



## EFFECTIVENESS OF DISCHARGE PLAN ON KNOWLEDGE AND PRACTICE REGARDING POSTNATAL CARE AMONG POSTNATAL MOTHERS

### Nursing

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### ABSTRACT

Postnatal period consists of six weeks after childbirth which is the time when both mother and baby needs special care to maintain the mother and baby health and to prevent complications. Effective care promotes the wellbeing of mother and baby so it is the best time to educate mother regarding postnatal care. Aim of study was to evaluate the effectiveness of discharge plan on knowledge and practice regarding postnatal care of postnatal mothers. Quasi experimental study was conducted among 56 postnatal mothers selected by total enumerative sampling technique from a Community Health Centre of Dehradun. On first day pre knowledge was done by structured knowledge questionnaire through interview and discharge plan was administered. On third day (Before discharge) post assessment of knowledge was done and practice (First assessment) was checked by using self-reported practice checklist. After seven days second assessment of practice was done during follow up in OPD and third assessment of practice was done through phone after fourteen days. Result shows that mean post information score ( $29.5 \pm 0.68$ ) of postpartum mothers was more than the pre information score ( $19.85 \pm 2.91$ ) and mean difference was 9.65 which was significant at  $p < 0.05$ . With every assessment of practice, the mean score was increasing significantly. Findings concludes that discharge plan was successful to enhance knowledge and practice of postpartum moms regarding postpartum care.

### KEYWORDS

Knowledge, Practice, Postnatal Mothers, Care, Discharge Plan.

### INTRODUCTION

Labor is full of continuous events that happen in to the pelvic cavity with an end goal that is to expel the fetus, placenta and its layer out of the womb through vagina. Labor can be normal or induced, normal vaginal delivery might be facilitated with episiotomy which helps mother to deliver baby with minimum discomfort. After delivery of baby and placenta postnatal period starts.

Postnatal period is a critical phase in mother's life and substantial changes start to happen in her body, which is important for her to revert the changes occurs during pregnancy. During this period mother needs extra care to manage herself and her baby so that her postnatal period will be free from complications. Most of maternal and infant death happen in this period. Causes of maternal death may be sepsis and hemorrhage (PPH). (According to SRS data) and for infant death may be due to loose motion, jaundice and sepsis.

There are evidences which shows that mothers did not have sufficient knowledge and practice regarding postpartum care. So teaching program can be helpful in improving their knowledge and practice about postpartum care so that they can care themselves and their babies.

### MATERIAL AND METHODS

For the present study Quantitative approach with Quasi experimental design was utilized. 56 postnatal mothers were chosen by total enumerative sampling method from selected Community Health Centre of Dehradun, Uttarakhand. Before data collection purpose of research was described and written consent was received from participants. On first day knowledge was assessed through interview technique by structured knowledge questionnaire and on same day discharge plan was administered. Before discharge (on third day) again knowledge was checked and 1st assessment of practice was done through self-reported practice checklist. After seven days 2nd assessment of practice was done during follow up and 3<sup>rd</sup> assessment of practice was done telephonically after 14 days. Structured knowledge questionnaire consists 30 multiples choice questions and self-reported practice checklist consist 24 questions with two responses yes or no.

### 4. ANALYSIS AND INTERPRETATION

#### SAMPLE CHARACTERISTICS

More than half mothers 57% aged between 20 to 25 years, 48% mothers had higher secondary education, Majority of mothers 95% were housewife, 43% mothers belongs to joint family, half of the mothers 50% were primipara. Regarding living area, majority of mothers 84% belongs to rural area, 78% mothers were Hindu, 37%

mothers were non vegetarian, Majority of mothers 84% had previous knowledge regarding postnatal care and the source of information was Health care team members 57%.

### EFFECTIVENESS OF DISCHARGE PLAN

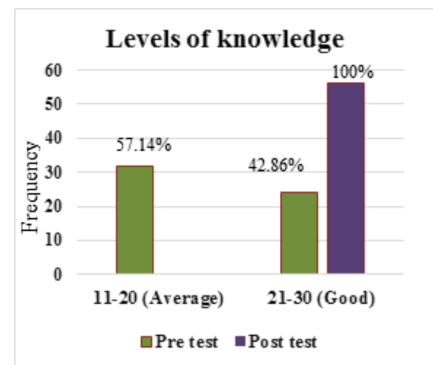
**Table 1: Mean Pre test and post test knowledge score of participants**

Knowledge	Range	Mean +_SD	Mean difference	't' value	'p' value
Pre – test	12-25	19.85± 2.91	9.65	27.00*	.0001
Post – test	28-30	29.5 ± 0.68			

$t_{55} = 2.0, (p < 0.05), \text{Significant}^*$

Table 1 indicate post test mean ( $29.5 \pm 0.68$ ) was more than the pre test mean ( $19.85 \pm 2.91$ ) knowledge score of participants. Mean difference was (9.65%) which was found significant at  $p < 0.05$  which can be due to administration of discharge plan.

### LEVELS OF KNOWLEDGE OF POSTNATAL MOTHERS



**Figure no.1: Levels of knowledge**

**Figure 1** shows difference between pre and post level of knowledge of participants. It includes three categories poor (0 to 10), average (11 to 20) and good (21 to 30). Result shows that 57.14% mothers had average and 42.86% mothers had good knowledge before administering discharge plan. After intervention all mothers were in the category of good level of knowledge. Hence it can be interpreted that intervention was successful in increasing the knowledge of

mothers.

**AREAWISE DISTRIBUTION OF KNOWLEDGE**

Knowledge area were categories into two: care of mother and care of baby. Care of mother includes personal hygiene, diet and exercise, family planning, medication and follow up and care of baby includes breast feeding, immunization, prevention of hypothermia and infection.

In the category of care of mothers, participants had less knowledge regarding diet and exercise and in the category of care of baby, mothers had less knowledge regarding prevention of hypothermia and infection.

**Table 2: Comparison between means of first, second and third assessment of practice**

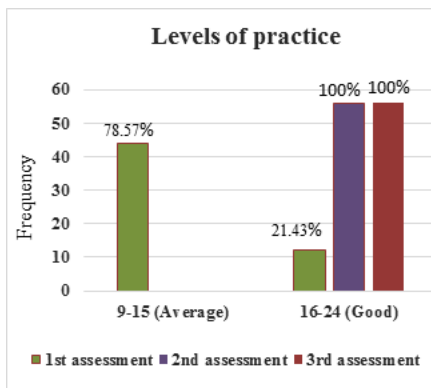
n=56

S.No	Level	Mean ± SD	f\$ value	P* value
1	First assessment (on 3rd day)	13.95 ± 1.97	493.431	.0001
2	Second assessment (after 1 week)	18.48± 1.695		
3	Third assessment (after 2 weeks)	23.09 ±1.049		

Repeated measure ANOVA,  $f(2)(110)=3.078$ ,  $p<0.05$  level of significant\*

Table 2 shows difference in means of first (13.95 ± 1.97 ), second (18.48± 1.695) and third (23.09±1.049) assessment of practice. Result shows that with every assessment of practice means scores of mothers has been increased. f value of practice was 493.431, which was significant at the level of  $p<0.05$ . Hence it can be interpreted that practice of participants has been retained and increase with every assessment.

**LEVEL OF PRACTICE OF POSTNATAL MOTHERS**



**Figure no. 2: Level of practice**

Figure no. 2 shows comparison between three assessment of practice of mothers. It includes three categories poor (0 to 8), average (09 to 15) and good (16 to 24). Result shows that 78.57% mothers had average and 21.43% mothers had good practice in first assessment of practice. In second and third assessment all mothers had good level practice. Hence it can be interpreted that intervention was successful in increasing the practice of mothers.

**ASSOCIATION BETWEEN KNOWLEDGE AND FIRST ASSESSMENT OF PRACTICE WITH SELECTED VARIABLES**

There were no significant association found between knowledge and selected variables except parity of mothers (4.66) and regarding practice there was no significant association with any variables (age, education, occupation, monthly family income, type of family, parity, religion, dietary pattern, previous knowledge) at  $p<0.05$ .

**DISCUSSION**

Result shows that the mean of post-test knowledge score (29.5±0.68) of mothers was higher than the pre-test (19.85±2.91) and the mean difference was significant at  $p<0.05$  level of significant. Result were

supported by a study done by Joshi N et al to assess the knowledge of postnatal mothers.

On the Basis of finding, study concludes that Discharge plan was effective in enhance knowledge and practice of mothers.

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