

Knowledge And Practice regarding Care of Postnatal Mother Among The Familycare Giver At Scheer Memorial Adventist Hospital Banepa, Kavre, Nepal

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Abstract- Globally, postnatal period is crucial period in which most of the maternal and neonatal death occur due to wrong practice and knowledge most of which occur in developing country. The practice of postnatal care is increasing daily after proper knowledge and awareness on postnatal care. A research entitled “Knowledge and practice regarding Care of Postnatal Mother among the family care giver at Scheer Memorial Adventist Hospital, Banepa, Kavre” was conducted to assess the knowledge and practice of postnatal care.

A descriptive cross-sectional research design was adopted in total 100 samples using non-probability purposive sampling technique. Data was collected using pretested ($r=0.82$) face-to-face interview schedule with structured and semi-structured Nepali version questionnaire. The collected data were analyzed in SPSS version 21st by using descriptive statistics such as frequency, percentage, mean, standard deviation and inferential statistics such as t test and ANOVA test.

The study shows, mean age of the respondents was 38.75 ± 10.18 . The overall mean knowledge score was 36.8 ± 5.77 with maximum score 44 and minimum score 24 out of total possible score 44 and overall mean practice score was 11.45 ± 1.25 with maximum score 14 and minimum score 6 out of total possible score 14. The study was significant on the basis of previous experience as a care giver ($p=0.03$) knowledge while doing t-test and age ($p=0.021$) mean practice while doing ANOVA test. The mean and SD of total knowledge score of respondents with previous experience was 36.74 ± 3.52 and without previous experience as a care giver was 36.04 ± 0.54 . The overall mean knowledge score was 36.8 ± 5.77 and overall mean practice score was 11.45 ± 1.25 . The study finding shows that the level of knowledge increases the level of practice. Therefore, based on the finding of the study, the postnatal care can be improved by providing various awareness programs to the family members and care givers.

Index Terms- Knowledge, postnatal care, practice

I. INTRODUCTION

Postpartum care is the care of mother and newborn baby after delivery till 42 days of postpartum period. It's done to prevent complications, to provide care for rapid restoration of the mother to optimum health, to check adequacy of breast feeding, to provide

family planning services, to provide basic health education to mother/family; to keep mothers away from emotional upheavals and freedom from worry & excitement; to promote physical well-being by good nutrition, comfort, cleanliness & sufficient exercise to ensure good muscle tone (1).

Globally, every day approximately 800 woman die from preventable causes related to pregnancy and child birth. About 99% of all maternal deaths occur in developing countries (2).

The recent World Bank data puts the MMR for India reported in 2015 at 174 per 100, 000 live births, which is a significant decline from the 215 figure that was reported in 2010. Most of these new mums succumb to heavy blood loss (postpartum haemorrhage) (3).

World literature search revealed a Nigerian study report that puerperal sepsis is a second leading cause of death accounting for 26.3% of maternal deaths, while another WHO report estimated 358,000 maternal deaths yearly occurring due to child birth problems and out of these up to 15% are associated with puerperal sepsis(4).

II. MATERIALS AND METHODS

2.1 Research Design

The research design was descriptive cross sectional research design.

2.2 Research Setting

The study conducted on inpatient department of postnatal ward of Scheer Memorial Adventist Hospital, Banepa, Kavre. The hospital was established in 1950 A.D. with total bed capacity of 150. It provides services of OPD and different wards for the treatment of the patients. There are 16 beds in postnatal ward

2.3 Population And Sampling

Target Population

Family care giver's visiting inpatient department of postnatal ward of Scheer Memorial Adventist Hospital.

Sample Size

Sample size calculation:

The following formula was used to calculate the sample size ,
 $n = Z\alpha^2 S^2 / d^2$

III. RESULTS

Table 1. Distribution of Respondents According to Overall Mean Knowledge Regarding Postnatal Care.
n=100

Variables	Total possible score	Mean (SD)	Minimum	Maximum
The importance of postnatal care	9	7.62±1.17	5	9
Nutritional care	8	6.5±1.21	3	8
Physical care	18	15.16±1.63	11	18
Medical care	9	7.52±1.76	5	9
Total knowledge score	44	36.8±5.77	24	44

Table 2. Distribution of Respondents According to Overall Mean Practice Regarding Postnatal Care.
n=100

Variables	Total possible score	Mean (SD)	Minimum	Maximum
Hygiene	6	5.34±0.86	2	6
Nutritional care	5	2.53±0.61	0	3
Physical care	3	3.85±0.88	2	6
Total practice score	14	11.45±1.25	6	14

Table 3. Association of Knowledge Regarding to Postnatal Care in Relation to Respondents Previous Experience as a Care Giver.
n=100

Variables	Total possible correct score	With previous experience n=54 Mean (SD)	Without previous experience n=46 Mean (SD)	p-test t-test
The importance of postnatal care .	9	7.54±1.22	7.68±1.12	0.34
Nutritional care	8	6.5±1.31	6.5±1.12	0.14
Physical care	18	15.11±1.62	15.21±1.65	0.16

Medical care	9	7.79±1.10	7.19±1.18	0.47
Total knowledge	44	36.74±3.52	36.04±0.54	0.03

Table 4. Association of Practice Regarding Postnatal Care in Relation to Respondents Previous Experience.
n=100

Variables	Total Possible Correct Score	With Experience n=54 Mean (SD)	Without Experience n=46 Mean (SD)	p-value (t-test)
Hygiene	6	5.42±0.74	5.23±0.99	0.285
Nutritional care	5	3.89±0.94	3.81±0.82	0.66
Physical care	3	2.5±0.57	2.50±0.65	0.65
Total practice score	14	11.53±1.02	11.34±1.47	0.25

IV. DISCUSSION

A descriptive cross sectional study on knowledge and practice regarding care of postnatal mother among the family care giver at Scheer Memorial Adventist Hospital, Banepa , Kavre, Postnatal Ward, the sample size of the study was 100. Interview schedule containing structured and semi-structured questionnaires were used for the collection of data to assess knowledge and practice regarding care of postnatal mother among the family care giver .

In this study , the descriptive cross sectional research design was used which was similar with the research conducted by Fikirte Tesfahun , Walegn

Worku ,Fekadu Mazengiya and ,Manay Kifle in Gondar Zuria District, Ethiopia (12).

In this study, purposive sampling technique was used which was similar with the research conducted by Walegn Worku ,Fekadu Mazengiya and Manay Kifle in Gondar Zuria District, Ethiopia (12).

In present study, most (99%) respondents had knowledge regarding who responded the postnatal care is given from 1st day to 42days which was similar with the research conducted by Sulochana Dhakal in rural area ,Nepal (13).

In present study, minority (12%) of the respondents were from age 51-60 which was similar with the research conducted by hospital staffs in Fujian Provincial and County Hospitals (5).

In present study , most (93%) of the respondents of the respondents had knowledge about first breast fluid feed as Colostrum which was similar with the research conducted by conducted by Nurgul Bolukbas, Nulufer Erbil, Hanife Altunbas, Zehra Arslan majority (88.7%) of the responded the as first breast feed as colostrum in Bangladesh (14).

In present study , more than three fourth (77%) responded third postnatal visit as 4th week which was similar with the research conducted by Tadashi Yamashita on the topic in Philippines (30).

V. CONCLUSION

The overall mean knowledge of total respondents on knowledge regarding postnatal care is 36.8 ± 5.77 . The minimum score obtained is 24 and maximum score obtained is 44. The mean knowledge regarding the importance of postnatal care was 7.62 ± 1.17 . The mean for the knowledge regarding nutritional care of postnatal mother is 6.5 ± 1.21 . The mean knowledge for the knowledge regarding physical care of postnatal care was 15.16 ± 1.63 . The total mean knowledge score for the knowledge regarding medical care of postnatal care was 7.52 ± 1.76 .

After doing t test the p value obtained in mean knowledge was 0.03 which is less than 0.05 at 5% level of significance. Hence there was significant difference in knowledge regarding postnatal care of mother in relation to respondent's previous experience as a care giver.

After doing t test the p value obtained in mean practice was 0.25 which is greater than 0.05 at 5% level significant. Hence there was no significant difference in practice regarding postnatal care in relation to respondent's previous experience as a care giver.

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