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A Study to Assess the Effectiveness of Informational Booklet on Postnatal Care among Primi Postnatal Mothers in Krishna Hospital, Karad, India

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Abstract:

→ *Objectives.*

- 1) To assess the knowledge on postnatal care among primi postnatal mothers, before and after intervention
- 2) To assess the effectiveness of informational booklet on postnatal care.
- 3) To find an association between knowledge and social demographic variable.

→ *Methods*

The evaluative approach was used by using pretest posttest experimental design. The study conducted on 50 primi postnatal mothers admitted in postnatal ward of Krishna Hospital, Karad.

→ *Result*

Pretest mean 9.96 SD 2.75 Posttest mean 17.64 SD 2.49 'p' value < 0.0001 and 't' value 14.605 shows that there is significant rise in knowledge after the intervention. Calculated χ^2 values showed there is no any significant association between pre-test knowledge of primi post-natal mothers and socio-demographic variables.

→ *Conclusion*

The study concluded that informational booklet on postnatal care was an effective for increasing the knowledge of subjects under study.

Keywords: Primipostnatal mothers, informational booklet (IB), Postnatal care.

1. Introduction

The postnatal period or puerperium is an adjustment after pregnancy. When the anatomic and physiological changes of pregnancy are reversed and the body returns to the normal stage. This period starts as soon as the placenta is expelled and extends up to the period of six weeks. During this time, women recover from the stress of pregnancy and delivery. The requirements during this period are the nutritious diet, personal hygiene, postnatal exercises, breast feeding, family planning and immunization of the baby.¹

The Indian journal of Obstetrics and Gynecology and reveals that parenting is a process, which includes child care activities, cleaning the infant, protecting it from harm and providing mobility for it.²

The postnatal period begins after the third stage of labour and includes the first six weeks after delivery. Postnatal care includes systematic examination of mother and the baby. An appropriate advice to be given to the mother during postpartum period. The first postnatal examination is done and advice is given on discharge of the patient from the hospital and the second routine postnatal examination is conducted at the six week of postpartum. There are many good opportunities during the puerperium for us to teach new mother how to care properly themselves and their babies, so that the health of the both is maintained.¹

Postnatal care covers the core care that every healthy woman and healthy baby should be offered during the first 6-8 weeks after the birth. An important part of maternity service provision is the care provided by midwives in the immediate postpartum period. Evidence suggests that postpartum morbidity and its impact on women's health after childbirth is an area of genuine concern.³

Giving birth to a new life can be very emotional and at the same time very exhausting. But this is also a phase of life wherein diet, personal hygiene, emotional status, family planning, rest, breast feeding and exercise plays a very important role not only to get back in shape but also to bring up a healthy mother and healthy baby. Postnatal care should be main focus.⁴

The nursing personal plays an important role in improving women's health status and the awareness about the consequence of poor maternal health. The health care providers have the concern about the individuals and family cultural values and belief, so that they can provide a beneficial care to the patient. Therefore, the study is planned to provide knowledge on postnatal care to primiparous mothers.

2. Objectives

- 1) To assess the knowledge on postnatal care among primi postnatal mothers, before and after intervention
- 2) To assess the effectiveness of informational booklet on postnatal care.
- 3) To find an association between knowledge and social demographic variable.

3. Methods & Materials

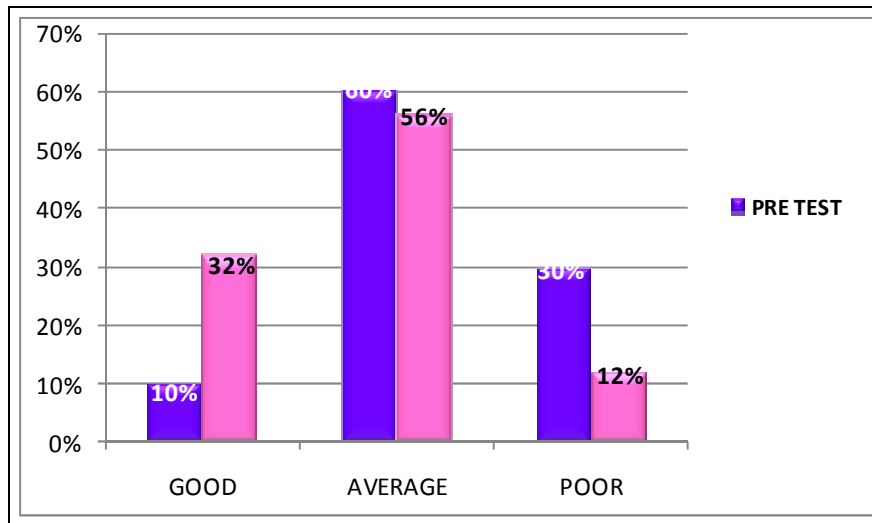
Evaluation research approach was used for the study. Research Design was pretest posttest experimental design. Study conducted on 50 primi postnatal mothers admitted in postnatal ward of Krishna Hospital, Karad. Study conducted after obtaining permission from the concerned authorities and informed written consent from samples. Sampling technique was convenient sampling. Data collected from primi post-natal mothers by using structured questionnaire. Criteria for selection was as per inclusion criteria Primipost-natal mothers who are admitted postnatal ward, who are able to speak Marathi and who are willing to participate in this study. Tool was structured questionnaire divided in two sections containing 24 questions section A: socio demographic data (8 items). Section B: Questions which aims to assess the knowledge among primi post-natal mothers regarding post-natal care (24 items). The data were tabulated and analyzed in terms of objectives of the study, using descriptive and inferential statistics.

	FREQUENCY	PERCENTAGE
AGE		
20-23yrs	31	62%
24-26yrs	19	38%
27-29yrs	0	0%
30 or above	0	0%
Religion		
Hindu	47	94%
Muslim	1	2%
Christian	0	0%
Other	2	4%
Education		
Uneducated	0	0%
Primary	20	40%
Secondary	16	32%
College	8	16%
Degree	4	8%
Postgraduate	2	4%
Occupation		
Self employed	0	0%
Business	1	2%
Farmer	7	14%
Housewife	40	80%
Other	2	8%
Income		
Below 3000 Rs.	19	38%
3000 – 6000 Rs.	11	22%
6000 – 9000 Rs.	14	28%

Above 9000 Rs.	6	12%
Type of family		
Nuclear	10	20%
Joint	38	76%
Extended	2	4%
Residence		
Urban	16	32%
Rural	34	68%
Source of information		
T.V	30	60%
Radio	4	8%
Newspaper	12	24%
Health workers	4	8%

Table 1: Percentage Distribution of Sample According to Variables

The data presented in table 1 shows that in the study majority of women 62% were with the age group of 20-23yrs, majority of women 94% were belonged to Hindu religion. Majority of women 40% had undergone primary education, majority of women 80% were housewives. Majority of women 38% were belonged to income group of below 3000Rs, majority of women 76% are belonged to joint type of family. Majority of women 68% were residing in rural area. Majority of women 60% having T.V as a source of information in home.



Graph 1. Clustered column graph showing pre-test and post-test percentage distribution knowledge of primi postnatal mothers.

Above graph shows that in pre-test knowledge score 5 (10%) having good knowledge score, 30 (60%) average 15 (30%) poor and after intervention post test score was 16 (32%) good, 28 (56%) average 6 (12%) poor. It shows that informational booklet was an effective for increase in knowledge.

	MEAN	SD.	df	'p' value	't' value
Pretest	9.96	2.75	98	<0.0001	14.605
Post test	17.64	2.49	98		

Table 2: Mean, SD, 'p' value and 't' value of pre and post test

Table reveals that 't' value 14.605 and p value is less than <0.0001 which shows informational booklet was effective in improving in knowledge score.

Sr. no	Variables	Good	Average	Poor	Chi square	P value	df
1.	Age 20-23yr 24-26yr 27-28yr 30 or above	2 3 0 0	18 11 1 0	13 4 0 0	2.554	0.6350	4
2.	Religion Hindu Muslim Christian Others	3 1 0 1	30 0 0 1	14 0 0 0	13.500	0.0091	4
3.	Education Uneducated Primary Secondary College Degree Postgraduate	0 0 2 2 1	5 12 8 6 0	2 3 8 1 0	8.862	0.1815	6
4.	Occupation Self employed Business Farmer Housewife Others	0 0 1 3 0	0 1 3 26 0	0 0 3 9 2	11.330	0.1837	8
5.	Income Below 3000 3000-6000 6000-9000 Above 9000	1 0 2 2	10 8 10 3	7 4 2 1	7.682	0.2623	6
6.	Type of family Nuclear Joint Extended	2 2 0	4 27 1	5 8 1	5.816	0.2133	4
7.	Residence Urban Rural	2 2	7 25	6 8	2.870	0.2381	2
8.	Source of information T.V Radio Newspaper others	4 0 0	18 8 3	8 3 1	3.252	0.7766	6

Table 3: Association between knowledge score and selected socio demographic variables of primi postnatal mothers on post-natal care.

Result shows that there is no any significant association between pre-test knowledge score of primi post-natal mothers and socio-demographic data.

4. Discussion

Study supports by study done by Prof. Shanthi Edward and Prof. Ramesh Harihara Iyer on Post Natal Care services shows that 63.34% samples from 18-21 years in present study majority of women 62% were with the age group of 20-23yrs, also Majority of women 40% had undergone primary education in same study Majority of the mothers 396(89.6%) were Literate. Majority of women 94% were belonged to Hindu religion, contradictory findings seen in study conducted by Risvan Javed, Shylet Priya Quadras, Sonu Kurian, Sruthi Narayanan, Steffy Francis, Simi K, K Shantha kumari on the knowledge on postnatal diet among postnatal mother's majority 55% of samples from Muslim religion. Study supports by same study 23.33% of samples are belonged to nuclear family in present study 20% of samples are belonged to nuclear family.

Study supports by study done by Dr. Indra V. on A Study to assess the Effectiveness of Self-Instructional Module on Knowledge of postnatal care among primigravida women in selected hospital, at Puducherry found that The statistical analysis of the data shows that the self-instructional module was effective in improving knowledge as the 't' value is 20.909 which is greater than the table value at $p < 0.05$. in present study p value is less than < 0.0001 and t' value is 14.605 which shows informational booklet was effective in

improving in knowledge score. Same study supports that there is no association between the level of pretest knowledge and selected demographic variables such as age, religion, family type, occupation and monthly income except for education. It is significant as the calculated χ^2 value is 11.43 at 0.05 levels of significance as the calculated value is higher. In present study there is no significant association between pre-test knowledge regarding postnatal care and the demographic variables. Study also supported by study done by Nitunjali Patil on Assessment of knowledge on minor ailments of pregnancy and home remedies that the Self-instructional module (SIM) on minor ailments of pregnancy and its home remedies was more effective .

5. Conclusion

The present study was under taken to assess the effectiveness of informational booklet on postnatal care among primi postnatal mothers of Krishna Hospital Karad. After conducting pre-test informational booklet on postnatal care was administered to primi postnatal mothers.

The finding of the study reveals that informational booklet can make a significance rise in knowledge level of the primi postnatal mothers. The result of the study shows that there is need of awareness programme on postnatal care.

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