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Dr. Ashima Sharma

Junior Resident, Department of Paediatrics, Maharishi Markandeshwar Medical College and Hospital, Kumarhatti, Solan, Himachal Pradesh, India

Dr. Rajeev Vinayak

Professor, Department of Paediatrics, Maharishi Markandeshwar Medical College and Hospital, Kumarhatti, Solan, Himachal Pradesh, India

Dr. Manisha Behal

Professor, Department of obstetrics & gynecology, Maharishi Markandeshwar Medical College and Hospital, Kumarhatti, Solan, Himachal Pradesh, India

Corresponding Author:

Dr Ashima Sharma

Junior Resident, Department of Paediatrics, Maharishi Markandeshwar Medical College and Hospital, Kumarhatti- Solan, Himachal Pradesh, India

To study the knowledge on postnatal care of neonates among postpartum mothers in tertiary care hospital

Dr. Ashima Sharma, Dr. Rajeev Vinayak and Dr. Manisha Behal

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Abstract

Objectives: To study the knowledge on postnatal care of neonates among postpartum mothers in form of questionnaire based format & to educate them.

Methodology: A study is conducted in our hospital at MMMCH, solan in form of questionnaire format. Questionnaire has been formed based on latest World Health Organisation guidelines. Semi Open questions were used where answers were suggested and there was possibility given to mothers to create another /new answer. The data was tallied and analysed using mean percentage values.

Results: The findings revealed the average knowledge & practices to be 68.42% and 72.38%. The sociodemographic variables of education, maternal occupation, socioeconomic status, parity & type of family were found to be significantly influencing the knowledge and practices of the postnatal mothers.

Conclusion: The findings of study showed lack of knowledge more among primigravida mothers and there practices are affected by sociodemographic variables. This huge gap to be filled by appropriate knowledge & government policy makers.

Keywords: Postnatal care, knowledge, practices, sociodemographic data

1. Introduction

Postnatal is the period beginning immediately after birth of child and extending for about six weeks. Healthy nation relies on future generation, therefore healthy and steady babies evolve physically and mentally as strong adults.

Postnatal period is crucial time and equally important as antenatal & intranatal period. Postnatal practices lead to healthy development of neonate, helps in prevention of diseases & detection and management of problems during six weeks after birth.

Postnatal care aims at maintaining and promoting the health and well-being of women and children from birth and making an environment that helps & support to women, parents, caregivers and families. WHO published recommendations on postnatal care that are effective and with safe clinical & non clinical interventions to improve quality of postnatal care for women and new-borns? A positive postnatal experience is something that women, newborn, parents, caregivers and families receive information and reassurance delivered in consistent manner by motivated health workers.

Methods and Procedure

After obtaining approval from the Institutional Ethical Committee, in duration of 3 months, a study was conducted in our hospital at MMMCH, solan in form of questionnaire form. Questionnaire has been formed based on latest World Health Organisation guidelines.¹ Semi Open questions was used where answers were suggested and there was possibility to create another /new answer. The Data was collected after questioning from mothers in postnatal period admitted in Obstetrics ward within 2 days after delivery. The research design for this study is descriptive survey design. The study was carried out for providing accurate knowledge, practice and attitude new born care in mothers.

The questionnaire has two sections: The first section covers demographic information of parents, including age, current occupation, mother and father education, number of children and their ages, monthly income etc. The second section consists of questions which test the various aspects of knowledge of postnatal care. The data was tallied and analysed using mean percentages.

Master sheet for data was prepared in Microsoft Excel. Statistical analysis was done on IBM Statistical Package for the Social Sciences (SPSS) 28.0.1 latest version.

Results

The results are divided using sociodemographic variables

that include:

- Maternal education
- Maternal occupation
- Socioeconomic status
- Parity
- Type of family

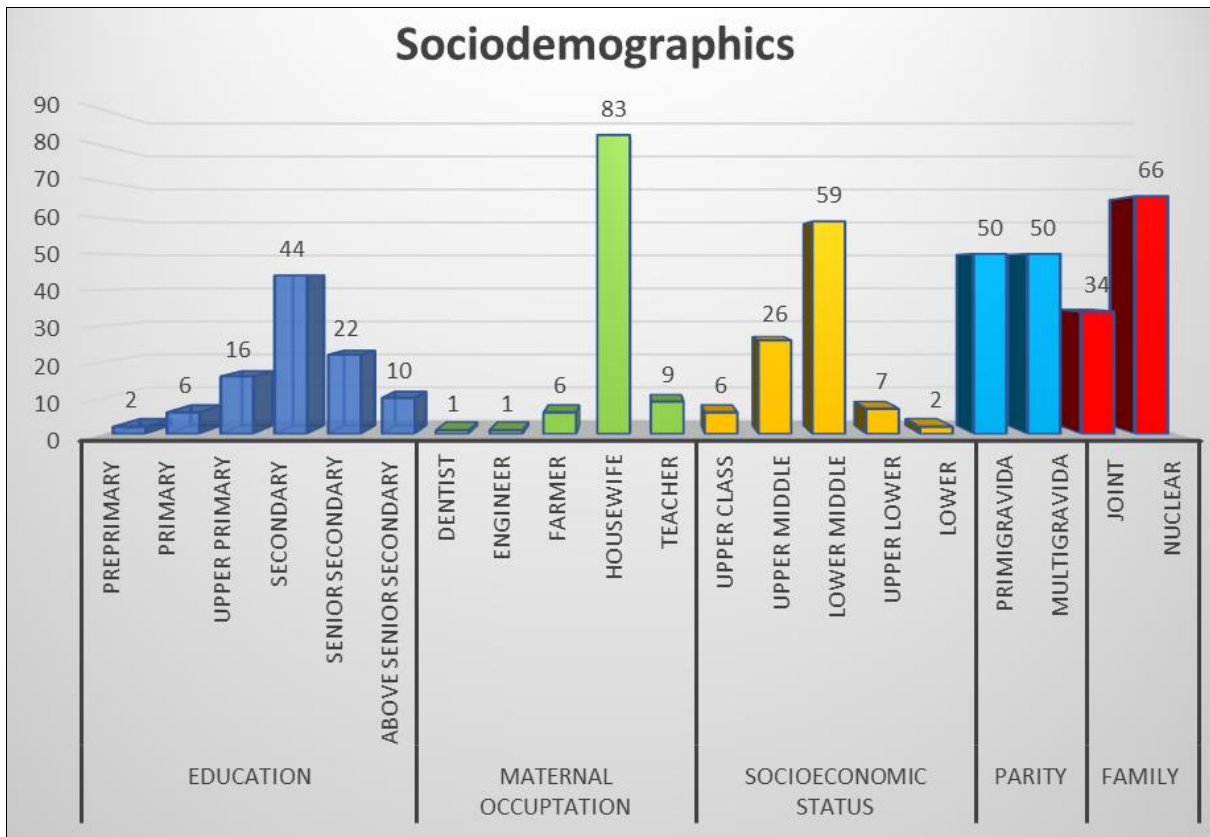


Fig 1a: The diagram depicts sociodemographic variables mentioned above

The study used is descriptive survey design. Baseline data was collected in questionnaire format with variable answers

which were analysed by using frequency & percentage values.

Table 1: Shows the Questions (total 21 questions asked), Mean positive response and its Mean negative response

Questions (total 21 questions asked)	Mean positive response	Mean negative response
Question 1	90%	10%
Question 2	49%	47%
Question 3	35%	69%
Question 4	33%	67%
Question 5	80%	20%
Question 6	17%	47%
Question 7	90%	10%
Question 8	16%	84%
Question 9	59%	41%
Question 10	37%	63%
Question 11	38%	62%
Question 12	15%	85%
Question 13	1%	81%
Question 14	57%	30%
Question 15	50%	50%
Question 16	96%	14%
Question 17	86%	14%
Question 18	99%	1%
Question 19	21%	79%
Question 20	82%	18%
Question 21	14%	78%

The above data describes an average of 68% correct responses and rest 32% incorrect responses. The finding

revealed average knowledge & practices to be 68.42% and 72.38%.

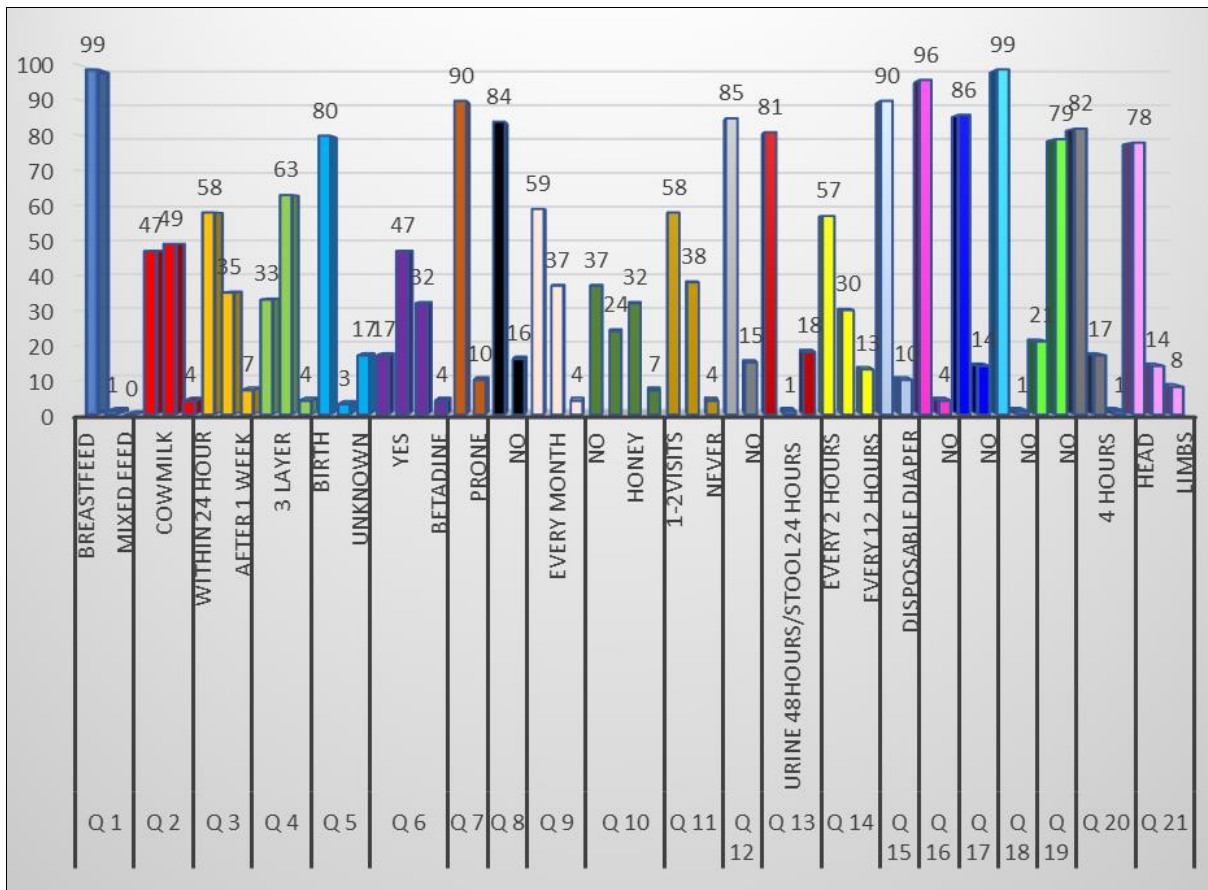


Fig 1b: The diagram depicts average responses given by mothers for each question

Discussion

The present study was intended to assess the knowledge, practices and attitude of mothers in post natal period. The findings of study were discussed based on different variables.

1. Distribution of samples in relation to age of mothers, 20% were below 20 years of age, 48% belongs to age group of 20-30 years, 28% belong to 30-35 years and 4% belong to age group of above 35 years.
 2. Distribution of samples in relation to maternal education in which 44% were secondary education, 22% were senior secondary, 16% were upper primary, while 10%, 6% & 2% were above senior secondary, primary & pre-primary education.
 3. Distribution of samples in relation to maternal occupation in which 83% were housewives, 9% were teacher, 6% were farmers and 1% rest.
 4. Distribution of samples in relation to socioeconomic status in reference to modified kuppuswamy score in which 59% were in lower middle class, 26% belong to upper middle class, 7% belong to upper lower class, 6% to upper class and 2% to lower class.
 5. Distribution of samples in relation to parity showed 50% females were primigravida while rest 50% belong to multigravida.
 6. Distribution of samples in relation to type of family include 66% belong to nuclear family while 34% belong to joint family.
- The mean knowledge score for the study to be 68.42% had positive response, out of which 48.62% had

satisfactory responses while 19.8% had adequate knowledge about newborn care. The rest 31.58% had inadequate knowledge indicating they need detailed health education programs.

- The mean practice score is 72.38% which mainly includes multigravida females > than primigravida, educated females > uneducated ones, belonging to joint families > nuclear families, professional mothers > non-professional mothers. The rest 27.62% mean percentage of sample size lacks correct practices of newborns in postnatal care.

Limitation

1. Large sample size is required to attain more knowledge regarding the postnatal practices.
2. Multicentric data is needed to evaluate the knowledge about mothers knowing about postnatal care.
3. Only hospital based deliveries are included in study.

Conclusion

- There is still lack of knowledge as well as practices among mothers regarding postnatal care as per WHO guidelines.
- Various health care programmes, government policies should be implemented to educate the mothers in postnatal period & their families for safe practices.
- Local measures at every hospital as well maternal clinics should be implemented that includes weekly workshops, interest online classes, staff briefings on antenatal visits.

Conflict of Interest

Not available

Financial Support

Not available

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