

A study to assess the perception of postnatal mothers regarding received nursing care

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Abstract: *Background – Normally, women who had undergone normal delivery will remain in the hospital for at least two days and who had undergone cesarean section for five to six days. An accurate and exact care is very important for the mother who is recovering from the ailments of pregnancy and delivery and also for the health of the newborn. Anything can be happen in the postnatal period. in order to avoid any unwanted occurrence or complications, essential care for mother and baby is a must. Objectives: 1) To assess the perception of postnatal mothers regarding received Nursing care, 2) To associate the level of perception with selected demographic variables. Materials and methods: Survey research approach and descriptive study design was used in the study. The study was conducted at A.V.B.R Hospital Sawangi Meghe, Wardha. 100 post natal mothers who had undergone cesarean section were selected for the study. Non-probability convenience sampling was used for the selection of the samples. Result: Each 50% of the postnatal mothers were moderately and fully satisfied with the nursing care received and none of the selected demographic variables were associated with level of perception regarding nursing care received. Conclusion: Mothers who had undergone cesarean section in AVBR hospital were satisfied with the nursing care provided.*

Key words: *postpartum period, hospital, vaginal delivery, cesarean delivery, newborn, mother.*

INTRODUCTION

When a woman gets pregnant, all will give more concentration to her. The other members in the family and the healthcare team will be focusing on the overall health of the mother, pregnancy and delivery. The child growing inside the womb will be considered as a second patient. As soon as the delivery happens, focus will be shifted from mother to the child. After the delivery, lot of changes happens in the body of a woman and they need focused care to maintain pre-pregnant health status.¹

In order to have a healthy life in the post partum period, more concentrated and focused care should be given to the mothers who in turn help in the healthy living of the child. Specialized care is very essential in the post partum period because most of the changes happens in this period is new for the mother and if anything happens in this period due to the lack of proper

care can change the future of the mother as well as the baby also. Care after delivery is nothing but giving some kind of support to the lady in the post delivery stage, her child and ultimately to the family to start a new life.²

There are lots of problems shared by the mothers in the post delivery period. Some of them are sepsis that can include urine, bladder and even kidney. Some of the mothers have experienced more loss of blood, pain in the incision area and vaginal discharge. Some of the other problems are swelling in the breast, sepsis, blocked ducts, hemorrhoids, difficulty in doing motion; urinary or fecal incontinence may be in a depressed state and may feel discomfort during sex etc.³

Till six weeks after the delivery, essential care is very important to prevent the complications associated with delivery. The care which are provided to the mother in the hospital as well as at home are rest and mobility, nutrition, sleep, taking care of breast, exercises, advice and support for family planning, post natal check up for the mother, proper breast feeding and newborn care.⁴

Care in the post delivery period is very important to make sure that there are no complications developed in the mother after delivery. It is the prime duty of the health care members to inform the mother and the relatives about the possible complications that can happen in the post partum period and to make sure that there are no signs of danger which can affect the health of the mother as well as the baby.⁵

It will be a very challenging experience for the first time parents to compete the new physical and emotional demands to manage their new roles and responsibilities. There are lots of research data that shows lack of postnatal care at hospital settings. Most of the postnatal mothers are happy or satisfied with the care and services provided by the health care providers outside the hospital.⁶

MATERIALS AND METHODS

Survey research approach was used in the study. In the present study, descriptive study design was used. The study was conducted at A.V.B.R Hospital Sawangi Meghe, Wardha. The samples were mothers who had undergone caesarian section in Acharya Vinoba Bhave Rural Hospital who were fulfilling the inclusion criteria. Sample size was 100 post natal mothers. Non-probability convenience sampling technique was used in the study. Inclusion criteria was post natal mothers:-Who had undergone cesarean section, who are willing to participate in the study, who are available at the time of data collection and who can read, understand and write English or Marathi language. Exclusion criteria were post natal mothers: - who had already attended similar type of study and who have some serious complication. Rating scale was used to assess the perception of postnatal mothers regarding nursing care received.

RESULTS

SECTION A: This section deals with the percentage wise distribution of postnatal mothers who had undergone cesarean section.

Table 1: Percentage wise distribution of postnatal mothers according to their demographic characteristics.

n=100

Demographic Variables	No of postnatal mothers	Percentage
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Age in years		
20-25 yrs	47	47
26-31 yrs	35	35
32-37 yrs	18	18
>37 yrs	0	0
Residence		
Rural	48	48
Urban	52	52
Religion		
Hindu	50	50
Buddhist	29	29
Muslim	17	17
Christian	2	2
Others	2	2
Occupational Status		
Laborer	20	20
Private Job	19	19
Govt. Employee	4	4
Housewife	57	57
Type of family		
Nuclear	44	44
Joint	55	55
Extended	1	1
Educational Status		
Primary	41	41
High School	31	31
Graduates	20	20
Post Graduates	8	8

Marital Status		
Married	99	99
Separated	1	1
Divorce	0	0
Never Married	0	0
Family Income		
<5000 Rs	38	38
5001-15000 Rs	30	30
15001-25000 Rs	18	18
>25000 Rs	14	14
Duration of marriage(yrs)		
1 yr	28	28
2 yrs	38	38
3 yrs	27	27
4 yrs	7	7
Parity		
First	59	59
Second	33	33
Third and more	8	8

SECTION B: This section deals with the assessment of the perception regarding nursing care received among the postnatal mothers who had undergone cesarean section.



Figure 1: Distribution of postnatal mothers with regards to level of perception regarding nursing care received.

Each 50% of the postnatal mothers were moderately and fully satisfied with nursing care received. Mean perception score of the postnatal mothers was 163.53 ± 12.55 and mean percentage score was 83.86 ± 6.43 .

SECTION C: This section deals with the association of perception of postnatal mothers regarding received nursing care with selected demographic variables. It shows that none of the selected demographic variables were associated with level of perception regarding nursing care received.

DISCUSSION

50% of the mothers were moderately satisfied and 50% of them were fully satisfied with the nursing care received, and none of the selected demographic variables were associated with level of perception regarding nursing care received.

A research study was conducted in Canada with cohort survey design to assess the satisfaction of the post natal mothers about the nursing care provided. A five point scale and questionnaire was used by the investigators. 189 post partum women were included in the study. 78% of the mothers were satisfied with the nursing care provided and they suggested that it would be much better if the care is given by single nurse. 87.5% of the mothers experienced a fast recovery from their conditions only because of the maximum support and care by the nurses. Because of the concern of the nurse's towards the mothers, they became friendlier with the nurses.⁷

Women's views and experiences regarding post-delivery care were assessed by some researchers in Victoria. 1616 samples were included in the study. The findings of the study reveals that women were not satisfied with the care provided in the post-natal period than care in pregnancy and delivery.⁸ Studies on health seeking behavior related to Maternal and child care⁹⁻¹⁰ and Infant and Young Child Feeding policies and recommendations were reported^{11-13,14}. Related articles on Childhood wasting, overweight¹⁵ and effective coverage of health services¹⁶ were reported.

NURSING IMPLICATIONS OF THE STUDY

The findings of this study have implications for nursing administration, nursing education, nursing research and nursing practice.

Nursing administration: It will help the nurse administrator to plan and organize in-service education to the nurses and other students regarding nursing care given to the post natal mothers who had undergone cesarean section.

Nursing education: Findings of this study will help the nursing students to understand about the necessity of care regarding the post natal mothers who had undergone cesarean section and will help nursing students to improve their knowledge and skills in post natal care.

Nursing research: Other researchers may utilize the suggestions and recommendations for conducting further study. The tool and technique used has added to the body of knowledge and can be used for further references.

Nursing practice: The study findings will help the nursing personnel to raise their insight regarding postnatal nursing care and to provide proper nursing care for the postnatal mothers who had undergone cesarean section.

RECOMMENDATIONS

On the basis of findings of the study, it is recommended that the following studies can be conducted:

- The study can be repeated by talking more samples of postnatal mothers who had undergone cesarean section.
- The study can be repeated by assessing the effectiveness of planned teaching.
- A similar study can be done by using control group.
- Also assess the perception of post natal mothers in normal delivery.

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