Warning Signs of Pregnancy: Knowledge among Primigravida

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ABSTRACT

Background: The most intensive period of human growth and development occurs during the nine months of pregnancy. Assessing the food and nutrient intake of pregnant women is complicated because conception triggers an array of complex and sequential physiological changes that affect maternal nutrient absorption and metabolism, energy and nutrient needs, appetite, and meal patterns.

Objectives: Assess the Knowledge regarding warning signs of pregnancy among Primigravida Mothers of a selected hospital, Vadodara and find out the association of Pre- test Knowledge score with socio-demographic variable.

Method: A descriptive Research approach is used for the study. A total of 60 primigravida selected by using Non probability purposive sampling. Data was collected using self-structured questionnaire. Descriptive and Inferential statistics are used for data analysis and interpretation.

Result: Result of the study shows that, out of 60 Primigravida mothers (61.66%) had adequate knowledge and (38.33%) had moderate knowledge and none of them had inadequate knowledge. The highest mean percentage of knowledge score is 86.6% in the aspect regarding concept of pregnancy and lowest score is 55% found in the aspect of warning signs in pregnancy.

Conclusion: Majority of women aware about the warning sign during pregnancy, however there is need to improve the knowledge regarding various aspect related to warning signs in pregnancy among Primigravida.

Key words: Pregnancy, Primigravida, Warning Signs in Pregnancy.

Introduction:

Pregnancy, also known as gestation, is the time during which one or more offspring develops inside a woman[1].Millions of women give birth in the U.S. every year. A majority of these women have healthy pregnancies and Child birth. However, an analysis of one report reveals an increasing number of women are

experiencing pregnancy with complications and childbirth complications. This report examines 1.8 million pregnancies between 2014 and 2018 among commercially insured women ages 18-44yrs. While the overall pregnancy rate has declined by 2% in this population since 2014, it varies considerably by age. The rate for women ages 18-24 declined by 12% while the rate for women ages 35-44 increased by 9%. While the average age of pregnancy increased over the study period from 30.6 to 31, childbirth complications did not increase with age[2]. World Health Organization indicated that there are 430 maternal deaths occurs in every 100,000 live births worldwide. In developing countries,480 maternal deaths occur in every 100,000 live births. In developed countries, there are 27 maternal deaths occurs in every 100,000 livebirths.[3] Most pregnancy tests will be positive by the time of missed the period. Other early pregnancy symptoms include feeling tired, feeling bloated, peeing more than usual, mood swings, swelling on feet, frequency of micturition, nausea, and tender or swollen breasts. Not everyone has all of these symptoms, but it's common to have at least 1 of them[4].

There are many interventions included in the safe motherhood programme were immunization for pregnant woman, prevention and treatment of anemia, antenatal care and early identification of maternal complications, delivery by skilledpersonnel, promotion of institutional delivery, management of obstetric emergencies and birth spacing. Good emergency obstetric care is fundamental to decreasing mortality from complications.[5]

OBJECTIVES:

1. Assess the knowledge regarding warning signs in pregnancy among primigravida mothers of a selected hospital, Vadodara.

2. Find out association of warning signs with selected demographic variables regarding warning signs in pregnancy among primigravida mothers.

MATERIALS AND METHODS

In this study, quantitative research approach and descriptive research design was used. This study was conducted in Obstetrics OPD of Tertiary Care Hospital, situated in Piparia, Waghodia Vadodara. The target population of the study was Primigravida mothers in Waghodia village. The sample of the study was selected by using non-probability purposive sampling technique according to inclusion criteria as an availability of sample. The sample size consists of 60 Primigravida mothers belongs to Waghodia village, attending Obstetrics OPD of Tertiary Care Hospital and prescribed by the obstetrician. A pre tested structured questionnaire tool was used to collect data from the study population. Descriptive and inferential statistics used for analysis and interpretation of data.

Description of tool: It consist of two sections

Section -I: It deals with Socio demographic tool to assess the characteristics of primigravida includes, age in years, family types, religion, educational status, trimester.

Section- II: It includes self-structured questionnaire which consist of 30 multiple choice questions to assess the knowledge of warning sign of pregnancy which are classified as follows:

- Inadequate Knowledge:0-10
- Moderate Knowledge:10-20
- Adequate Knowledge:20-30

Data Collection procedure: After obtaining formal permission from the ethical committee Written consent was taken from the participants Socio demographic data was obtained by demographic checklist, data was conducted by using self-structured knowledge questionnaire.

Finding of the study:

TABLE 1: Frequency and percentages distribution of samples, according to their demographic characteristic. N=60

Demographic variable	Categories	No of respondents in frequency	No of respondent in percentage
Age in years	< 20	3	5.0%
	21-25	25	41.7%
	26-30	18	30.0%
	>30	14	23.3%
Family type	Nuclear type	16	26.7%
	Joint type	44	73.3%
Religion	Hindu	56	93.3%
	Muslim	3	5.0%
	Christian	1	1.7%
	Other	00	00%
Educational status	Primary education	29	48.3%
	Secondary education	29	48.3%
	Graduate	2	3.3%
	None	00	00%
Trimester	First trimester	10	16.7%
	Second trimester	26	43.3%
	Third trimester	24	40.0%

Table 2: Distribution of mean, mean percentage and standard deviation of knowledge regarding warning signs in pregnancy

Aspect	Maximum Score	Overall Mean	Mean Percentage	Standard Deviation
Knowledge regarding warning signs in pregnancy	30	20.85	69.5%	0.4724

Above Table illustrates data of knowledge regarding warning signs in pregnancy of Primigravida mothers, shows overall mean (20.85) with mean percentage (69.5%) and standard deviation is (0.4724).

Association between knowledge of warning sign and socio- demographic variable:

There is no significant associationfind between ofknowledge score of primigravida and socio demographic variables including age, family type, religious, educational status, and trimester at 0.05 level of significance.

DISCUSSION:

This chapter has dealt with the analysis and illustration of the data collected from 60 members who comes under the criteria of Primigravida mothers. Data was analyzed by using both descriptive and inferential statistics. The analysis has been recognized and presented under various sections like description of sample according to demographic variables, knowledge scores of antenatal mothers regarding warning signs during pregnancy, association between knowledge score with socio demographic variables. It is found that, majority of the Primigravida mothers 61.66% had adequate knowledge, 38.33% moderate adequate knowledge score and no one has inadequate knowledge of warning signs in pregnancy**.** Health promotion model will helpful for this study.[6]

There are various researches which supports the present study, the study of Vallely LM, Emori R, et al (2019)in Papua New Guinea about knowledge of maternal danger signs during pregnancy shows that

among the 183 women who reported danger signs during pregnancy, 47.5% reported fever; 39.3% reported vaginal bleeding and 36.6% reported swelling of the face, legs and arms[7]. Awareness about pregnancy danger signs among pregnant women attending antenatal care, in Chidambaram. In the present study, Data shows that only 29.3% had good awareness and about 69.3% had fair awareness about danger signs of pregnancy. The findings are consistent with the result of similar studies which were also noted by John William Felix A, Devi R, Manobharathi M, et al (2018)[8]. The prevalence of anemia in pregnant women, and to evaluate the effect of severity of anemia on maternal and perinatal outcome. This study conducted by Mohamed Abdelaziz Youssry, Ahmed Mohamed Radwan, et al (2018). In this study, data shows about During pregnancy the majority of cases were due to iron deficiency anemia 92.8%, while 7.2% were due to sickle cell trait, B-thalassemia intermedia, and

other causes[9]. Helenallindgren, Susanne georgsson, et al (2019) Published research article on awareness of fetal movements and pregnancy outcome. Result shows about the majority (96.6%) of the women stated that they give attention to fetal movements. Some women observed fetal movements weekly (17.2%) and 69.5% concentrated on fetal movements[10]. Other research study on knowledge of obstetric danger signs among pregnant women attending a teaching hospital. In this present study, Majority of the study samples had adequate knowledge of danger signs in pregnancy[11].

CONCLUSION

The purpose of the study was to assess the knowledge regarding warning signs in pregnancy among Primigravida mothers of a selected hospital, Vadodara. In the present study, majority of women aware about the warning sign during pregnancy, however there is need to improve the knowledge regarding various aspects related to danger of pregnancy among Primigravida than the Multi-Gravida. Various health education programs will help to gain the awareness regarding warning signs of pregnancy in the community.

Ethical clearance: A formal ethical approvalobtained from Institutional ethical Committee. Informed consent was obtained from participants and assured for anonymity.

Source of funding: Self-funded research project

Conflict of interest: There is no conflict of interest.

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