

A Study on Prevailing Status of Pre and Post Natal Care system for Women

*Dr.Mrs.S.Rajalakshmi - Assistant Professor, Department of Home Science Extension Education
Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore – 43.*

ABSTRACT

Breast Feeding promotes health for both mother and infant. Breast Feeding for longer years will make the infant to grow with better mental health. It is completely a natural way of feeding the baby. Due to anti-infective properties of the breast milk, breastfed babies tend to have less incidence of or less pronounced symptoms of ear infections, respiratory illness, allergies, diarrhea and vomiting. Sudden Infant Death Syndrome (SIDS) is less in breast fed babies. The paper analyzes the information and the facilities available for the antenatal and postnatal women. The main objective of this paper is to analyze the socio-economic profile of the household, to assess the facility available for antenatal and postnatal care for the respondent and to examine the various patterns of antenatal and postnatal care in hospital. The data for the study is primary in nature. The study was conducted in Sundakamuthur block in Coimbatore district with a structured questionnaire with the sample size of fifty. The target group of the study was the newly married women; couples without baby, pregnant women (either for first child or for the second child), and lactating mother were identified by the investigator. The findings of the study revealed that the most of the pregnant women and lactating mothers have registered during their pregnancy and they were comfortable about the place, frequency of medical checkup and the care given to them by ICDS functionaries and PHC and government Nurse and the Doctors.

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Introduction

The pregnancy care is very important for women. The Maternal health is the health during pregnancy, childbirth and the postpartum period. Pregnancy care consists of prenatal (before child birth) and postnatal (after child birth) health cares for an expectant mother. The treatment in the pre-pregnancy, pregnancy, birth and after birth is very important for the healthy mother and the child. Prenatal care helps to decrease the risk during pregnancy and increase the chance of safe and healthy delivery for a woman. Regular prenatal checkups will help to identify or reduce any problems or complications during child birth. The postnatal care begins right from the child is born. According to the World Bank Report, in India, the women receiving prenatal care was around 75.2 percentage in 2008. Pregnant women receiving prenatal care are the percentage of women attended at least once during pregnancy by skilled health personnel for reasons related to pregnancy. A postnatal period is the period beginning immediately after the birth of a child and extending for about six weeks. Most traditional Indians follow the 40-day confinement and recuperation period also known as the 'Jaappa' (in Hindi). A special diet to facilitate milk production and increase hemoglobin levels is followed. There is a strong culture of what mothers should eat after giving birth.

The Prenatal care is the health care that helps to have a healthy pregnancy and baby. It starts with the first visit to the Doctor/ Prenatal Care provider. The prenatal care indicates the progress of the mother and the baby during the entire span (40 weeks) of pregnancy. Special care is given by the Doctor is provided if any problems are encountered during pregnancy. In the Prenatal care, various information like chances to have a healthy pregnancy and healthy baby, healthy diet, exercise and the steps to be followed during pregnancy. The frequency of visiting the prenatal care provider decreases from the first trimester to the last trimester. The prenatal care is not only for the pregnant women, but also for the partner and the family members

The provision of postnatal care services to the mother and their newborns within the first 42 Days of life has been set up both with the objective to prevent and reduce neonatal deaths

Worldwide. Postnatal care should be provided immediately after delivery, particularly within the first hours and the first days following birth. Postnatal care could be provided in all levels of health facilities, as well as through community outreach services. Care during this period is critical for the health and survival of both the mother and her newborn. Many physiological changes that occur during the postnatal period determine their future well-being and health. The postnatal period is the ideal time to deliver interventions to improve the health outcomes of both the child and the mother.

Objectives

To analyze the socio-economic profile of the household,

To assess the facility available for antenatal and postnatal care for the respondent and

To examine the various patterns of antenatal and postnatal care in hospital.

Methodology

The study was conducted in Coimbatore district of Tamil Nadu. The data for the study is purely primary in nature. A multistage random sampling procedure was adopted in selecting the sample. The study was conducted in Sundakamuthur block in Coimbatore district. The target group of the study was the newly married women; couples without baby, pregnant women (either for first child or for the second child), and lactating mother were identified by the investigator. The investigator had a structured questionnaire to know about their knowledge level of the pre and post natal care.

Results and Discussion

The results pertaining to the study are:

1. Socio-Economic Characteristics of Households :

The socio economic characteristics such as age, religion, community, family type, size of family, monthly income, occupation and source of income are shown in table – 1.

Table – 1

Socio-Economic Characteristics of Households of the Sundakamuthur Block

Aspects	No of Respondents (N:50)
Age in years	
18-23	8 (16%)
24-29	24 (48%)
30-35	18 (36%)
36-41	-
Above 41	-
Religion	
Hindu	40 (80%)
Muslim	6 (12 %)
Christian	4 (8%)
Others	-
Community	
Scheduled Caste (SC)	19 (38%)
Most Backward Caste(MBC)	20 (40%)
Backward Caste(BC)	11 (22%)
Family type	
Nuclear family	13 (26%)
Joint family	37 (74%)
Size of the family	
Small (4 members)	13 (26%)
Large (More than 4 members)	37 (74%)

Educational Qualification	Head	Respondents
Illiterate	2 (4%)	1 (2%)
Primary level(1-5)	7 (14 %)	23 (46%)
Middle School level (6-8)	3 (26%)	15 (30%)
High school level(up to 10)	11 (22%)	2 (4%)
Higher secondary level (up to 12)	12 (24%)	9 (18%)
Diploma	5(10%)	-
UG	-	-
PG	-	-
Higher studies/Research	-	-
Monthly income(in Rs)		
2500-5000	30 (60%)	-

5001-7500	12 (24%)	-
7501-10000	8 (16%)	-
Occupation		
Agricultural coolie	4 (8%)	-
Coolie	24 (48%)	
Business	1 (2%)	-
Private sector	20(40%)	-
Government sector	1 (2%)	-
Housewives		
Source of income		
Agriculture	4 (8%)	
Agricultural coolie	24 (48%)	
Coolie	1 (2%)	
Business	20(40%)	
Private sector	1 (2%)	
Government sector	-	-

Source : Field survey 2013

The average age of the maximum number of respondents ranges between 24 and 29. In the study area, more than 80 percentages of the households were Hindus. Most of the households belong to the most backward community. Highest percentage of household belongs to the joint family system. The highest educational qualification of the head was at the Middle school level and for the respondents were the primary education was at the higher rate. The average monthly income of the household head ranges between Rs2500-Rs5000. Most of the household head were working as coolie. The highest source of income was to the coolie worker in the study area.

2. Facilities / Information on Pre and Post Natal Care

The information about the registration during pregnancy, frequency of medical checkup, place of medical checkup and the availability of pre and post natal care are shown in table -2

TABLE – 2
Information on Antenatal and Postnatal Care

Aspects	(N=50)
Registered during pregnancy	43 (86%)
If not, reason	1 (2%)
New married/no child	
Medical checkup during pregnancy	43 (86%)
Not answer	6 (12%)
Frequency in health checkup	
Daily	-

Weekly once	-
Monthly twice	12 (24%)
Monthly once	31 (62%)
Not answer	7 (14%)
Place of Medical checkup and treatment during pregnancy	
Primary Health Centre	32(64%)
Government Hospital	11(22%)
Private hospital/clinic	-
Not answer	7 (14%)
Availability of Antenatal and Postnatal Care in Hospital	
Accepted	43 (86%)
Not Answer	7(14%)

Source : Field Survey 2013

In the study area, the information about the Antenatal and Postnatal care had a greater impact. Nearly 86 percentages of the respondents were registered during their pregnancy. The higher percentage for frequency of medical checkup for women had at least monthly once as their health check up. The place of medical checkup was higher for Primary Health Centre was about 64 percentages and the 22 percentage of the respondent had their medical checkup at the government hospital. The 86 percentages of women in the study area accepted for the availability of antenatal and postnatal care in hospital and only 14 percentages of the respondents were not aware since they were newly married couples.

3. Patterns of Antenatal and Postnatal Care in Hospital

The details of the antenatal and postnatal care in hospitals such as care providers, place of antenatal and postnatal care and frequent visit to the hospitals are shown in the table-3

TABLE – 3
Details on Antenatal and Postnatal Care in Hospital

Pattern of antenatal and postnatal care	
A. Antenatal care provider*	
ICDS	22 (44%)
Nurse /Lady health visitor	30 (60%)
Doctor	40 (80%)
Not answer	8 (16%)
B. Postnatal care provider*	
ICDS Anganwadi Teacher	20 (40%)

Nurse /Lady health visitor	25 (50%)
Doctor	30 (60%)
Not answer	25(50%)
C. Place for Antenatal care*	
Government Hospital /Primary Health Centre	32 (64%)
Private Clinic/Hospital	11 (22%)
Both(GH/PHC and Private Clinic/Hospital)	-
Not answer	7(14%)
D. Place for Postnatal care*	
Government Hospital /Primary Health Centre	20(40%)
Private Clinic/Hospital	9 (18%)
Not answer	21 (42%)
E. First visit for antenatal care*	
1 st trimester	37 (74%)
2 nd trimester	3 (6%)
3 rd trimester	
Time not know	
Not answer	10(20%)
F. First visit for postnatal care	
Two weeks after child birth	6 (12%)
One month after child birth	4 (8%)
45 days after child birth	19 (38%)
Three months after child birth	-
Time not known	-
Not answer	21(42%)

Source : Field survey 2013 Note : * Multiple response

The antenatal and post natal care was provided to the respondents in the study area. There was multiple responses. The doctors had the highest percentage in the care providers for both antenatal and postnatal care in hospital. The Primary health Centers and Government hospitals played a major role for the care provided for antenatal and postnatal. The first visit to the hospital was higher in the first trimester than the other trimesters in the antenatal period. Nearly 38% of the respondents visited the hospital after 45days of the child birth in the postnatal.

Conclusion

Pregnancy care consists of prenatal and postnatal (after child birth) health cares for an expectant mother. The treatment in the pre-pregnancy, pregnancy, birth and after birth is very important for the healthy mother and the child. Prenatal care helps to decrease the risk during pregnancy and increase the chance of safe and healthy delivery for a women. A postnatal period is the period beginning

immediately after the birth of a child and extending for about six weeks. The study was conducted in Sundakamuthur block in Coimbatore district. In the study area, highest percentage of household belongs to the joint family system. The highest educational qualification of the head was at the Middle school level and for the respondents were the primary education was at the higher rate. The average monthly income of the household head ranges between Rs2500-Rs5000. Nearly 86 percentages of the respondents were registered during their pregnancy. . The Primary health Centers and Government hospitals played a major role for the care provided for antenatal and postnatal. The first visit to the hospital was higher in the first trimester than the other trimesters in the antenatal period. Nearly 38% of the respondents visited the hospital after 45days of the child birth in the postnatal.

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