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Kommuri Vennela Kumari
M.Sc. Nursing, Department of
Obstetrics & Gynecology
Nursing, Narayana College of
Nursing, Nellore, Andhra
Pradesh, India

Sanamala Krishnaveni
M.Sc. Nursing, Department of
Obstetrics & Gynecology
Nursing, Narayana College of
Nursing, Nellore, Andhra
Pradesh, India

Latha P
Professor, Department of
Obstetrics & Gynecology
Nursing, Narayana College of
Nursing, Nellore, Andhra
Pradesh, India

Corresponding Author:
Kommuri Vennela Kumari
M.Sc. Nursing, Department of
Obstetrics & Gynecology
Nursing, Narayana College of
Nursing, Nellore, Andhra
Pradesh, India

Knowledge on management of minor ailments during pregnancy among antenatal mothers in NMCH, Nellore

Kommuri Vennela Kumari, Sanamala Krishnaveni and Latha P

Abstract

Background: Minor ailments/disorders are only minor as much as they are not life threatening. As soon as a women become pregnant and experience that fatigue of early pregnancy coupled with nausea and vomiting. A minor ailment may escalate and become a serious complication of pregnancy. Minor ailment are heart burn, excessive salivation, pica, constipation, back ache, cramps, frequency of micturition, leucorrhea, fainting and insomnia.

Aim: The aim of the study was to assess the knowledge on management of minor ailments during pregnancy.

Objectives: 1 to assess the knowledge on management of minor ailments during pregnancy among antenatal mothers in NMCH, Nellore.

2. To find the association between level of knowledge with their socio demographic variables.

Methodology: 60 antenatal mothers admitted in antenatal ward at Narayana Medical College Hospital, Nellore were selected by using Non-probability convenience sampling technique method.

Results: Regarding level of knowledge among 60 antenatal mothers, 30(50%) had inadequate knowledge, 22(36.7%) had moderately adequate knowledge, and 8(13.3%) had adequate knowledge regarding management of minor ailments during pregnancy.

Keywords: Knowledge, management, minor ailments, pregnancy, antenatal mothers

Introduction

Pregnancy is a special feeling for mother to be women suddenly realize the power of being a women able to make a human out of her body. Being a special time pregnancy is also a time where the mother to be should like special care for her body as every action of her will affected her body. During as every action of pregnancy the way mother move every day is a important as any special exercise that mother can perform daily to avoid the complication during pregnancy. Women has to go for regular antenatal checkup and admit for institutional delivery^[1].

A study revealed that minor ailment/disorder are only minor in as much as they are not life threatening. As soon as a women become pregnant and experience that fatigue of early pregnancy coupled with nausea and vomiting.²A minor ailment may escalate and become a serious complication of pregnancy. Minor ailment are heart burn, excessive salivation, pica, constipation, back ache, cramps, frequency of micturition, leucorrhea, fainting and insomnia^[3]. Causes of minor ailments can be divided into hormonal changes and accommodation changes, metabolic changes and postural changes everybody system of the body adjust and it's affected by pregnancy^[4].

Varicose vein are vein which have become swollen. The vein of the leg are most commonly affected the women can also get the varicose vein in the vulva. To help to prevent varicose vein, the women should try to avoid standing for long period of time and not sick with leg crossed exercise^[5].

Management for the minor ailment are for relieving the gastro intestinal problem like nausea and vomiting, are to eat cold food to avoid strong odour, dry food like soft bread or sour food like pickle and lemonade. Avoid high fat and fried food, coffee, garlic and other spices. Get out of bed must be slowly and avoid sudden movement. Avoid brushing teeth, tongue immediately after eating. Have enough rest and avoid fatigue. Open window to ensure good ventilation^[6].

The management for the minor alignment which is like heart burns are, to eat small low fat meals frequently. Chew the food well and eat slowly. Avoid spicy food. Avoid lying down, bending and stooping after eating. Elevate the head of the bed. Wear loose fitting cloth. Do not take any antacids without consulting a doctor. The management for the constipation are drink at least 8 to 12 cups of fluids every day in the form of water, juice or soup. Warm or hot fluid is particularly helpful. Increase fibre intake by eating more whole grain breads and cereals, vegetables, fruits, legumes. The management for the minor alignment pica during pregnancy are distract the mother with work, playing with the children soft music, yoga, relaxing bath or working in the gardens. Take the kid and the dog for a walk or to a playground^[7].

Need for the study

The worldwide incidence rate of minor ailment of pregnancy about 1,410,000 women can affecting. About 50 millions of women can affecting minor disorders of pregnancy in India. In Nellore about 30-50% of pregnancy women can affecting minor disorders of pregnancy^[8].

The incidence rate of heart burns in the world wide during pregnancy are, it has been estimated that in the western world at least 1/10 of the general population has at least weekly heart burn. The study regarding the incidence rates during pregnancy find varying rates, ranging from one quarter of all pregnant women having daily symptoms from the gas go to 72% expressing some level of heart burns in the third trimester^[9].

Constipation during pregnancy prevalence rate ranges from 9% to 39%. The prevalence rate of constipation during pregnancy in a recent prospective study of 98 pregnant women had result similar to each other. Data revealed that the incidence rate of varicosities during pregnancy in the antenatal mother approximately 1 in 22 or 12.2 million people in USA. 41% women have abnormal leg vein by 50's-60% of all American women^[10].

The incidence rate of leucorrhea during pregnancy as the minor ailment among antenatal mother as in 1-14% of all the women in the reproductive age group and is responsible for 5-10 millions OPD visit per year throughout the world. The prevalence of excessive vaginal discharge in India is estimated to be 30%^[11].

The women knowledge of common disorder of pregnancy and the recognition of when they become a medical disorder, it is vital initiating the most appropriate management for the women. The main minor disorders are heartburns, backache, constipation, excessive salivation, frequency of micturition, leucorrhea, nausea and vomiting, insomnia, varicosities, fainting. About 50% of women can be affected the minor ailment during pregnancy among antenatal mothers^[12].

Problem statement

A study to assess the knowledge on management of minor ailments during pregnancy among antenatal mothers in NMCH, Nellore

Objectives

1. To assess the knowledge on management of minor

ailments during pregnancy among antenatal mothers in NMCH, Nellore.

2. To find the association between level of knowledge with their socio demographic variables.

Delimitations

- Antenatal mothers attending selected hospital, Nellore.
- Antenatal mothers who are available & willing for the study.
- Sample size of 60 antenatal mothers.

Methodology

Research approach

A quantitative approach was adopted to determine the research study.

Research design

The present study was conducted by using descriptive research design.

Setting of the study

The study was conducted at Pediatric ward in Narayana Medical College Hospital, Nellore.

Target Population

The target population for the present study was antenatal mothers.

Accessible population

The accessible population for the present study was antenatal mothers admitted at antenatal ward at Narayana Medical College Hospital, Nellore and who fulfilled the inclusion criteria.

Sample size

The samples consist of 60 antenatal mothers.

Sampling technique

Non-probability convenience sampling technique was adapted for the study.

Criteria for sampling selection

Inclusion criteria

- Antenatal mothers admitted in antenatal ward at Narayana Medical College Hospital, Nellore.
- Antenatal mothers willing to participate in the study.

Exclusion criteria

- Antenatal mothers who are not willing to participate in the study.
- Antenatal mothers with high risk pregnancy.

Description of the tool

PART-I: Socio demographic variables: It includes age, education, occupation, type of family, religion, gravida, history of abortion, number of abortion, number of living child, and place of residence.

PART-II: A self-structured knowledge questionnaire to assess the knowledge regarding management of minor ailments during pregnancy.

Table 1: Score interpretation

Level of Knowledge	Sore	Percentage
Inadequate knowledge	1-14	< 50
Moderately adequate knowledge	15-20	51-70%
Adequate knowledge	21-30	>70%

Data Analysis and discussion

Table 2: Frequency distribution of level of knowledge regarding management of minor ailments during pregnancy. (N=60)

Level of knowledge	Frequency (F)	Percentage (P)
Inadequate knowledge	30	50
Moderately adequate knowledge	22	36.7
Adequate knowledge	8	13.3
Total	60	100

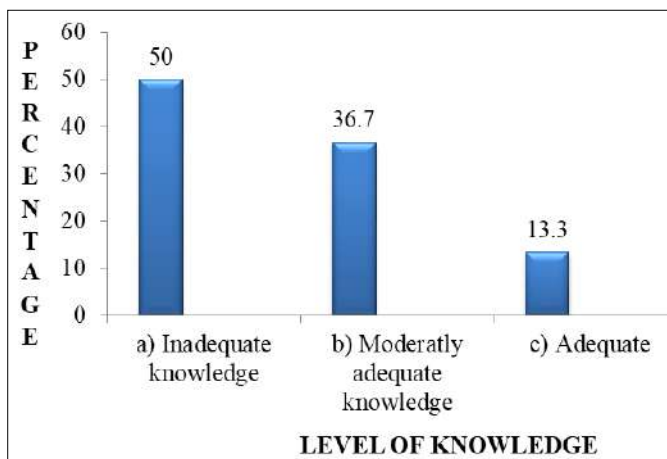


Fig 1: Percentage distribution of level of knowledge of antenatal mothers

Tab 2: Mean and standard deviation of knowledge score among antenatal mothers. (N=100)

Level of knowledge	Mean	SD
Antenatal mothers	14.44	5.26

Major findings of the study

- Regarding level of knowledge among 60 antenatal mothers, 30(50%) had inadequate knowledge, 22(36.7%) had moderately adequate knowledge, and 8(13.3%) had adequate knowledge regarding management of minor ailments during pregnancy.
- The mean knowledge score of antenatal mothers was 14.44 and standard deviation was 5.26.
- Regarding association, age, education and occupation had significant association with level of knowledge at $P < 0.05$ level.

Conclusion

The study concluded that majority of antenatal mothers, 30(50%) had inadequate knowledge regarding management of minor ailments during pregnancy.

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