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An Awareness Study on Post Natal Care

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Abstract: ***Postnatal care is the care given to the mother and her newborn baby immediately after the birth and for the first six weeks of life. This period marks the establishment of a new phase of family life for women and their partners and the beginning of the lifelong health record for newborn babies. The main objectives of the study was to access the health status of mother and new born and to monitor the dietary intake of mothers and also to council the mother about the essentiality and necessity of breast feeding their infants and to create awareness about immunization of the infants.the aim of the present study was to assess to prevelence of post natal care women in hyderabad. A study of post natal care and creating awareness on post natal care was done by questionnaire. the place of study was " MODERN GOVERNAMENT MATERNITY HOSPITAL" located at betlaburg Hyderabad. The sample consist of the total of 500 subjects. A well structure questionaire was employed to interview the subject about their AGE, BMI ,FAMILY HISTORY, REPRODUCTIVE HEALTH , DIET, AND LIFE STYTLE and also . thee questions were regareding the intake of supplyments during pregnancy and to aware people care ,daily recommendation of iron , calcium and folic acid . type of diet which they consume etc .***

The data so collected was subjected to statistical analysis using chi square test the result show positive a survey on 500 samples 87% of people were aware about the type of diet should consume during post natal period and 90% of people were aware about the supplements and we have also seen that 87% of people were aware of miscarriage and 79% of people are aware of breast milk and formula milk and 99% of people are aware of vaccination.thus, it was concluded from our study that there is a great impact on family history and cultural taboos in the development of post natal care.

I. INTRODUCTION

Postnatal care is the attention given to the general mental and physical welfare of the mother and infant. Care should be directed toward prevention, and early detection and treatment, of complications and diseases. In addition, postnatal care should include counseling, advice, and services on breastfeeding, family planning, immunization, and maternal nutrition1. Pregnancy care consists space of prenatal(before birth) and postpartum(after birth) health care for expectant mothers. It involves treatments ant trainings to ensure a healthy prepregnancy, pregnancy, and labor and delivery for mother and baby. 2. women in the post natal period need to maintain a balance diet,just as they did during pregnancy. Iron and folic acid supplementation should also continue for 3 months after birth. 3. mother for medical management if she has Fever (temperature higher than 38ºC) o Heavy vaginal bleeding (bright red bleeding or continuous bleeding, even a continuous small amount or clots the size of an apple are indications for referral) o Bleeding from uterus, from vaginal laceration or episiotomy o Soft uterus o Inability to urinate. 4. Breastfeeding: How many times has the infant fed since sunrise? How many times during the night? Sleep: How much does the infant sleep? Urination: How often does the baby wet? Stool: What color is the stool and how often? Cord: Has there been any discharge from the cord? Is there any smell? 5. Administer infant first dose of oral polio vaccine and DPT and hepatitis B immunization.Health Education and Counseling. 6. Encourage Optimal Breastfeeding Practices at the PHC level by teaching and helping mothers to Breastfeed as soon as possible after birth, and to remain with the mother for at least several hours following delivery. 7. The importance of the new mother eating more and healthier foods – discuss in the context of local practices and taboos to ensure women have access to good nutrition. The new mother should also drink plenty of clean, safe water. 8. Discussion of normal postpartum bleeding and lochia – discuss with women how much blood loss they can expect, for how long. When bleeding is more than normal, they should seek care urgently. 9. Discuss with women the type of pads they will use and their disposal, and care of episiotomy in the context of home conditions. Hand washing is particularly important to prevent infections. It is also important not to insert anything into the vagina. 10. Talk to them about when they can resume sexual relations and the importance of condom use to prevent STI and HIV transmission (see Sessions 12 and 14). Sexual intercourse should be avoided until the perineal wound heals. Discuss the importance of birth spacing and counsel on the use of a family planning method.

II. MATERIALS AND METHOD

A cross – sectional,multi-sentered,stratified and correlational study was performed with a sample of 500 subjects which belonging include miscarriage, prepregnancy and post pregnancy stage. Data was collected from modern maternity hospital in Hyderabad like

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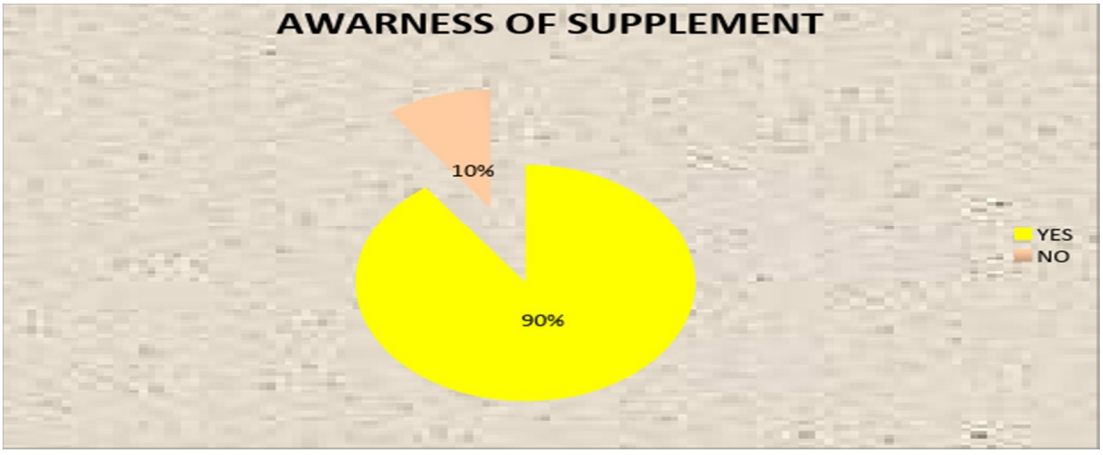
government modern maternity hospital Hyderabad where as, data from post natal women was collected by visiting random house holds, student from Anwarul uloom collage mallepally and female family relatives of post natal women. The purpose of selecting pre natal care in comparison post natal care to aware the patient who as know about the clustrum. An interview –cum-questionnaire methed was use to collect the data from the respondents, who were questioned about their anthropometric information, family and reproductive history, diet and life style. Statistical analysis using chi sqaure test was applied to show the significant association between post natal care.

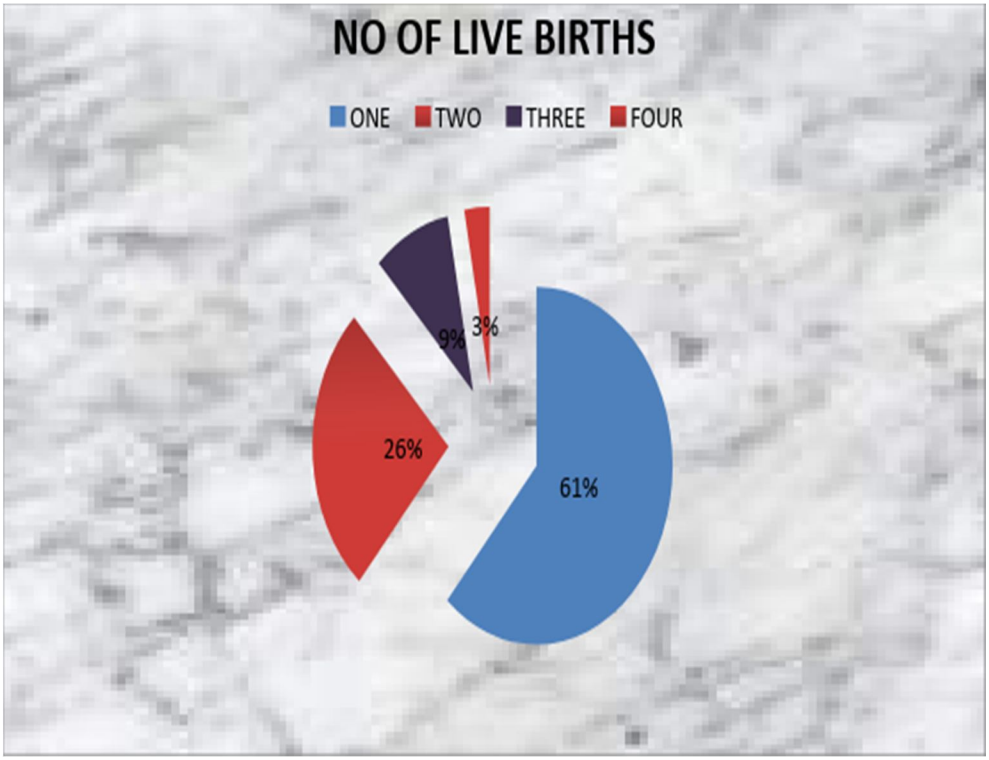
III. RESULTS AND DICUSSION

Fig:1 shows that in india out 500 post natal women which is clearly evident from the data below. Supplementation for all pregnant women. Per women with low calcium diets, taking calcium supplementation In during supplement like iron(90%) calcium(80%) folic acid (90%) the increase BMI may be due to sedentary lifestyle and lack of physical activity.



Vitamin A WHO recommendation on maternal supplementation during pregnancy states that “health benefits are expected for mother and new born.

Fig:2 From the above figure it shows that 62% of people will have one number of live births whereas 62%will have two,9% ofpeople will have three number of live births and only 3%will have four number of live births.



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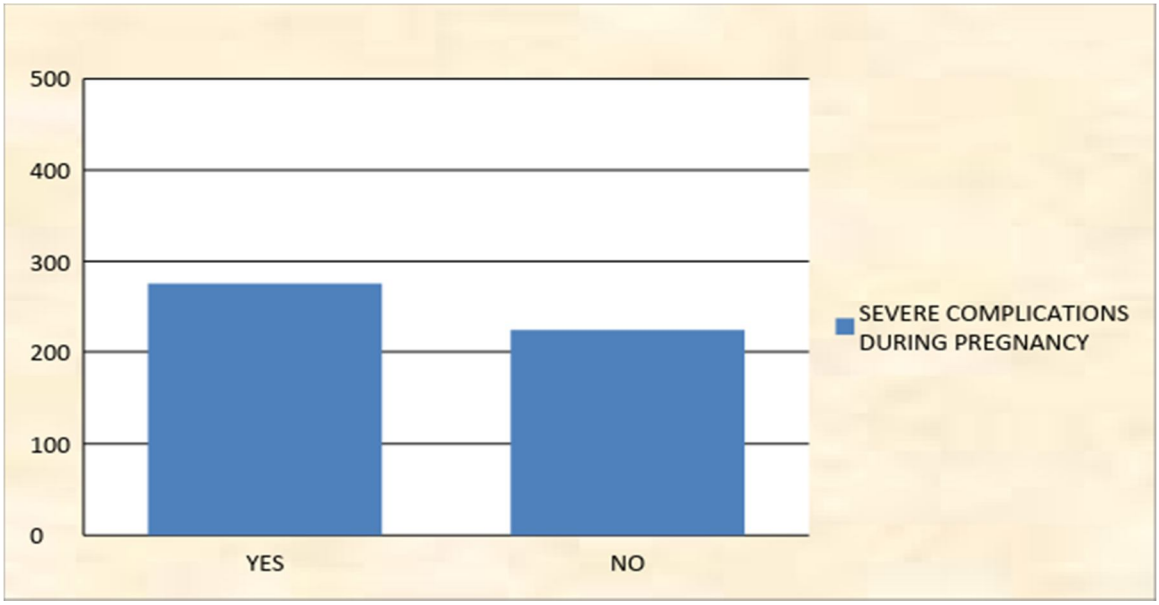
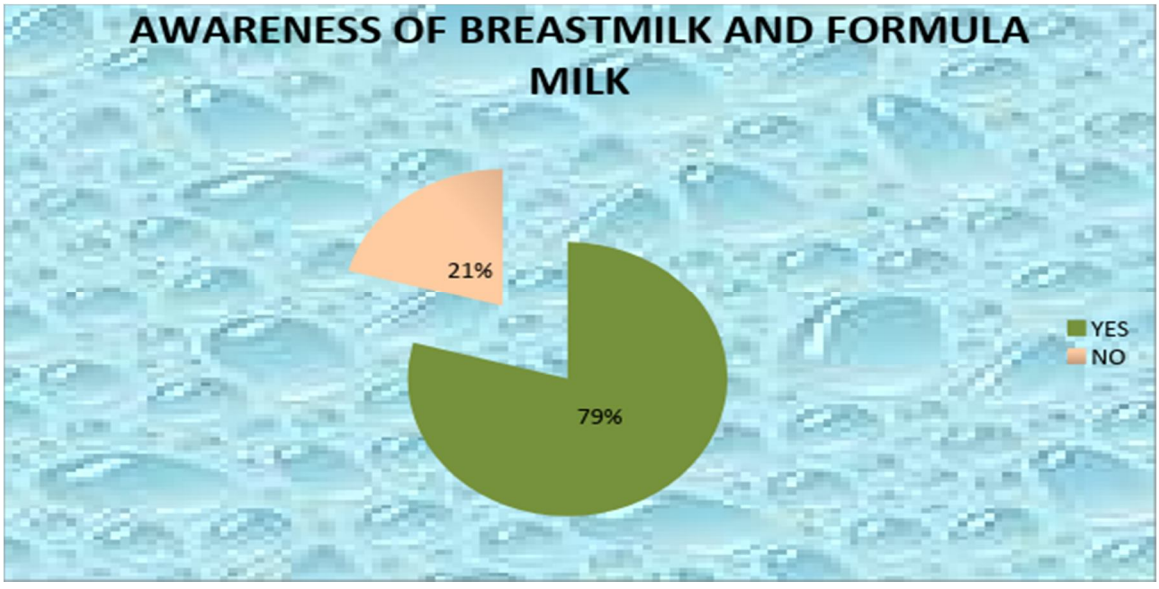
A multiple birth is the culmination of one multiple pregnancy, where in the mother delivers two or more offspring.

Fig:3 From the above figure it shows that out of 500 samples,250 number of samples were having severe complications during pregnancy complication of pregnancy are health problems that are caused by pregnancy.



Symptoms and discomforts of pregnancy contrast of pregnancy complications. Still, there is often no clear separation between symptoms versus discomfort versus complications, and in some. From the above figure it shows that 79% of people are aware of breast milk and formula milk and 21% are not.

Fig:4 From the above figure it shows that 79% of people are aware of breast milk and formula milk and 21% are not. Breast milk is the milk produced by the breast (or mammary glands) of a human female to feed a child. Milk is the primary source of nutrition for new borns.



Marketing of breast-milk substitutes was adopted in may 1981 by the health assembly of WHO and UNICEF. It sets forth standards for health care systems, health

Fig:5 in india it shows that are new mother category 4% of new mother did a post natal care visit 96% of new mothers fed colostrums after delivery and 4% new mothers practice exclusive. awareness related to the amount of milk that the mother will be able to produce after the baby is born by the second trimester of pregnancy colostrum

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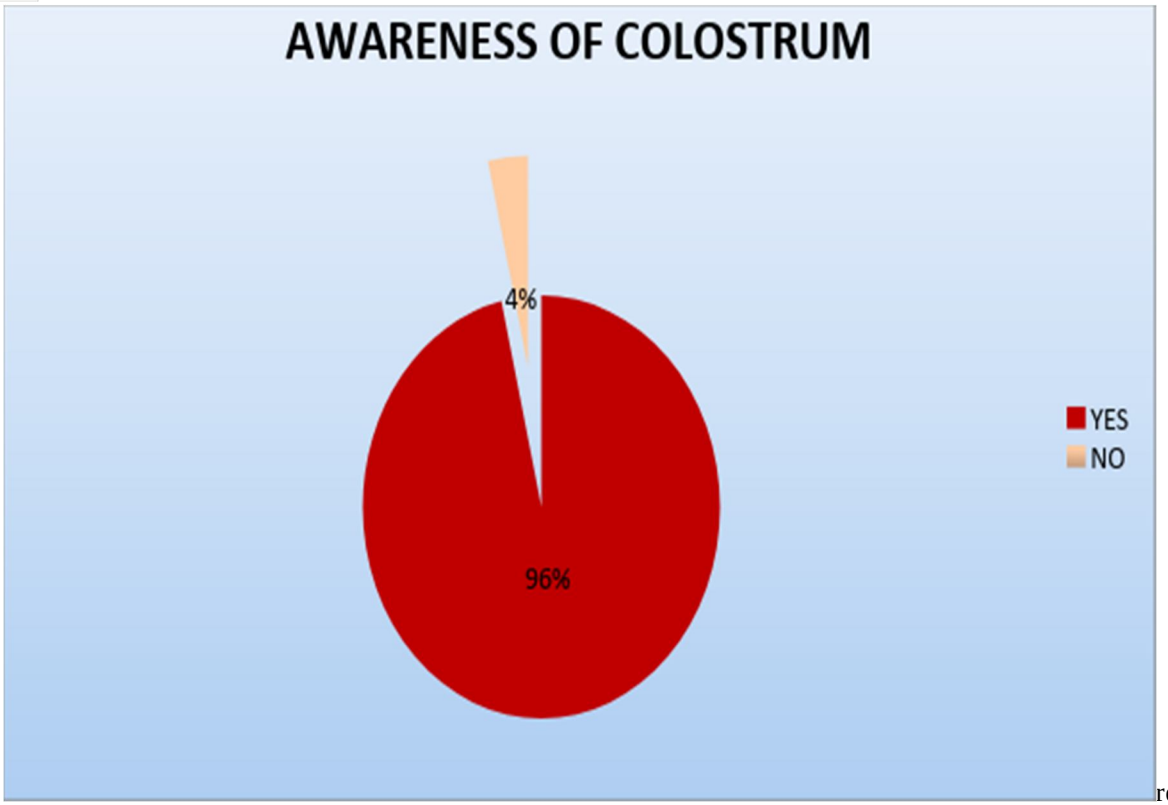

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In history and culture of brestfeeding the use of wet nurses. Linnaeus considered this against the law of nature.

Fig:6 From the above figure it shows that out of 500 people,482 people are aware about complications of nervous system,75 are aware of hepatic system,5 are aware of CVD. Birth injury refers to damage or injury to the child before, during, or just after the birthing process like trauma, nervous system, hepatic system CVD and others.

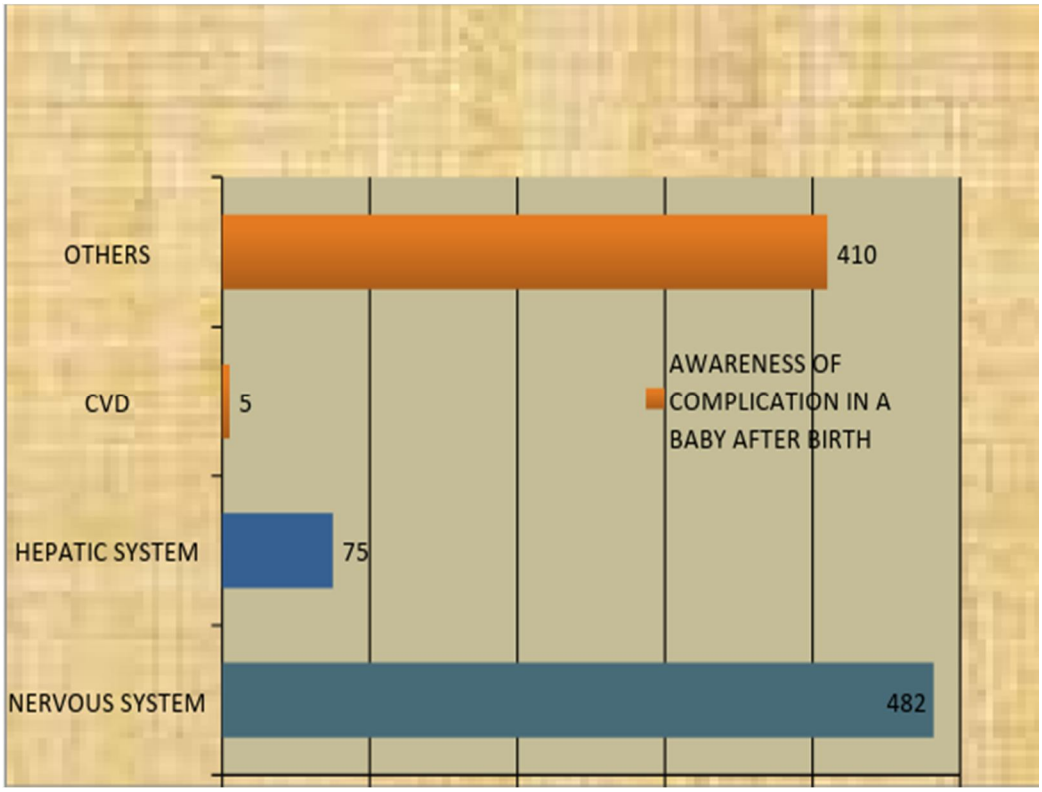

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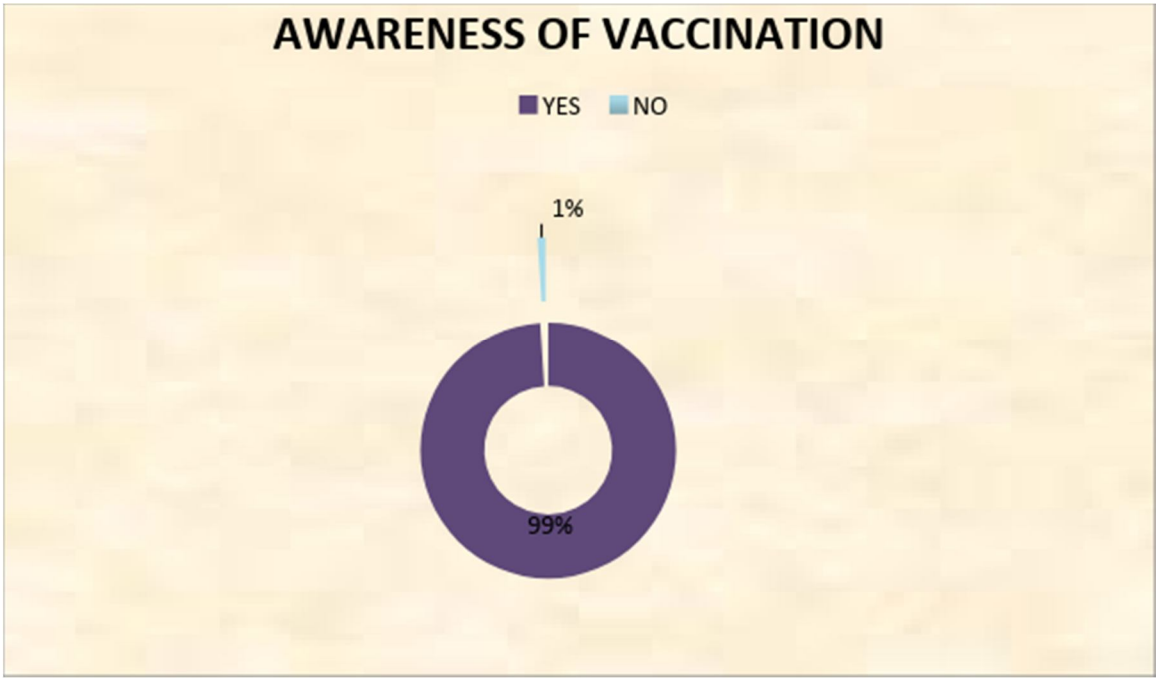
Fig:7 From the above figure it shows that 99%of people are aware of vaccination and 1% are not aware .Depending on the country of residence. The topic can cause much controversy over weather or not it could impact health after dosage at an early age.



A vaccination schedule is series of vaccination, including the timing of all doses for example, tetanus vaccine busters are often recommended every 10 years

II. CONCLUSION

While most attention to pregnancy care focuses on the nine months of pregnancy, postpartum care is important, too. The postpartum period lasts six to eight weeks, beginning right after the baby is born.During this period, the mother goes through many physical and emotional changes while learning to care for her newborn. the Awareness of supplements, miscarriage, importance of breast milk and colostrum and use of sanitary pads was significantly lower In illetrate women.due to unawareness they are at high risk.this can be lowered by intensive nutrition education by health care providers and encouraging people to take proper nutritional diet during post natal period.

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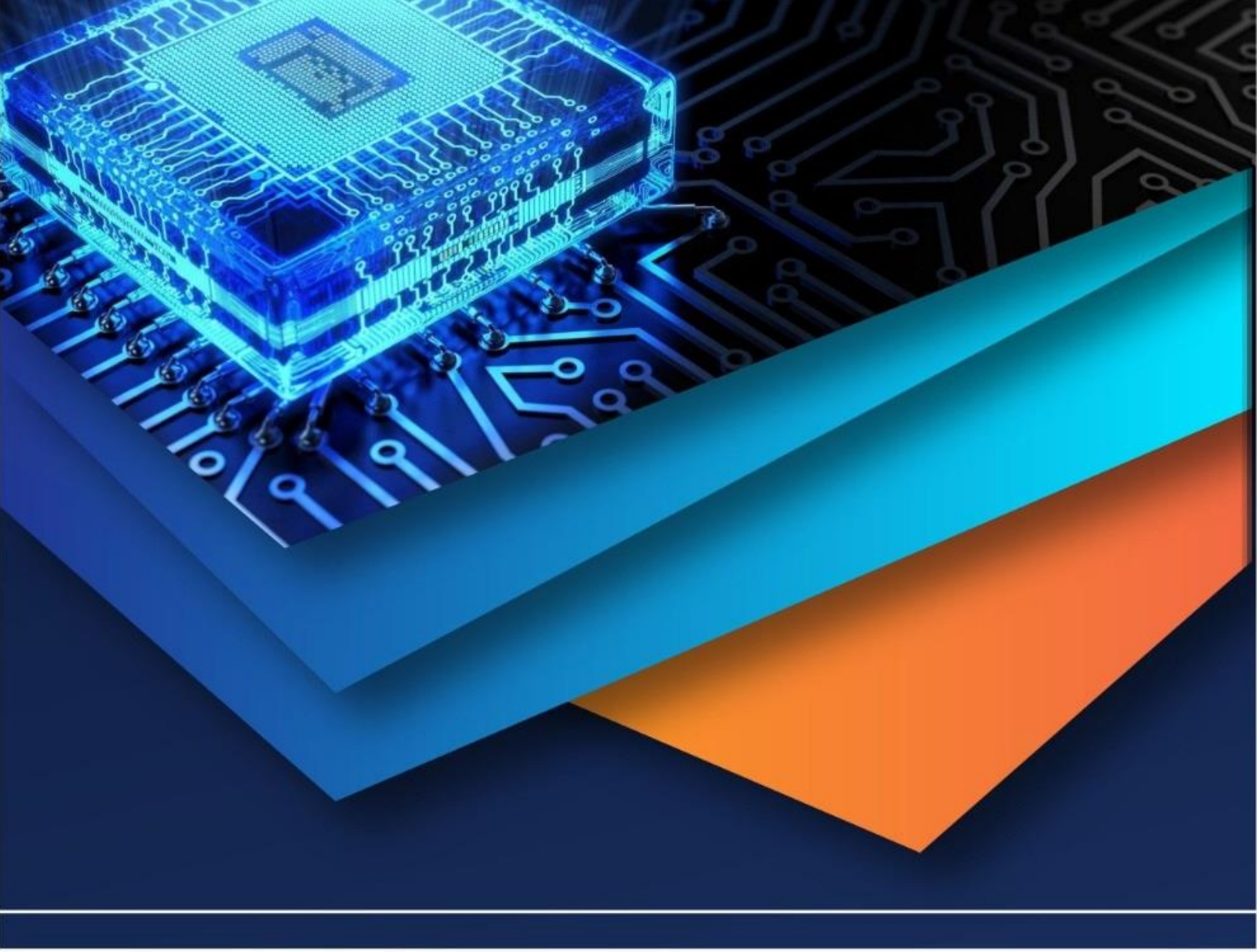

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