and 30 above. Hence it reveals that maximum number of postnatal mothers participated in the study were in age group 20-24 years. Study divulges that equal number of postnatal mothers 26.32% had received secondary type of education and illiterate, 7.02% were able to read/write, 24.56% had received primary level of education and rest 15.78% had received higher secondary level of education and above. 80.71% of postnatal mothers were House maker, 15.78% were Service Holder, and 3.51 were labor. 77.20% of postnatal mothers belonged to Hindu religion and rest 5.26% and 17.54% belonged to Buddhist and Muslim religion respectively. Study notifies that 31.58% of postnatal mothers belonged to Nuclear family and remaining 68.42% was from joint family. Study reveals that more than half 52.63% of postnatal mothers had delivered vaginally, 45.62% had gone through caesarean part and rest 1.75% had delivered through instrumental delivery. Half 45.61% of postnatal mothers were having one children, 31.57% were having two live children, 10.52% were having three children and least 12.3% of postnatal mothers were having more than three children. Study reports that 38.60% of postnatal mothers was in one to second days, 33.34% was in three to four days and 14.03% was in five to six days and seven or more than seven days.

Data presented in Table no. 1 revealed that more than half 52.63% had moderately adequate knowledge, 40.35% had inadequate knowledge and 7.02% had adequate knowledge. Similary data presented in table 2 showed that there were statistically significant association between religion and knowledge of postnatal mothers (p-value 0.006). Similarly, there was no any statistical significant association of knowledge with others socio demographic variables.

**Table 1: Level of knowledge among Postnatal Mothers n=57**

Level of knowledge	Percentage
Adequate	7.02%
Moderate	52.63%
Inadequate	40.35%

Variables	Chi square value	DOF	Asymptomatic Significiant (two sided)
Age (in years)	54.160	45	0.165
Education	70.980	60	0.157
Occupation	34.978	30	0.243
Religion	53.169	30	0.006*
Types of family	15.318	15	0.429
Types of delivery	42.532	30	0.064
No of children	38.541	45	0.741
No of postnatal days	43.115	45	0.552

\*Significant at 0.05 level

IV. DISCUSSION

In present study most of postnatal mothers 25(43.36%) were in the age group of 20-24 years. Out of 57 postnatal mothers 15(26.32%) of postnatal mothers had secondary level of education. Majority of postnatal mothers 46(80.71%) were housemaker and 44(77.20%) belonged to hindu religion. 33(68.47%) of postnatal mother were belonged to joint family and 30(52.63%) of postnatal mothers had delivered through vaginal delivery. More than half 26(45.01%) of postnatal mothers had one children and 22(38.60%) of postnatal mothers had one to two postnatal days.

The objective of the study was to assess knowledge regarding postnatal care among postnatal mothers. The findings of the study showed that more than half (52.63%) of them were having moderate knowledge level.

Present study findings are in congruent with the similar study conducted by Timilsina and Dhakal (2015) in Postnatal and Gynecological Ward of Western Regional Hospital, Pokhara among 196 postnatal mothers to assess the knowledge on Postnatal Care among postnatal mothers. The study showed that postnatal mothers have moderate level of knowledge regarding postnatal care and lowest in the areas of family planning. And similar results was found in this study. In present study there is low knowledge regarding family planning.

A descriptive study was conducted by Shah and Pariyar (2016) in Knowledge and Practices regarding Postnatal Care among Mothers Residing in Selected Slum Area of Dharan to assess the knowledge and practices regarding postnatal care among 60 postnatal mothers with purposive sampling method. The study shows that there is still lack of knowledge among mother regarding postnatal period, postnatal exercise. Similar study found in this study. Very few postnatal mothers have knowledge regarding postnatal period, postnatal exercise. The findings of this study clearly support present study.

Timing of first bath after birth (31.57%) results was similar to the study conducted by Gupta et.al.on knowledge, awareness and practice of postnatal care among mothers.

#### CONCLUSION

Based on the findings of the study following conclusion have been drawn:

In this study, total number of 57 postnatal mothers was selected to assess the knowledge regarding postnatal care. Majority (52.63%) of the postnatal mothers had moderate level of knowledge. The results showed that the knowledge regarding postnatal care was independent with age, education level, occupation, religion, type of family, type of delivery, number of children,number of postnatal days. Awareness programmes are required to improve knowledge on the different aspects of postnatal care. Further studies can be conducted to make more clear views.

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