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MINOR AILMENTS OF PUERPERIUM AMONG POSTNATAL MOTHERS

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ABSTRACT

A study was conducted to assess the knowledge regarding minor ailments among postnatal mothers in a selected hospital Mangalore. Descriptive research design was adopted and 30 samples were selected using simple random sampling method. Structured knowledge questionnaire was used as an instrument to collect data. The study findings revealed that among 30 postnatal mothers, four (13%) had inadequate knowledge, six (20%) had moderate knowledge and 20(67%) had adequate knowledge regarding minor ailments of puerperium. There was significant association found between the knowledge of mothers and with age, education qualification, occupation, monthly income of the family, number of children and previous information regarding minor ailments of puerperium. The study concluded that the postnatal mothers need to be educated about the management of minor ailments of puerperium. Therefore, the information booklet on home management of minor ailments was given to the postnatal mothers to prevent minor ailments during puerperium.

Keywords: Puerperium, Minor Ailments, Obstetrical and Gynaecology, Postnatal Mothers, In-Patient Department.

INTRODUCTION

Pregnancy is a period in which many women feel excited even though its tiring. When a baby is born, mother is also born. It is the period from conception to birth¹. Pregnancy lasts 37-40 weeks, beginning from the first day of the woman's last menstrual period, and is divided into three trimesters, each lasting three months³. In pregnant women, not only the genital tract shows changes but also physiological alteration takes place throughout the body. Many problems arise during the time of pregnancy which is managed in puerperium².

STATEMENT OF THE PROBLEM

A study to assess the knowledge regarding minor ailments of puerperium among postnatal mothers admitted in a selected hospital, at Mangalore.

OBJECTIVES

- To assess the knowledge regarding minor ailments of puerperium among postnatal mothers.
- To find the association between knowledge of postnatal mothers in a selected hospital with demographic variables such as age, religion, education, occupation, monthly income of family, puerperal age, family type, number of living children and previous information.
- To develop an informational booklet on home management of minor ailments of puerperium during postnatal period.

HYPOTHESIS

The hypothesis is tested at 0.05 level of significance

H1: There will be significant association between the knowledge of postnatal mothers regarding minor ailments of puerperium with selected demographic variables such as age, religion, education, occupation, monthly income of family, family type, puerperal age, number of living children and previous information regarding minor ailments of puerperium.

METHODOLOGY

The research approach used for study was non-experimental research approach. The focus of the study was to assess the knowledge of postnatal mothers admitted in a selected hospital regarding minor ailments of puerperium. The population selected for the study was postnatal mothers admitted in a selected hospital, Mangalore. Sample size was 30 postnatal mothers and the sample were selected using simple random sampling techniques.



RESULT AND DISCUSSION

SECTION 1: DEMOGRAPHIC PERFORMA

The study result revealed that the majority of the samples 20 (66.7%) were below the age group of 25. Majority of samples 15(50%) are Hindu. Most of samples 11(36.7%) had no formal education. Maximum number of samples 17(56.7%) earning Rs: 21,000-40,000/ month. Majority of samples 18(60%) are home maker. More than half of samples 18 (60%) were belonged to nuclear family. Maximum of 22 (73.3%) were having one child. Majority of samples 17 (56.7%) belonged to 1-2 weeks of puerperal age. Maximum of 13 (43.3%) Mothers were having previous information regarding minor ailments of puerperium.

SECTION 2: ASSESSMENT OF KNOWLEDGE OF POSTNATAL MOTHERS REGARDING MINOR AILMENTS OF PUERPERIUM

Sl.No	Level of knowledge	Frequency (N)	Percentage (%)
1	Inadequate knowledge	4	13
2	Moderate knowledge	6	20
3	Adequate knowledge	20	67

Findings shows that among 30 postnatal mothers, four (13%) postnatal mothers were having inadequate knowledge, six (20%) were having moderate knowledge and 20(67%) were having adequate knowledge regarding minor ailments of puerperium. Significant association was found between age, education qualification, occupation, monthly income of the family, number of children and previous information regarding minor ailments of puerperium.

SECTION 3: ITEM WISE ANALYSIS OF KNOWLEDGE SCORES OF POSTNATAL MOTHERS ADMITTED IN A SELECTED HOSPITAL ON MINOR AILMENTS OF PUERPERIUM.

The findings showed that the highest percentage (86.7%) of respondents had knowledge on normal duration of puerperium is between 6-8 weeks after delivery. 83.3% of them know about the starts of puerperium period. 76.7% of correct responses were observed in meaning of puerperium and in normal anatomical changes during puerperium.73.3 % of them were aware about normal physiological changes during puerperium. 66.7% of postnatal mothers had knowledge regarding the minor ailments of puerperium. 50% of them able to explain in about hormone that produces milk during puerperium and discomfort seen during puerperium. Only 40% respondents had knowledge that Iron, calcium and vitamin rich diet is preferred during puerperium.

SECTION 4: ASSOCIATION BETWEEN KNOWLEDGE REGARDING MINOR AILMENTS AND SELECTED DEMOGRAPHIC VARIABLES OF POSTNATAL MOTHERS.

Postnatal mothers' knowledge was significantly associated with the age, occupation, educational qualification, monthly income of family, number of children and previous knowledge regarding minor ailments of puerperium at 0.05 level. Hence, the formulated hypothesis H₁ was accepted.

CONCLUSION

The study showed that some of postnatal mothers are less aware of minor ailments of puerperium. Therefore, there is need to improve the knowledge of postnatal mothers regarding management of minor ailments. Administration of informational booklet on home remedies, diet, exercise was helped the mothers to manage the minor ailments. Therefore, the study was concluded that the informational booklet was helpful to improve the knowledge of postnatal mothers regarding minor ailments and home management.

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