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## **Assess knowledge regarding selected antenatal advices among primigravida mothers who are attending victoria general hospital OPD at Visakhapatnam, Andhra Pradesh-2019**

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### **Abstract**

**Background:** Motherhood is a great responsibility; it is women worthy period of life and a crown of honour. Pregnancy is a defining phase, although it is a natural phenomenon doesn't mean it's uncomplicated. Propitious pregnancy care is a chief essence for healthy mother and child. Antenatal care is considered to be main stay of obstetrical services; it is substantial for the health of pregnant women. It's the only way where maternal and fetal complications are determined early and managed.

### **Objectives:**

1. Estimate and evaluate the knowledge regarding selected antenatal advices-antenatal exercises, Diet, hygienic practices (personal and perineal), Immunization, medication (iron and folic acid), antenatal check-ups, general care (sexual intercourse, travel and habits).
2. Develop and implement structured questionnaire on primigravida mothers regarding selected antenatal advices.
3. Find out association between the knowledge regarding selected antenatal advices with selected demographic variables.

**Inclusion criteria:** Primigravida mothers of any trimesters.

**Exclusion criteria:** Multigravida mothers.

**Results and Conclusion:** the results revealed that majority 24(48%) of primigravida mothers had moderate knowledge, where as 18(36%) had inadequate knowledge and only 8(16%) possess adequate knowledge regarding selected antenatal advices. More than half of the maternal deaths are directly related to deficient care during pregnancy. Preventing complications for mothers depends on operational continuum care by mothers self care, health education, advice and counselling by health team.

**Keywords:** Knowledge, Antenatal advices, primigravida mothers

### **Introduction**

Focusing on positive pregnancy experience ensure for an effective transition to positive labour, childbirth and ultimately to a positive experience of motherhood. More and better quality contacts between all pregnant mothers and their health care providers throughout pregnancy will facilitate the uptake of preventive measures; timely detection of discomforts and risks reduces complications and addresses health inequalities. Antenatal care for first mothers is key, this will determine the use even in future pregnancies. Primigravida are in high risk group, they need guidance and education to overcome and figure out antenatal issues.

### **Materials and Methods**

A non-experimental descriptive study was carried out among fifty (50) primigravida mothers attending OPD. Formal written permission was obtained from the hospital and data was collected for 4 weeks with an informed consent. Sampling technique adopted was Convenient sampling.

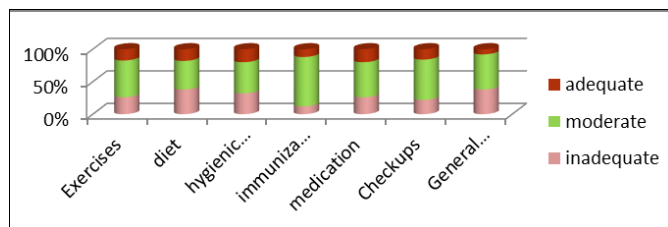
Statistical Analysis: Data are expressed as mean, Standard deviation and percentages. Chi-square test was applied to find the association between knowledge and selected demographic variables.

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**Discussion**

**Table 1:** Description of the respondents based on demographic variables n=50

S. No	Characteristics	Frequency	Percentage
1	Age in years		
	a) 20-25	12	24
	b) 26-30	29	58
2	Gestational Age		
	a) First trimester	13	26
	b) Second trimester	27	54
3	Religion		
	a) Hindu	32	64
	b) Christian	10	20
4	Mother education		
	a) No formal education	04	08
	b) Primary schooling	16	32
5	Mothers occupation		
	a) Home maker	35	70
	b) Employee	15	30
6	Income status per month		
	a) Below 10,000	12	24
	b) 10,000-15,000	28	56
7	Source of information		
	a) Mass media	15	30
	b) Health workers	21	42
8	Type of family		
	a) Nuclear	31	62
	b) Joint	19	38



**Table 4:** Association between level of knowledge among primigravida mothers with selected demographic variables

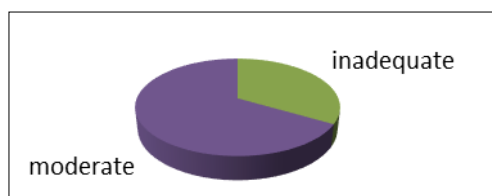
S. No	Demographic Variable	p-value	Value	Level of Significant
1	Education	0.006*	16.269	Significant
2	Occupation	0.005*	22.023	Significant

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**Table-2:** Percentage distribution of the respondent's knowledge level on selected antenatal advices.

Level of Knowledge	category	Frequency	Percentage
Inadequate	0-15	18	36
Moderate	16-30	24	48
Adequate	31-45	08	16



**Table 3:** Distribution of respondents by their selected antenatal advices with knowledge level

Selected Antenatal Advices	Level of Knowledge					
	Inadequate (f/%)		Moderate (f/%)		Adequate (f/%)	
Antenatal exercises	12	24	26	52	08	16
Diet	19	38	22	44	09	18
Hygienic Practices	16	32	24	48	10	20
Immunization	06	12	38	76	06	12
Medications	13	26	27	54	10	20
Antenatal check ups	11	22	31	62	08	16
General Care	19	38	27	54	04	08