

ABSTRACT

"An Exploratory Study to Assess the Common Health Problem Among Mothers During Postnatal Period"

was undertaken by Mrs. Manju Chawla, towards partial fulfillment of the requirement for the award of the degree of Master of Sciences in *Obstetrical Nursing, Devi Ahilya Vishwavidyala, Indore, Madhya Pradesh during the year 2009-2010.*

The objectives of the study were: -

1. To assess the common health problems among mothers during postnatal period.
2. To find out association between the common health problems of the postnatal mothers and selected demographic variables.
3. To compare the severity of the health problems after normal vaginal delivery and caesarian section in postnatal mothers.
4. To develop a pamphlet for delivering health education regarding common health problems in postnatal mothers and their management.

RESEARCH HYPOTHESES:-

RH1: There is significant association with the severity of the health problems and demographic variables at the level of $P \leq 0.05$.

RH2: There is significant increase in severity of the health problems in caesarian section mothers than the mothers with normal with normal vaginal delivery at the level of $P \leq 0.05$.

The study had an exploratory cross- sectional design. The population comprised of postnatal mothers in the age group of 20 years and above who are admitted in the postnatal ward of selected hospital of Indore and who are agreed to respond to the interview. A sample of 100 postnatal mothers (50 Normal vaginal delivery + 50 LSCS) were selected by using purposive sampling technique. The researcher used a check list consisting of 21 items to assess the common health problems of postnatal mothers. Reliability was calculated using split half method and the 'r' value was 0.8 for normal vaginal delivery and 0.87 for cesarean sectioned mothers which showed that the tool was reliable.

Based on the objectives made by the researcher, the data were analyzed by using various descriptive and inferential tests i.e. frequency percentage, chi square (χ^2) and Mann Whitney U test.

In this study, the investigator uses the framework based on the Weiden Bach's Helping Art of Clinical Nursing theory 1964.

Pilot study was done prior to conduct major study to find out the feasibility and to finalize the plan for analysis. The main study was conducted in Christian Hospital, Indore. Written permission was obtained from the administrative authority of the Hospital. The data collection was from 8th January 2010 to 10th February 2010.

The data revealed that the commonest problems among postnatal mothers were sleeplessness, engorgement of breasts, lower abdominal pain, constipation, backache and fatigue. Postnatal mothers who had normal vaginal delivery were considered to be G-1 (group one) and postnatal mothers who were undergone LSCS were considered to be G- 2 (group two). The findings of the study revealed that from the G-1, 15 (30%) and from G-2, 33 (66%) had experienced headache. Among the mothers from the G-1, 40(80%) and mothers from G-2, 49(98%) had complaint of sleeplessness. The problem of engorgement of breasts was found in 29 (58%) G-1 and 33 (66%) in G-2. The study findings revealed that 18 (36%) of G-1 and 35 (70%) of G-2 had problem of not enough secretion of milk. 17 (34%) of G-1 and 25(50%) of G-2 had complaint of anorexia. All subjects from both groups had experienced lower abdominal pain. 43(86%) of G-1 and 34(68%) of G-2 had constipation. Majority 49(98%) who had normal vaginal delivery had experienced pain in perineal area. All the subjects who had undergone LSCS had experienced pain at the suture site. 47 (94%) of G-1 and all the subjects from G-2 had experienced backache. 29 (58%) of G-1 and 38 (76%) of G-2 had fatigue after delivery.

The scores regarding severity of postnatal problems showed that, no one had serve postnatal health problems from both groups, 24 (48%) had moderate postnatal health problems and 26 (52%) had mild postnatal health problems among mothers who had normal vaginal delivery and 34 (68%) had moderate and 16 (32%) had mild postnatal health problems among mothers who had undergone LSCS.

The study reveals that there is no significant association between age, education, average monthly income, area of residence, sex of baby, no of abortions, no of still births and type of pregnancy and significant association was found between years of marriage ($\chi^2=30.82$, $P<0.001$) and gravid of the postnatal mothers ($\chi^2=49.55$, $P<0.001$).

The findings of the study have implications for Nursing Practice, Nursing Education, Nursing Administration and Nursing Research.

Nurse administrators should practice nursing on the basis of evidence and use problem solving approach.

On the basis of this study, research can be done to find out the effective intervention for specific common health problems experienced by postnatal mothers. Nurse working in postnatal ward should exercise great responsibility and competencies while delivering during post- natal care to provide quality nursing care to mother as well as newborn.