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Effectiveness of Postnatal Health Educational Package Among Mothers

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Abstract---Introduction: The postnatal period is an adjustment after pregnancy. Integrated maternal and newborn postnatal care during the first few days after delivery should be provided to the mother and newborn to improve survival of both. Childbirth is a critical time for a mother and her baby. Marked by strong emotional and physical changes, and adjustment to new roles and responsibilities, the postpartum period begins an hour after the delivery and continues for six weeks. Women's needs during this period are often overshadowed by the attention given to the newborn. Objectives: To assess the effectiveness of postnatal health education package regarding postnatal and newborn care on knowledge, perception and practice among postnatal mothers. To correlate among the level of knowledge, perception and practice regarding postnatal and newborn care in postnatal mothers of experimental and control group. To associate the post-test knowledge, perception and practice regarding postnatal and newborn care among postnatal mothers in the experimental and control group with their selected demographic variables. Material and Methods: A quasi experimental, non-equivalent control group post-test only design was used to conduct the study at Rohilkhand Medical College and Hospital. 200 post natal mothers were selected by using Non probability purposive sampling technique.

Keywords---education package, knowledge, newborn care, perception, postnatal care, postnatal health, practice.

Introduction

Postnatal care is an important aspect of health care and mostly neglected as all the concerns and care being concentrated on the newly arrived baby and family planning issues. The mother at this time is in need of physical and mental support from her family and her doctor because of dangers of morbidity and cost of care. In a developing country like India where malnutrition and anemia are rampant, women are more prone to infection. Postnatal care and extent of postpartum morbidity is poorly characterized and under-researched. There are chances of puerperal pyrexia due to infection in the genital and or urinary tract, caesarean section wound infection and breast engorgement and etc. The higher rate of complications in the postpartum period among rural, illiterate and nullipara women may be attributed to ignorance, lack of experience, unhygienic practices among these women in addition to malnourishment.

Mothers and infants are the two vulnerable groups of society. One of the millennium development goals is to improve the health of them and to reduce the maternal mortality and postpartum complications. Approximately 6,00,000 women die in worldwide due to pregnancy related complications and 99% of these deaths occur in developing countries. And also there have been more than 50% cases reported during the postpartum period. It is estimated out of 3.9 million neonatal deaths that occur worldwide almost 30% occur in India. The World Health Organization (WHO) describes the postnatal care as the most critical and most neglected phase of the life of the mothers and babies as most of the death occur during the postnatal period. Scaling up of maternal and newborn health through proper postnatal care services is the best way of reducing maternal and neonatal mortality.

Janani Suraksha Yojana (JSY) was launched in April 2005 to enable women especially from the vulnerable sections of the society to access institutional delivery and thereby effect reductions in maternal and neonatal mortality. The scheme provides conditional cash assistance to pregnant women for giving birth in a government health facility by providing access to skilled birth attendance and emergency obstetric care. The scheme is under implementation in all States and Union Territories (UTs) with a special focus on Low Performing States (LPS). Around 9 lakh Accredited Social Health Activists (ASHAs) are working as an effective link between the government and poor pregnant women who get financial incentive to promote institutional delivery. The scheme focuses on poor pregnant woman with a special dispensation for States that have low institutional delivery rates, namely, the States of Uttar Pradesh, Uttarakhand, Bihar, Jharkhand, Madhya Pradesh, Chhattisgarh, Assam, Rajasthan, Odisha and Jammu and Kashmir. While these states have been named Low Performing States (LPS), the remaining States have been named High Performing States (HPS) (8).

Problem statement

A study to assess the effectiveness of postnatal health education package regarding postnatal and newborn care among postnatal mothers in terms of knowledge, perception and practice.

Objectives

- To assess the effectiveness of postnatal health education package regarding postnatal and newborn care on knowledge, perception and practice among postnatal mothers.
- To correlate among the level of knowledge, perception and practice regarding postnatal and newborn care in postnatal mothers of experimental and control group
- To associate the post-test knowledge, perception and practice regarding postnatal and newborn care among postnatal mothers in the experimental and control group with their selected demographic variables.

Hypotheses

- There is a significant difference between the knowledge, perception, practice in the experimental and control group.
- There is a significant association between the knowledge, perception, practice in the experimental group with selected demographic variables
- There is a significant association between the knowledge, perception, practice in the control group with selected demographic variables

Materials and Method

A quasi experimental, non-equivalent control group post-test only design was used to conduct the study at Rohilkhand Medical College and Hospital. 200 post natal mothers were selected by using Non probability purposive sampling technique. Data was collected by face to face interview using a structured and pre-tested 34 knowledge questionnaire, perception scale (20 point) and practice scale (16 point) in the experimental and control group. Data was analyzed by using Descriptive and Inferential Statistics and SPSS version 20.

Results

- Section A: Description of the sample characteristics
Majority of the postnatal mothers in experimental group i.e 34 % were belongs to age group of 27 – 30 years and in control group 35 % of the participants were belong to 23-26 years of age. In experimental group majority 54 % were multigravida and in control group also 57 % of the participants were primigravida. In experimental group majority of 32% of the participants were matric passed and in control group 34 % of the participants were also matric passed. In experimental group, 89% of the participants were housewife and in control group majority i.e 85% were also housewife. In experimental group majority of the postnatal mothers i.e 61% were having normal vaginal delivery and in control group 68 % of the participants were also having normal vaginal delivery.
- Section B: Effectiveness of post-natal health education package regarding knowledge on post-natal and newborn care
Present study depicts that the mean post-test knowledge score (29.91 ± 4.54) of the experimental group was greater than the mean post-test knowledge score (22.35 ± 10.04) of the control group with the mean

difference of 7.56. The calculated t value was ($t=6.86$) more than the tabled value ($t_{198} = 1.97$). Hence there is significance difference in the mean post-test knowledge scores. So it revealed that the STP was effective in enhancing the knowledge of postnatal mothers on postnatal care and new-borne care.

Present study showed that the mean post-test perception score (68.45 ± 7.44) of the experimental group was greater than the mean post-test knowledge score (63.66 ± 4.87) of the control group with the mean difference of 4.79. The calculated t value was ($t=5.38$) more than the tabled value ($t_{198} = 1.97$). Hence there is significance difference in the mean post-test perception scores. It showed that postnatal health education package regarding postnatal and new-born care on perception among postnatal mothers had significant improvement in their perception score. Present study revealed that the mean post-test practice score (27.60 ± 3.12) of the experimental group was greater than the mean post-test practice score (25.02 ± 1.8) of the control group with the mean difference of 2.58. The calculated t value was ($t=7.12$) more than the tabled value ($t_{198} = 1.97$). Hence there is significance difference in the mean post-test practice scores.

Discussion

- Section A: Description of the sample characteristics

Majority of the postnatal mothers in experimental group i.e 34 % were belongs to age group of 27 – 30 years and in control group 35 % of the participants were belong to 23-26 years of age. In experimental group majority 54 % were multigravida and in control group also 57 % of the participants were primigravida. In experimental group majority of 32% of the participants were matric passed and in control group 34 % of the participants were also matric passed. In experimental group, 89% of the participants were housewife and in control group majority i.e 85% were also housewife. In experimental group majority of the postnatal mothers i.e 61% were having normal vaginal delivery and in control group 68 % of the participants were also having normal vaginal delivery.

Findings of the present study in similar with study conducted Joshi Neha, B. Gomati (2017) to evaluate the effectiveness of structured teaching programme (STP) on knowledge about postnatal care among mothers. The findings of the study showed that the majority of the postnatal mothers i.e 63.3 % were belongs to age group of 26 and above, 52% of the participants were primigravida, majority of 27% of the participants were having secondary and higher secondary education, majority 83% of the mothers were housewife, majority 60% of the postnatal mothers were belongs to joint family and majority of the postnatal mothers i.e 60% had normal vaginal delivery.
- Section B: Effectiveness of post-natal health education package regarding knowledge on post-natal and newborn care

Present study depicts that the mean post-test knowledge score (29.91 ± 4.54) of the experimental group was greater than the mean post-test knowledge score (22.35 ± 10.04) of the control group with the mean difference of 7.56. The calculated t value was ($t=6.86$) more than the tabled value ($t_{198} = 1.97$). Hence there is significance difference in the mean post-

test knowledge scores. So it revealed that the STP was effective in enhancing the knowledge of postnatal mothers on postnatal care and new-borne care. Findings of the present study in similar with study conducted Joshi Neha, B. Gomati (2017) to evaluate the effectiveness of structured teaching programme (STP) on knowledge about postnatal care among mothers. The findings of the study revealed that mean pre-test knowledge score of postnatal mothers was 19.8 ± 2.98 and mean post-test knowledge score of postnatal mothers was 26.28 ± 1.89 and the mean difference was 6.48. So it revealed that the STP was effective in enhancing the knowledge of postnatal mothers on postnatal care.

Present study depicts that the mean post-test perception score (68.45 ± 7.44) of the experimental group was greater than the mean post-test knowledge score (63.66 ± 4.87) of the control group with the mean difference of 4.79. The calculated t value was ($t=5.38$) more than the tabled value ($t_{198} = 1.97$). Hence there is significance difference in the mean post-test perception scores. It showed that postnatal health education package regarding postnatal and new-born care on perception among postnatal mothers had significant improvement in their perception score. Findings of the present study in similar with study conducted A.Alageswari, Das Manju Bala and A Felicia Chitra (2019) to assess the effectiveness of prenatal education programme on postnatal and new-born care. The result showed that the mean pre-test level of attitude was 73.09 ± 9.25 and the mean post-test level of attitude was 92.24 ± 6.32 so, it showed that prenatal education programme on attitude regarding postnatal and new-born care to the mothers had significant improvement in their post-test level.

Present study depicts that the mean post-test practice score (27.60 ± 3.12) of the experimental group was greater than the mean post-test practice score (25.02 ± 1.8) of the control group with the mean difference of 2.58. The calculated t value was ($t=7.12$) more than the tabled value ($t_{198} = 1.97$). Hence there is significance difference in the mean post-test practice scores. Findings of the present study in similar with study conducted Godati Manasa (2016) to evaluate the effectiveness of structured teaching programme (STP) on knowledge and practice of postnatal mothers regarding essential new-born care. The findings of the study revealed that in the pre-test majority 88% of the participants had inadequate knowledge and practice and after administration of STP 80% of the participants had adequate knowledge and practice. It represents that STP was effective to improve knowledge and practice on essential new-born care among post-natal mothers. There was no significant association found between post-test knowledge, perception and practice score with their demographic variable ($p>0.05$) except Perception score gravida, occupation status of mother and mode of delivery.

Conclusion

The result of the study concludes that the structured teaching programme was effective in enhancing the knowledge, perception and practice of postnatal mothers regarding postnatal care and new-born care.

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