

## Assessment of the Knowledge and Expressed Practices Regarding Self-Management of Minor Ailments Among Antenatal Mothers

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**Abstract:** During pregnancy women may suffer from various discomforts. However they need to be assessed and managed by the mothers. In this study non experimental descriptive design was used on the sample size of 100 antenatal mothers at selected hospitals of Patiala selected by non probability convenience sampling technique. Data was collected by interview method using checklist for prevalence and knowledge questionnaire. An information pamphlet was developed and administered to enhance knowledge of antenatal mothers regarding minor ailments of pregnancy and their home remedies. Data depicts that majority of antenatal mothers (76%) had average knowledge whereas, (22%) antenatal mothers has poor knowledge and very few (2%) had good knowledge regarding minor ailments of pregnancy and their home remedies The data represents that nausea /vomiting is commonly prevalent in maximum number (37%) in first trimester. Similarly, (34%) of antenatal mothers had constipation in first trimester. Likewise, leg cramps (22%) and heart burn (14%) among antenatal women usually occur in first trimester. On the other hand majority of mothers had back ache in 2<sup>nd</sup> trimester. From calculated chi square value it was found that there was non significant association between the knowledge score of antenatal mothers with their demographic variables.

**Keywords:** Assess, prevalence, knowledge, antenatal mothers, minor discomforts, home remedies, Informational pamphlets.

### I. Introduction

Pregnancy is a unique, exciting and often joyous time in a women's life, as it highlights the women's amazing creative and nurturing powers while providing a bridge to the future. For a pregnant woman needs are also to be responsible for women as to best support the health of her future child. The growing foetus depends entirely on its mother's healthy body for all needs. Consequently, pregnant women must take steps to remain as healthy and well-nourished as they possibly can pregnant women should take into account the many health care and lifestyle considerations. As pregnancy is a creative and productive period where women undergoes various anatomical, physiological and biochemical changes but due to these changes women may suffer from various discomforts. These discomforts are called minor ailments of pregnancy. Various minor ailments of pregnancy are backache, constipation, nausea and vomiting, heartburn, varicose veins, haemorrhoids, leg cramps, frequency of micturition.<sup>2</sup> The major systems affected by pregnancy are digestive, musculoskeletal, circulatory, integumentary, nervous and endocrine system.

The majority of discomforts experienced during pregnancy can be related to either hormonal changes or the physical changes related to the growing uterus. One of the minor disorders seen is nausea and vomiting which occurs about 80% of pregnancies due to an increase in the human chorionic gonadotrophin. 50%-90% of pregnant women experience nausea and vomiting during their first trimester. Various remedies to relieve nausea and vomiting include food that contains protein before getting to bed. In the morning before getting down from bed she can have dry toast or biscuits. Moreover, the prevalence of haemorrhoids during pregnancy is unknown, the condition is common in pregnancy than in non-pregnant women. Haemorrhoids are also a frequent complaint among women who have recently give birth and they become more common with increased age and parity. Haemorrhoids can be prevented by eating food high in fiber, drinking lot of water and avoiding long standing. Most of pregnant women believe that these minor ailments happen in pregnancy and they have to tolerate but knowledge about remedial measures is deficit among these women. To increase awareness and knowledge as well as the practice of home remedies for minor disorders of pregnancy, researcher planned to conduct the present study.

### II. Statement Of Problem

A study to assess the knowledge and expressed practices regarding self-management of minor ailments among antenatal mothers at selected hospitals of District Patiala, Punjab.

#### Objectives Of The Study

- To assess the prevalence of minor ailments of pregnancy among antenatal mothers.
- To assess the knowledge regarding minor ailments of pregnancy among antenatal mothers.

- To identify expressed practices regarding self management of minor ailments among antenatal mothers.
- To determine association of knowledge of minor ailments among antenatal mothers with socio-demographic variables.
- To develop and distribute an informational pamphlet for enhancing knowledge and awareness regarding self management of selected minor ailments of pregnancy and their home remedies

### III. Methods And Materials

**Research Approach:** Quantitative research approach was employed for this study.

**Research Design:** Non Experimental Descriptive research design

**Research Setting:** The present study was conducted at Saint Clinic & Maternity Centre, Patiala

**Variables Under Study:**

**Dependent Variable:** Dependent variables are the knowledge and expressed practices of antenatal mothers regarding minor ailments of pregnancy.

**Independent Variable:** Independent variables are minor ailments of pregnancy and self management of ailments.

**Target Population:** The population of this study includes antenatal mothers (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> trimester) at selected hospitals of Patiala.

**Sample And Sampling Technique:**

A non probability convenience sampling technique was used to select sample for the study.

**Sample Size:** The sample size for the present study was taken 100 antenatal mothers

**Criteria For Sample Selection:** Sampling criteria is a list of particularity essentials for inclusion or exclusion in the target population.

**Inclusion Criteria:**

- 1) Antenatal mothers who are able to speak & understand Punjabi or Hindi.
- 2) Antenatal mothers willing to participate in the study.
- 3) Antenatal mothers who are available at time of data collection.

**Exclusion Criteria:**

- 1) Antenatal mothers who are developing complications at the time of study.
- 2) Antenatal mothers who are medical & paramedical professionals.

**Data Collection Tool**

Structured questionnaire to assess knowledge regarding minor disorders of pregnancy and checklist to assess prevalence of minor ailments of pregnancy.

**Ethical Consideration:-**

- Permission was obtained from the research committee of Adarsh College of Nursing, Patiala and the authorities of selected hospitals, Patiala.
- Informed consent was obtained from antenatal mothers who were willing to participate in the study. Anonymity and confidentiality of the study participants was maintained.

### IV. Results

**Table-1** indicates maximum numbers of antenatal mothers 49% were in age of 20 – 25 years and minimum numbers 15% were found in 31-35 age of years. Most of the antenatal mothers 28% were graduated and 20% were illiterate. Maximum number of the antenatal mothers 83% were housewife. Majority of antenatal mothers 45% were in 3<sup>rd</sup> trimester of pregnancy and only 24% antenatal mothers were in 2<sup>nd</sup> trimester. Maximum 85% of antenatal mothers had family income between Rs. 1000/- to 25,000. 62% of antenatal mothers belong joint family and very few of them only 0% of antenatal mothers were from extended family. Most of the antenatal mothers 75% consumed vegetarian diet and 1% consumed egg.

**Table 1:** Frequency and percentage distribution of Socio –demographic variable N = 100

Socio Demographic variables	Frequency (f)	Percentage (%)
<b>Age (in years)</b>		
20-25	45	45
26-30	36	36
31-35	15	15
<b>Education</b>		
Illiterate	20	20
Primary school	22	22
Middle school	10	10
High school	11	11
Diploma	9	9
Graduate	28	28
<b>Occupation</b>		

Housewife	83	83
Government job	0	0
Private job	15	15
Others (specify)	2	2
<b>Gravida</b>		
1	62	62
2	25	25
3	10	10
>3	3	3
<b>Gestational age</b>		
1 <sup>st</sup> trimester	24	24
2 <sup>nd</sup> trimester	31	31
3 <sup>rd</sup> trimester	45	45
<b>Family Income per month (in rupees)</b>		
1000-25,000	85	85
25,001-50,000	14	14
50,001-75,000	0	0
75,001 and above	1	1
<b>Type of family</b>		
Joint	62	62
Nuclear	38	38
Extended	0	0
<b>Source of knowledge</b>		
Media	18	18
Internet	16	16
Health personnel	26	26
Others	40	40

**Table 2:** concludes that different minor ailments are prevalent among antenatal mothers with regard to their gestational age. Among all minor ailments nausea/vomiting is commonly prevalent in maximum number 37% in 1<sup>st</sup> trimester. Similarly almost all equal number of antenatal mothers 34% had constipation in first trimester. Likewise, leg cramps 22% and heartburn 14% among antenatal women usually occurs in 1<sup>st</sup> trimester. On the other hand majority of mothers 30% had backache in 2<sup>nd</sup> trimester and only 4% subjects suffered from haemorrhoids.

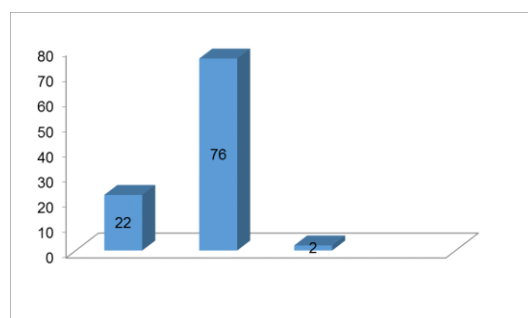
**Table 2:** Percentage distribution of prevalence of minor ailments of pregnancy.

Minor Disorder	Absent	1 <sup>st</sup> trimester	2 <sup>nd</sup> trimester	3 <sup>rd</sup> trimester
Nausea and vomiting	42%	37%	21%	6%
Backache	48%	16%	30%	6%
Heartburn	81%	14%	4%	1%
Constipation	40%	34%	18%	8%
Ankle edema	19%	2%	17%	62%
Leg cramps	51%	22%	19%	8%
Haemorrhoids	96%	----	1%	3%

**Table 3** illustrates the level of knowledge of antenatal mothers regarding minor ailments of pregnancy and their home remedies, it depicts that majority 76% of antenatal mothers had average knowledge regarding minor ailments of pregnancy and their home remedies whereas, 22% antenatal mothers had poor knowledge and very few 2% had good knowledge regarding minor ailments of pregnancy and their home remedies.

**Table 3:** Level of knowledge of antenatal mothers regarding minor ailments of pregnancy and their home remedies.

Level of knowledge	Score	Percentage
Poor	0-11	22%
Average	12-24	76%
Good	25-34	2%

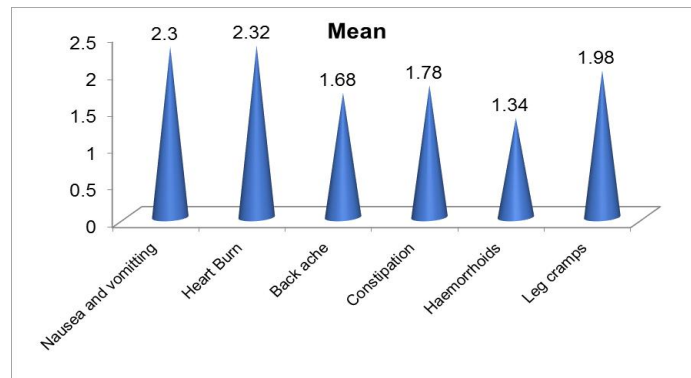


**Fig:1** Percentage distribution of knowledge score of antenatal mothers regarding minor ailments of pregnancy and their home remedies.

**Table 4** describes the mean knowledge score of antenatal mothers according to different minor ailments of pregnancy. It states that the overall mean knowledge score of antenatal mothers regarding minor ailments and their home remedies was 14.18. In regard of mentioned minor ailments maximum mean knowledge score 2.30 was regarding nausea/ vomiting followed by the knowledge score of constipation and its home remedies that is 1.78. Then is the mean knowledge score 1.98 regarding leg cramps with its remedies followed by mean knowledge score 1.34 of haemorrhoids and then is mean knowledge score of backache 1.68. Subsequently, mean knowledge score of Heart Burn is 2.32.

**Table 4:** Mean knowledge score of antenatal mothers according to different minor ailments of pregnancy

Knowledge Score	Mean ± SD
Knowledge regarding nausea and vomiting and their Home remedies.	2.3 ± 3.07
Knowledge regarding Heart Burn and its Home remedies.	2.32 ± 2.99
Knowledge regarding Backache and its Home remedies.	1.68 ± 3.6
Knowledge regarding Constipation and its Home remedies.	1.78 ± 3.52
Knowledge regarding Haemorrhoids and its Home remedies.	1.34 ± 4.03
Knowledge regarding Leg cramps and its Home Remedies.	1.98 ± 3.33
<b>TOTAL</b>	11.4 ± 20.54



**Fig2:** Mean knowledge score of antenatal mothers according to different minor ailments of pregnancy

**Table5** represents the association of the knowledge score of antenatal mothers regarding minor ailments of pregnancy and their home remedies with their selected socio – demographic variables. From calculated chi square value It was found that there was non significant association between the knowledge score of antenatal mothers with their demographic variables.

**Table5:** Association of knowledge score of antenatal mothers regarding minor ailments of pregnancy and their home remedies with their selected socio demographic variable.

Socio demographic variable	Below Average	Average	Good	df	$\chi^2$
<b>Age</b>				3	.756 <sup>NS</sup>
20 – 25 years	11	37	1		
26-30 years	5	30	1		
31-35 years	3	12			
<b>Education</b>				4	.796 <sup>NS</sup>
Illiterate	12	8	-		
Primary school	2	20	-		
Middle school	3	7	-		
High school	2	9	1		
Diploma	1	7	1		
Graduate	1	26			
<b>Occupation</b>				2	1.905 <sup>NS</sup>
Housewife	14	69	-		
Private job	5	9	1		
others	-	1	1		
<b>Gravida</b>				3	1.845 <sup>NS</sup>
1	10	51	1		
2	4	20	1		

3	4	5	1		
>3	1	1	1		
<b>Gestational Age</b>				2	3.779 <sup>NS</sup>
1 trimester	10	14	1		
2 trimester	4	27	1		
3 trimester	5	37	2		
<b>Monthly Income of family (IN RUPEES)</b>				1	2.182 <sup>NS</sup>
1000-25,000	12	73	1		
25001-50,000	7	6	1		
<b>Type of family</b>				2	1.845 <sup>NS</sup>
Joint	11	50	1		
Nuclear	8	29	1		
extended	-	-	-		
<b>Religion</b>				1	.796 <sup>NS</sup>
Sikh	8	36	1		
Hindu	11	43	1		
<b>Residence</b>				2	6.82 <sup>NS</sup>
Rural	9	26	1		
Urban	3	51	1		
Slum	7	1	1		
<b>Dietary pattern</b>				1	2.91 <sup>NS</sup>
Veg.	12	62	1		
Non veg.	7	7	1		
<b>Source of knowledge</b>				2	2.07 <sup>NS</sup>
Media	4	6	34		
Internet	5	11	6		
Health personnel	5	20	1		

\*Significant (p <0.05)NS: Non Significant (P>0.05)

## V. Conclusion

The Present study conclude that majority of the antenatal mothers (76%) had average knowledge but few of them were having below average knowledge (2%). Among all minor ailments nausea/vomiting is commonly prevalent in maximum number 37% in 1<sup>st</sup> trimester. Similarly almost all equal number of antenatal mothers 34% had constipation in first trimester. On the other hand there was non significant association of knowledge score among antenatal mothers with demographic variables.

## VI. Recommendations

- The study can be replicated on a larger sample to validate the findings of the present study.
- Similar study can be carried to assess the knowledge, attitude and practices of antenatal mothers regarding minor discomforts of pregnancy and their home remedies.
- Randomized control trial can be carried to assess the effectiveness of structured teaching programme regarding minor discomforts of pregnancy with their home remedies.
- A comparative study can be done on knowledge of self management of minor ailments of pregnancy among antenatal mothers residing in rural and urban area.

### Nursing Implications

The implications made in the study are vital concern to nursing education, nursing service, nursing administration and nursing research.

### Nursing Education

- The methodology also gives guidelines to reach people for collecting information.
- An informational booklet on minor ailments of pregnancy and their home remedies, can be used to educate antenatal mothers in an effective method to implement for all OBG(N) students.

### Nursing Practice

- Developmental information booklet on minor ailments of pregnancy and their home remedies will
- Serve as guide for the mothers and family members for ready references and help in providing quality care.

### Nursing Administration

- An administrator play a key role in a organizational for the staff development programme, Nursing is a rapidly growing profession. In this period of growth of advanced technology, recent advances in care there is always need and demand for quality and component care to be provided.

### Nursing Research

- Nurse researcher should take efforts to conduct interactive session regarding minor ailments of pregnancy and their home remedies among the antenatal mothers for promoting their knowledge
- The study will serve as valuable reference material for future investigators.

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