

ISSN (P): 2522-6614  
ISSN (E): 2522-6622  
© Gynaecology Journal  
www.gynaecologyjournal.com  
2020; 4(1): 161-163  
Received: 12-11-2019  
Accepted: 16-12-2019

**Injety Vineela**  
Assistant Professor, Masters in  
Nursing, Department of Obstetrics  
and Gynecology, Andhra Pradesh,  
India

## **Impact of practicing selected postnatal self-care aspects on prevention and management of selected postnatal complications among postnatal mothers in Guntur, Andhra Pradesh, June 2015**

**Injety Vineela**

**DOI:** <https://doi.org/10.33545/gynae.2020.v4.i1c.457>

### **Abstract**

**Background:** Postnatal mothers are vulnerable to postpartum complications. It is highly crucial period of caring mother with major and minor complications include Anaemia, puerperal sepsis, mastitis, breast abscess, sub-involution, thrombo-embolism, constipation, haemorrhoids, can endanger mother's health. Mothers are in need to recognize the importance of practicing self-care aspects such as general body hygienic care, breast care, breast feeding practices, perineal hygiene, bladder and bowel care, performing postnatal exercises with a well-balanced diet.

### **Aims and Objectives**

1. Find out existing selected postnatal complications (Breast Complications, Perineal Infections, Anaemia, Sub-Involution, Urinary Incontinence, Constipation, Haemorrhoids and Varicose veins).
2. Develop and implement structured instructions on selected postnatal self-care aspects (General body care, Breast care, Perineal care, Bladder and Bowel care, Early ambulation, Postnatal exercises and diet).
3. Assess the status of selected postnatal complications after practicing selected postnatal self-care aspects.

### **Inclusion criteria**

- Postnatal mothers within first 15 days, excluding the day of delivery.
- Mothers who underwent vaginal deliveries (Episiotomy, vacuum and forceps)

**Exclusion criteria:** Postnatal mothers with Psychiatric illness/ any medical illness.

**Materials and Methods:** Non-probability convenient sampling method was used for the study. Postnatal mothers after taking written consent provided with structured instructions about self-care aspects selected and the sample are asked to answer the questionnaire before and after practicing the selected self-care aspects.

**Results:** Post-test assessment reveals the down scale results of selected postnatal complications after practicing selected self-care aspects among postnatal mothers.

**Conclusion:** Absolute planned intervention on postnatal care facilitated the mothers a complication free puerperium.

**Keywords:** Postnatal self-care aspects, postnatal complications

### **Introduction**

Many maternal adaptations are unfamiliar to the mother. After delivery most of the mothers ignore their own wellbeing and show no prioritize interest towards her health as such in antenatal period. Mothers mean puerperal time is for their infants. It is always advisable for mothers to seek and diligently follow the instructions about postpartum care to prevent complications which are even life threatening. Neglecting puerperium is a sign of complicated postnatal mothers. Along with routine care package postpartum period should include both physical and psychological wellbeing of mothers.

### **Materials and Methods**

Study was carried out on 50 postnatal mothers who have undergone vaginal deliveries living in a community area Guntur. A written consent was taken from all the subjects, structured instructions are provided after pre-test. The procedure continued for a month from 9 am to 5pm. Every day two mothers were selected by sampling method.

**Corresponding Author:**  
**Injety Vineela**  
Assistant Professor, Masters in  
Nursing, Department of Obstetrics  
and Gynecology, Andhra Pradesh,  
India

### Statistical analysis

Quantitative data is summarized into mean and standard deviation, chi-square and paired t test is compared to find the relationship between selected postnatal complications in pre and post-test with selected variables.

### Results

The study group consists of 50 postnatal mothers were similar with demographic data: Age, Gravidal Status, parity, education, occupation, family income, religion and family support. According to the results in pre-test assessment more than 70% of subjects are with some of the selected postnatal complications ( $X^2=18.48\pm 3.28$ ). However, analysis of post-test assessment reveals that significantly high proportion of subjects has shown

down fall result of selected postnatal complications.

### Discussion

Post-test Chi-square values of Selected postnatal Complications, Age ( $X^2 =10.02^*$ ), Gravidal status ( $X^2=7.27^*$ ), Parity  $X^2 (=13.36^*)$ , Education ( $X^2=5.56$ ), Occupation ( $X^2=.76$ ), Family Income ( $X^2=2.14$ ), Religion ( $X^2=2.10$ ) and Family support ( $X^2 =4.10$ ). On the whole three variables Age, Gravidal status and Parity are greater than the table values at and are significant at 5% level. This indicate that the above mentioned 3 variables have significant association with practices of selected postnatal self-care aspects

### Demographic data

**Table 1:** Frequency and percentage distribution of respondents by their demographic variables

S. No	Variables	Frequency	Percentage
<b>Age</b>			
1	a) Less than 20 years	09	18
	b) 21-25 years	25	50
	c) 26-30 years	12	24
	d) Above 30 years	04	08
<b>Gravidal Status</b>			
2	a) Primi gravida	19	38
	b) Second gravida	21	42
	c) Multi gravida	10	20
<b>Parity</b>			
3	a) Primi para	17	34
	b) Para 2	19	38
	c) Para 3	10	20
	d) Para 4 and above	04	08
<b>Education</b>			
4	a) Knows to read and write	03	06
	b) 1st - 5th class	05	10
	c) 6th - 10th class	07	14
	d) Intermediate	22	44
	e) Graduation and above	13	26
<b>Occupation</b>			
5	a) House wife	25	50
	b) Private employee	11	22
	c) Government employee	05	10
	d) Self-employee	09	18
	e) Any other specify-----	-	-
<b>Family Income</b>			
6	a) Below Rs.5000/- month	06	12
	b) Rs.5001-Rs.10,000/- month	14	28
	c) Rs.10,001-Rs.15,000/- month	22	44
	d) Above Rs.15,001/- month	08	16
<b>Religion</b>			
7	a) Hindu	25	50
	b) Christian	11	22
	c) Muslim	14	28
	d) Any other Specify-----	-	-
<b>Family support</b>			
8	a) Parents	23	46
	b) Spouse	18	36
	c) In-laws	04	08
	d) Siblings	05	10

**Table 2:** Distribution of mean pre-test and post test scores of respondents with their selected postnatal complications

Complication	Sample size	Mean score± SD	Mean difference with 95% CI	Percentage of reduction score with 95% CI	't' value
Pre-test	50	18.48±3.28	11.60	23.2%	t=21.02*
Post-test	50	6.88±1.92			

**References**

1. Armstrong K, Edwards H. The effectiveness of a walking exercise programme in reducing depressive symptomatology for postnatal women, *International Journal of nursing practice*. 2004; 10(4):177-194.
2. Bear K, Tigger B. Breast feeding, *Nursing Practice*. 1993; 18(6):56-58.
3. Lin P, Wang R. Effectiveness of Early ambulation on Postoperative Recovery and Activity of Daily Living. *Journal of Advanced Nursing*. 2005; 51(3):252-255 [Pubmed]
4. You and your baby: Prenatal care, labour and delivery, and postpartum care. Washington, D.C. The American College of Obstetricians and Gynecologists, 2011, 35.
5. Lowder Milk DL *et al*. Nursing care of the family during labour and birth, *Maternity & Women's Health Care*, 10th edition, St. Louis, Elsevier Mosby, 2012.
6. De Cherney AH *et al*. The normal puerperium. In *Current Diagnosis & Treatment Obstetrics & Gynecology*, 11th edition, New York, 2013.
7. Berens P. Overview of postpartum care, March 5, 2015.
8. Togli MR. Repair of Episiotomy and Perineal lacerations associated with childbirth, 2014.