

A Descriptive Study to Assess the Knowledge and Practices Regarding Prevention of Puerperal Infection among Postnatal Mothers in Civil Hospital, Panipat, Haryana

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Abstract

Background: Pregnancy is unique, exciting, often joyous time in women life as she gives birth to baby. It is the time, when she receives extra care and support from husband and family. It is a vital aspect of women's life and even Government is also undertaking various programmes and schemes which safeguard the life of both mother and baby during Pregnancy. Although pregnancy is a special period but Puerperium is a period which cannot be neglected as two lives comes which is vulnerable section of society¹. This period is not only the termination of pregnan Puerperium is a time of great importance for both the mother and the baby; but has received relatively less attention compared with antenatal (pregnancy) and intranatal (delivery) period.

Aims: The study aims to assess the knowledge and practice regarding prevention of puerperal infection among postnatal mothers by prepared an information booklet regarding prevention of puerperal infection.

Methodology: The research approach for this study was quantitative approach, the research design For the present study, non experimental descriptive research design. The sample size of the present study was 120 postnatal mothers selected by purposive sampling technique.

Conclusion: Near about more than half of the postnatal mothers had average knowledge 63.33% regarding prevention of puerperal infection and 52.5% had unsatisfactory practices regarding prevention of puerperal infection.

Keywords: Knowledge, Practices, Puerperal Infection, Postnatal Mother.

Introduction

Every birth should be safe and every pregnancy wanted.

– Thoraya Ahmed Obaid

Pregnancy is unique, exciting, often joyous time in women life as she gives birth to baby. It is the time, when she receives extra care and support from husband and family. It is a vital aspect of women's life and even Government is also undertaking various programmes and schemes which safeguard the life of both mother and baby during Pregnancy. Although pregnancy is a special

period but Puerperium is a period which cannot be neglected as two lives comes which is vulnerable section of society¹. This period is not only the termination of pregnan Puerperium is a time of great importance for both the mother and the baby; but has received relatively less attention compared with antenatal (pregnancy) and intranatal (delivery) period. Even though over half of the maternal deaths (estimated at 61-72% Abouzahr et al. 1998) occur in the postpartum period in developing countries but much attention has been focussed on the prenatal care for preventing maternal mortality.

Puerperium is the period following childbirth during which the body tissues specially the pelvic organs revert back approximately to the prepregnant state both anatomically and physiologically. Puerperium begins as soon as the placenta is expelled, to return of reproductive tract to non pregnant condition and lasts

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for approximately 6 weeks depending upon the duration Puerperium period is– categorised into 3 categories: immediate (first 24 hours), early (up to 7 days) remote (up to 6 weeks).²

Puerperium is a time of great importance for both the mother and the baby; but has received relatively less attention compared with antenatal (pregnancy) and intranatal (delivery) period.³ Even though over half of the maternal deaths (estimated at 61-72% Abouzahr et al. 1998) occur in the postpartum period in developing countries but much attention has been focussed on the prenatal care for preventing maternal mortality.³

According to survey conducted by World Health Organisation (WHO) in 1998 only a small proportion of women in developing countries i.e less than 30% receive adequate postpartum care and in very poor countries and regions only 5% of women receive such care where as in developed countries 90% of mothers receive postpartum care. The lack of care may be most life threatening, since this is the time when sudden emergency complications are most likely to occur and the early postpartum period is the time when most maternal deaths occur. If mothers receive postpartum care as effectively as they receive prenatal care, maternal mortality could reduce.⁴

According to World Health Organisation Puerperal infection is the infection of genital tract occurring at any time between the rupture of membranes or labor and the 42nd day of post partum. Infection may result from bacteria (Chlamydia, eschechria coli and other gram negative bacteria) commonly found within the vagina or from the introduction of pathogens from outside the vagina in certain conditions i.e. - damage to the cervico-vaginal mucous membrane, open wound created by the cleavage of the decidua, which takes place when the placenta is separated and blood clots at the placental site.⁵

Puerperal infection is a dreadful disease and puts economic burden on family as well as on society. Considering it as vital aspect Government of India in sept 2011 under NRHM has added 1.4 lakh human health resources to health system of country. Accredited social health activists (ASHA) also help in delivery of health care. Janani suraksha Yojna was also launched to promote institutional deliveries. As institutional deliveries has increased in India but it had also increase the incidence of Puerperal Sepsis by overcrowding the hospitals, moreover health care workers are still

overworked and there is shortage of drug supplies and standard of clinical practices is inadequate. Along with rising trends of caesarean section in India, it may rise trends of Puerperal infection in near future. Nosocomial infection and antibiotics resistance may be causative for it.⁶

Puerperal infection is a frightful disease women suffering from this presents with symptoms like chills, soreness in womb, fever, cold sweats and excessive thirst. Symptoms that appear to lesser extent include headache, back pain, nausea and vomiting. Puerperal infection is diagnosed based on the sign and symptoms listed above and an examination of the body systems involved – uterus, however other system such as the lungs, brain, urinary tract and bowels. Investigations further include white blood count, body fluid cultures, chest x-ray, and ultrasound.⁷

Puerperal infection is an important public health problem as it is complication of pregnancy, childbirth and Puerperium.⁷ Physicians and nurses are involved in the prevention, diagnosis, and treatment of puerperal infection. Safe delivery practices like following aseptic procedures during delivery, removing retained bits of placenta, prophylactic use of antibiotics prior to cesarean section and their therapeutic use in case of prolonged rupture of membranes are essential for avoiding the risk of infection after childbirth. Post-partum nurses should assess patients for signs and symptoms of infection and educate postnatal mothers about these signs and symptoms prior to discharge.

The puerperal infection presence may increase incidence of mortality and morbidity rate during postnatal period. So, there is need for nurses to educate postnatal mothers for the early identification and prevention of the complication

Statement of the Problem: “A Descriptive Study to Assess the Knowledge and Practices regarding Prevention of Puerperal Infection among Postnatal Mothers in Civil Hospital, Panipat, Haryana”.

Objectives

1. To assess knowledge regarding prevention of puerperal infection among postnatal mothers.
2. To assess practices regarding prevention of puerperal infection among postnatal mothers.
3. To find out the association between level of

knowledge of postnatal mothers regarding prevention of puerperal infection with selected demographic variables.

4. To find out the association between level of practice of postnatal mothers regarding prevention of puerperal infection with selected demographic variables
5. To prepare and provide an information booklet regarding prevention of puerperal infection.

Operational Definitions

- **Assess:** The ability or quality of or to evaluate or estimate the nature.
- **Knowledge:** Knowledge refers to information among postnatal mothers regarding prevention of puerperal infection includes perineal care, mastitis, breast engorgement and urinary tract infection.
- **Practices:** It refers to the verbal response of postnatal mothers that what they are doing for the prevention of puerperal infection.
- **Puerperal infection:** It is an infection of the genital tract during the postnatal period upto 42 days following childbirth.
- **Prevention:** Refers to the measures which are given to control or reduce from a puerperal sepsis during postnatal period.
- **Postnatal mother:** Women given birth to baby with normal vaginal delivery and admitted in civil hospital of Panipat.

Material & Method

In this study the quantitative approach was used to carry out the study. The sample size considered for the present study was 120 postnatal mothers of Civil Hospital, Panipat by using non experimental descriptive research design and purposive sampling technique used.

N=120 (Postnatal Mothers of Civil Hospital, Panipat)

Tool and Technique of Data Collection: Two sections were used for data collection.

Section A: Socio demographic variables

Section B: Structured Questionnaire to assess knowledge regarding prevention of puerperal infection among postnatal mothers.

Result

Section I: Description of Socio-Demographic Profile of Respondents:

This section deals with distribution of demographic characteristics of respondents. The obtained data on sample characteristics were described under the sub-headings of age, education, parity, place of residence, type of family, family income per month, source of information, occupation.

According to **age** of the postnatal mothers shows that most 58.3% of postnatal mothers were in the age group of ≤ 20 years, followed by 30% were in age group 21 – 25, and 11.7% were in age group of 26 - 30 and there were no postnatal mother in the age group of 31 – 35 and ≥ 36 .

Regarding to Mother's **education**, most 69.2% of postnatal mothers were with primary education that was followed by metric 21.6%, high secondary 9.2% and there was no any postnatal mothers with education of graduate and more.

With regard to **parity**, majority of 71.7% of postnatal mothers were primipara and 28.3% multipara.

In case of **place of residence**, majority 61.7% of postnatal mothers were from the urban area and only 38.3% belongs to rural area.

According to **type of family**, majority 68.3% of postnatal mothers belong to the joint family and only 31.7% belong to nuclear family.

With regard to **family income per month**, 66.7% postnatal mothers have $\leq 5000/-$ family income per month followed by 30% postnatal mothers had 5,001-10,000/-, 3.3% postnatal mothers with family income 10,001-15,000 and there was no postnatal mother with family income per month $\geq 15,001/-$.

Regarding to **source of information**, 53.3% postnatal mothers have received information from radio/media/TV, 45.8% from personnel/family/friends and 0.8% newspapers/books/magazines.

According to **occupation**, maximum 75.5% of postnatal mothers were housewives following by 23.7% laborer, 0.8% self employee and none was of government employee and others.

Section-II: The section describes the major findings according to the objective of the present study.

Objective 1: To assess the knowledge regarding prevention of puerperal infection among postnatal mothers.

Table 1. Percentage and frequency distribution according to level of knowledge

(N=120)

S. No.	Level of Knowledge	Frequency	Percentage
1.	Low (0-12)	0	0
2.	Average(13-24)	76	63.33%
3.	High (25-38)	44	36.66%

- Maximum Knowledge Score – 38
- Minimum Knowledge Score - 00

The above table shows the knowledge regarding prevention of puerperal infection among postnatal mothers. 63.33% postnatal mothers had average knowledge followed by, 36.66% high knowledge and none of sample had low knowledge regarding prevention of puerperal infection. Hence, it is concluded that that majority of postnatal mothers had average level of knowledge regarding prevention of puerperal infection.

Objective 2: To assess practices regarding prevention of puerperal infection among postnatal mothers.

Table 2 Percentage and frequency distribution according to level of practice

(N=120)

S. No.	Level of Practice	Frequency	Percentage
1.	Unsatisfactory (0-10)	63	52.5
2.	Satisfactory (11-20)	57	47.5

- Maximum practice Score - 20
- Minimum practice Score - 00

Table 2 Shows the assessment of practices regarding prevention of puerperal infection among postnatal mothers. It shows that 52.5% of postnatal mothers had unsatisfactory practices and 47.5% had satisfactory practices.

Hence, it concluded that most of the postnatal mothers had unsatisfactory level of practices.

Objective 3: To determine the association between knowledge of postnatal mothers regarding prevention of puerperal infection with selected demographic variables.

➤ It was noted for the Parity, majority of samples 57 were primipara had average knowledge, 29 samples had high knowledge. Samples 19 in multipara had average knowledge, were only 15 had high knowledge..For the degree of freedom 1 at 0.05 level of significant the chi square value was .1.134. This is not statistically significant.

➤ It was noted for source of information only 1 sample had average knowledge and belongs to newspapers/ book/magazines and for source of information radio/ media/TV only 36 sample had average knowledge and 28 samples had high knowledge and for source of information health personnel/family/friends only 39 sample had average knowledge and 16 samples had high knowledge For the degree of freedom 2 at 0.05 level of significant the chi square value was 3.321 This is not statically significant.

Objective 4: To determine the association between practices of postnatal mothers regarding prevention of puerperal infection with selected demographic variables.

- There is no statistically significant association between practices and age of the samples.
- There is no statistically significant association between Parity and practices of the samples
- There is no statistically significant association between practices and type of family of the samples.

Discussion

Objective 1: To assess knowledge regarding prevention of puerperal infection among postnatal mothers.

The present study assessed the level of knowledge revealed that Out of total 120 mothers, 63.33% of mothers had average knowledge followed by 36.33% above average knowledge, regarding prevention of puerperal infection. These finding are supported by the similar study to assess knowledge and practices regarding prevention of puerperal infection at Karnataka by **Anisha M. Samudare (2000)**⁵², according to this study results, 58.2% of postnatal mothers had average knowledge, 32.8% had poor knowledge and 9% had good knowledge regarding prevention of puerperal infection.

Another study to assess knowledge regarding prevention of puerperal infection at Mangalore by **Asha Varghese (2006)**⁵³ revealed that highest percentage of

respondents 70% had average knowledge with score 35-70%, while 26.6% had poor knowledge whose score between 0-35% and only 3.33% had good knowledge whose score ranged between 70-100%.

In the present study to assess practices regarding prevention of puerperal infection among postnatal mothers revealed that out of total 120 mothers, 52.5% of postnatal mothers had unsatisfactory practices and 47.5% had satisfactory practices.

In the present study association of the knowledge and practices of postnatal mothers regarding prevention of puerperal infection with the selected demographic variable such as age (in years), education, parity, place of residence, type of family, family income per month, source of information and occupation has no relationship with practices whereas age, education and source of information has relationship with knowledge regarding prevention of puerperal infection. It was statistically non significant at 0.05 level of significance.

Nursing implications: The findings of the study have certain very important implications for the nursing profession in the field of nursing education, research, practice and administration.

Nursing education: The study has an important implication in the nursing education and other field. In the revised curriculum of basic nursing education & in post graduation, much emphasis is laid on puerperal infection. Teaching learning activities should include health education on assessment and prevention of gynecological problems and promotion of knowledge and practices regarding prevention of puerperal infection. Nurses should provide guidance and counseling services to postnatal mothers which will lead to promotion of healthy life. In service, continuing education needs to be planned and implemented for clinical nurses to enrich their information on recent researcher regarding knowledge and practices for prevention of puerperal infection.

Nursing research: The findings of the study will act as a catalyst to carry out more extensive research in a large sample and in other settings. Through the publications of the research findings, the knowledge and practices of postnatal mothers could be improved regarding prevention of puerperal infection.

Nursing practice: Puerperal infection is the commonest problem of Puerperium. So, there is

need to enhance the knowledge of postnatal mothers and improve their practices regarding prevention of puerperal infection. It has been observed that mostly the postnatal mothers were not aware regarding prevention of puerperal infection. So, there is need to enhance the knowledge of nursing personnel so that they can impart their knowledge to the postnatal mothers regarding prevention of puerperal infection. Evidence based practice is the need of today's practice. Based on evidence, nursing practice can be modified and improved.

Nursing administration: Nurse administrator can conduct in services education and training programme for nurses working at different health care centre dealing with postnatal mothers and puerperal infection. Nurse administrator should organize continuing education programme on prevention of puerperal infection for nursing personnel in the hospital and community setting with modern technological video aids to enhance their knowledge regarding puerperal care and also related to prevention of infection.

Recommendations

On the basis of findings of the study it is recommended for the future studies that:

- A similar study can under-taken on a large sample for making a more valid generalization.
- A comparative study can be conducted regarding knowledge and practices for prevention of puerperal infection between primipara and multipara women.
- Similar study can be conducted on different population in different setting.
- A study can be conducted to assess the effectiveness of structured teaching program on knowledge and practices regarding prevention of puerperal infection among postnatal mothers.

Conclusion

Near about more than half of the postnatal mothers had average knowledge 63.33% regarding prevention of puerperal infection and 52.5% had unsatisfactory practices regarding prevention of puerperal infection. In socio- demographic variables, age, education and source of information had relationship with knowledge whereas other variables like parity, place of residence, type of family, family income per month and occupation had no relationship with knowledge and practices.

Conflict of Interest: Nil

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Ethical Clearance: Ethical consideration certificate was obtained from ved nursing ethical commette in ved nursing college baroli, panipat

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