



A STUDY TO ASSESS KNOWLEDGE ON PRACTICE OF SELF PERINEAL CARE AMONG POSTNATAL MOTHERS IN A SELECTED HOSPITAL AT VRINDAVAN, MATHURA, U.P

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ABSTRACT

Back ground of study

The perineum is the anatomic area between the urethra, the tube that carries urine from the bladder, and the anus. In women, the perineum includes the vaginal opening. This area undergoes a lot of stress and change during pregnancy and delivery both anatomically and physiologically so it requires a proper and due attention afterwards the delivery Perineal trauma occurs during spontaneous or assisted vaginal delivery, and is usually more extensive after the first vaginal delivery. Associated risk factors also include increased fetal size, mode of delivery, and malpresentation and malposition of the fetus. Other maternal factors that may increase the extent and degree of trauma are ethnicity (white women are probably at greater risk than black women), older age, abnormal collagen synthesis, and poor nutritional state. The proper and effective care is thus required to prevent from the morbidity and for enjoying motherhood.

Objectives of the Study:

- To determine the existing knowledge regarding practice of self-perineal care among postnatal mothers.
- To find the association between knowledge scores and selected demographic variables.

Method: A descriptive study was conducted among postnatal mothers admitted at postnatal ward of selected hospital, Vrindavan, Mathura. Non-probability convenient techniques were used in the study to select the sample. 50 samples were taken. Structured knowledge questionnaire was used to assess the knowledge of postnatal mothers on self-perineal care

Results: The study findings showed that majority of the postnatal mothers 30% had average knowledge and 60 % were having inadequate knowledge on self-perineal care and has significant association between education and source of information with selected demographic variables.

Conclusion: The study concludes that majority of postnatal mothers has inadequate knowledge regarding self-perineal care and hence there is a need to conduct health education programs to enhance the knowledge of postnatal mothers on self-perineal care

Key Words -Post Natal, Perineal Care, Hygiene

Introduction

The postnatal period is a very special time where women undergo the transition into motherhood.² An arbitrary time frame divides the period into the immediate postpartum (first 24 hours), early postpartum (first week) and late postpartum (second to sixth weeks). The main goals in postpartum care are to assist and support the woman's recovery to the prepregnant state and educate the mother about her own self-care. Postpartum perineal issues include pain control, hygiene, prevention of constipation, and resumption of sexual activity. Mainly if a mother gets perineal tear or has episiotomy. Although Both episiotomies and perineal lacerations require stitches to repair and ensure the best healing. Both are similar in recovery time and discomfort during healing. Perineal care will help perineum heal faster, feel better, and help prevent infection.

Material and methods

The study was conducted at a selected hospital of Vrindavan, Mathura and the hospital was selected based on the feasibility of conducting the study and the availability of the samples. Non-experimental descriptive survey design was adopted. A sample of 40 postnatal mothers were selected by using non-probability convenient sampling technique. A structured knowledge questionnaire regarding practice on self-perineal care was developed by the investigator. The tool was then administered to selected 50 postnatal mothers. Collected data was analysed using descriptive and inferential statistics.

The tool used in the study consists of two parts:

Section- I: Information on demographic variables of the respondents containing 6 items. **Section- II:** Structured knowledge questionnaire of 30 items

For the 30 items related to Knowledge regarding practice, each correct answer was awarded with a score of '1' and score of '0' was awarded for the wrong answer. The data obtained was analysed in terms of descriptive and inferential statistics.

Section III: Data describing association between knowledge regarding practice scores and selected demographic variables among post-natal mothers

Section I-Results in terms of demographic variables

The result of the study showed that maximum, 13(32.5%) of the post-natal mothers were in the age group of 22-25 years; most of the post-natal mothers, 17 (40.5%) were having primary education, majority of the post-natal mothers, 18(45%) were Hindu and majority of the post-natal women were house wife, 17(42.5%) having two children 19(47.5%) got information from family 17(42.5%).

Section 2-Results in terms of frequency and percentage

Findings related to the knowledge of practice regarding post-natal perineal care among post-natal mothers.

Table 2: Frequency (f) and percentage (%) distribution of knowledge scores regarding the post-natal mothers Variables: n= 50

KNOWLEDGE	FREQUENCY	PERCENTAGE %
Adequate	05	10%
Moderate	15	30%
Inadequate	30	60%

Table 2 revealed that majority of post-natal mothers 30(60%) have inadequate knowledge only 5(10%) have adequate knowledge and 15(30%) will have moderate knowledge.

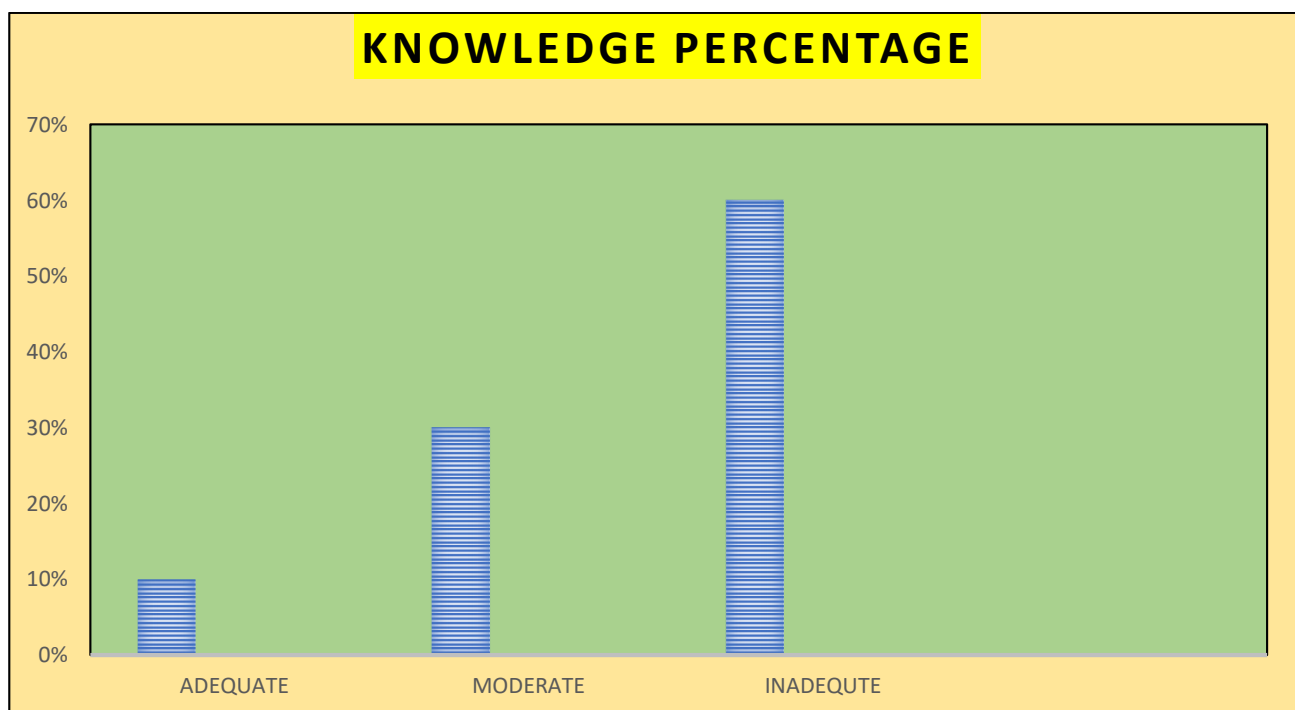


FIG-1 graph representing the percentage of scores of knowledge of practice of perineal care among post-natal mothers

Demographic	Percentage Of Obtained			Chi	D.F	Table	Inferen	Frequency	Percentage
Variable	Knowledge Scores			Square		Value	ce		
AGE	Ad	Moderate	inadequ						
	eq		ate						
	uat			6.57	06	12.59	NS	12	30%
	e							13	32.5%
18-21	00	02	10					09	22.5%
22-25	01	04	08					06	15%
26-29	12	03	04						
Above 30	01	03	02						
EDUCATIONAL STATUS									
No formal education	00	03	09					12	30%
Primary	01	06						17	40.5%
Secondary	03	02	10	23.54	6	12.59	S	08	20%
degree	00	01	03					03	7.5%
			02						
RELIGION									
Hindu	02	06	10					18	45%
Muslim	02	04	06	3.88	06	12.59	NS	12	30%
Christian	00	02	06					08	20%
Others	00	00	02					02	05%
OCCUPATION									
House Wife	00	02	12					17	42.5%
Self-Employee	01	07	09	24.18	06	12.59	NS	14	35%
Govt Employees	02	01	01					04	10%
Others	01	02	02					05	12.5%
NUMBER OF CHILDREN									
One	02	01	05	6.47	6	12.59	NS	08	20%
Two	02	08	09					19	47.5%
Three	00	02	07					09	22.5%
MORE THAN THREE	00	01	03					04	10%

SOURCE OF INFORMATION									
FAMILY	01	04	12					17	42.5%
FRIENDS	00	06	09	13.09	06	12.59	S	15	37.5%
HEALTH	02	01	01					04	10%
WORKERS	01	01	02					04	10%
MEDIA									

Section 3

Table 3-Results in terms of association among variables

Table shows that there was significant association between educational status and source of information among the post-natal mothers regarding knowledge of practice regarding post-natal care and there is no significant association between age, religion, occupation and number of children.

Summary

The present study revealed that majority of the samples were having inadequate knowledge. the post-natal mothers should be given the knowledge how to do self-perineal care during the period of puerperium. If not practised properly it may result in sepsis and morbidity and thus causing sub involution. Up to 10% of women continue to have long-term perineal pain; up to 25% will have dyspareunia or urinary problems, and up to 10% will report faecal incontinence. So perineal care must be practised in routine with proper steps for reducing the morbidity among the post natal mothers.

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