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RESEARCH ARTICLE

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A STUDY TO ASSESS THE KNOWLEDGE REGARDING POSTNATAL CARE AMONG THE POSTNATAL MOTHERS IN JSS HOSPITAL, MYSORE

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ABSTRACT

Mother is a God and back bone of every family; if we are taking care in a good manner we will get a lot of benefits to our family as well as our society. The postnatal period is a important period for the mother. She is happy seen the baby on her lap but at the same time risk of complications also continues with her motherhood. Postnatal period is the term for the period of six weeks. The postnatal period begins as soon as placenta is expelled and last for six weeks, when the uterus return back to non-pregnant state. Major changes occur during this period which may affect wellbeing of mother and new-borns. The mother needs care and support during this stressful period. A sympathetic caring behaviour is important to prevent postpartum morbidities. There is negligence among health care workers and family members towards finding and treatments of minor problems during postpartum. But these minor problems can leads to major morbidity and mortality. The present study to find out the demographic variables and to assess the level of knowledge about postnatal care among postnatal mothers. A study was done among 60 samples to assess the level of knowledge regarding postnatal care among the postnatal mothers in JSS Hospital Mysore, Karnataka. A Descriptive research design was used for this study. The research design for this study was non-experimental descriptive design. Samples were selected by convenient sampling method. Structured interview questionnaire was used as evaluation tool. The samples were free to express their knowledge and ideas. Then the knowledge level was assessed and pre-test evaluation was made. The data was analysed and conclusion was done. The present study concluded that knowledge assessment regarding postnatal care among the postnatal mothers shows that 50% of mothers had moderately adequate and 41.6% had adequate knowledge.

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INTRODUCTION

"The Mother is the highest Ideal of womanhood in India", is according to swami Vivekananda. There is no chance for the welfare of the world unless the condition of women is improved so we look forward to Nourishing the mother during postnatal period for the health and wealth of the family and society. Postnatal care is a neglected aspect of health care because all the concerns and care being concentrated towards on the newly coming baby and also some family issues. At this time the mother 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 anaemia are common problems so that women's are more prone to get infection and postpartum morbidity and mortality. 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 nulliparous women may be due to ignorance, lack of experience, lack of knowledge, unhygienic practices among these women in addition to malnourishment. At presently according to WHO, MMR decreases in India. Due to Adequate utilization of postnatal care can help reduce mortality and morbidity among mothers and their babies and also proper antenatal care.

METHODOLOGY

Descriptive approach was selected for the study. The research design for this study was non-experimental descriptive design. 60 Samples were selected by convenient sampling method. Structured interview questionnaire was used as evaluation tool. The samples were free to express their ideas and knowledge. Then the knowledge level was assessed and pre-test evaluation was made. The data was analysed and conclusion was drawn. Descriptive statistics was used to analyse the findings.

RESULT AND DISCUSSION

Regarding the demographic variables, most of the mothers 40(66.6%) in the age group of 28-41 years. Highest number of mothers 36(60%) had Higher education 24(40%) had secondary education.

Table 1. Frequency and percentage of distribution of postnatal mothers according to their level of knowledge regarding postal care. n = 60

Level of knowledge	Frequency	Postnatal Care
Inadequate	05	8.3 %
Moderately adequate	30	50 %
Adequate	25	41.6 %

Table 1. Shows that in the knowledge assessment regarding postnatal care among the postnatal mothers 30% has moderately adequate and 25% has adequate knowledge.

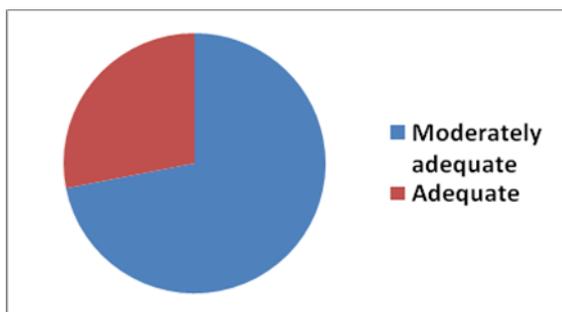


Fig. 1. Percentage distribution of postnatal mothers according to their level of knowledge

CONCLUSION

This study shows that among the 60 samples 30 had moderately adequate knowledge regarding postnatal care. Awareness was initiate among the postnatal mothers in JSS hospital Mysore, Karnataka, regarding postnatal care.

The nursing educator can use the results of study and can improve the knowledge level of mothers and can create awareness regarding postnatal care among the postnatal mothers. The result of the study helps to plan to do some qualitative studies and also bring insight that every postnatal mother should require knowledge.

Recommendation: The similar study can be conducted in the rural area, Comparative study can be conducted between rural and urban area and the similar study can be done on large samples there by findings can be generalized.

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