



A STUDY TO ASSESS POST NATAL CARE

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Introduction:

The days and weeks following childbirth – the postnatal period – is a critical phase in the lives of mothers and newborn babies. Most maternal and infant deaths occur during this time. Yet, this is the most neglected period for the provision of quality care. Lack of appropriate care during this period could result in significant ill health and even death. Most maternal and infant deaths occur during this time. The highest risk of death for both newborns and mothers occurs around the time of childbirth and the immediate postpartum period becomes extremely critical both for mother and baby. More than two-thirds of newborn deaths occur by the end of the first week after birth, with up to one-half of all deaths occurring in the first 24 hours of birth. India is no exception to this: 39% of neonatal deaths in India occur on first

Research Question:

How effective the post natal care being implemented in Nardan basti, Prem Na gar, and NT/DNT areas.

Objectives:

- To Monitor the mothers and their children (below 7 months of age) and analyze the awareness they have regarding post natal care.
- To assess whether continuum care of the child is being taken at the family level or not



Methodology:

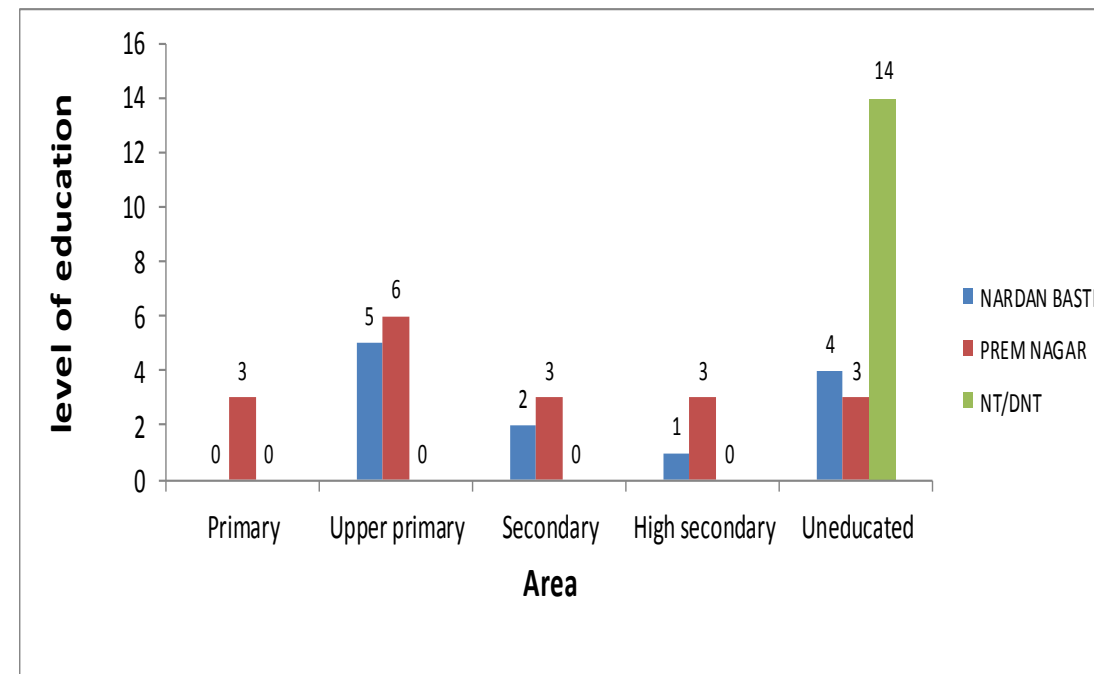
- study Design :Quantitative and Descriptive design. Primary data has been collected through questionnaire.
- Purposive sampling has been performed until 50 sample size.We use data from all women who had birth in the 6-7month plan preceding the survey data irrespective of whether delivered at home or at a health facility.
- Tools were based on qualitative and quantitative type of data collection.

Descriptive Analysis has been done from the data obtained through questionnaire (tool)

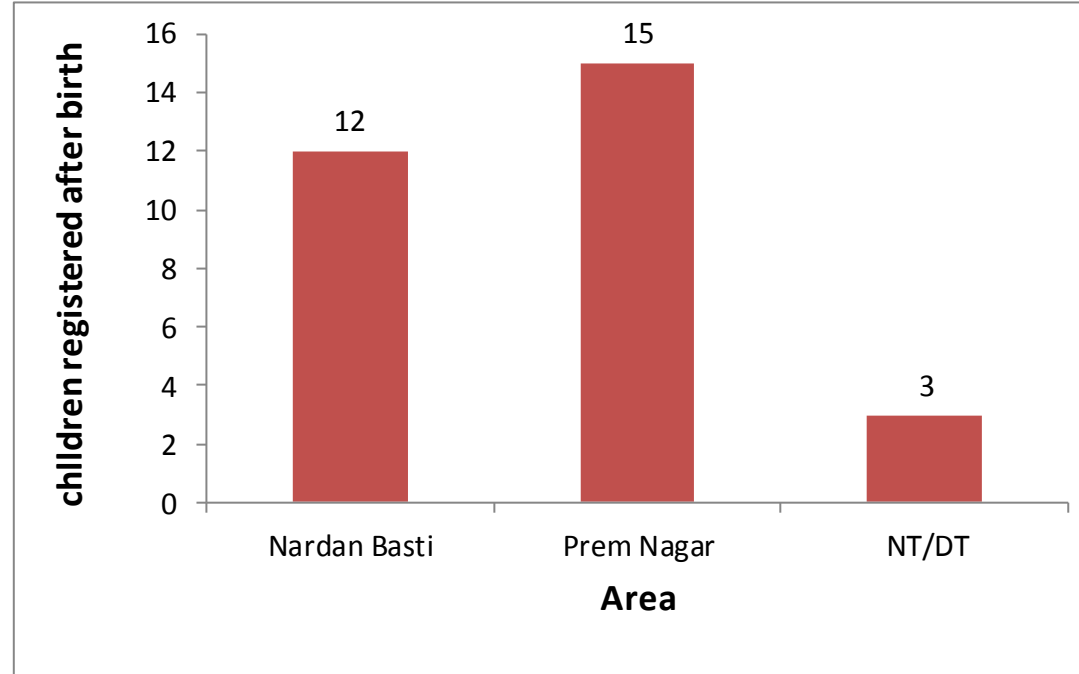
Results:

COMPARING AWARENESS REGARDING POST NATAL CARE IN MOTHERS HAVING CHILDREN (UPTO 7 MONTHS) IN NARDAN BASTI, PREM NAGAR, NT/DT AREAS.

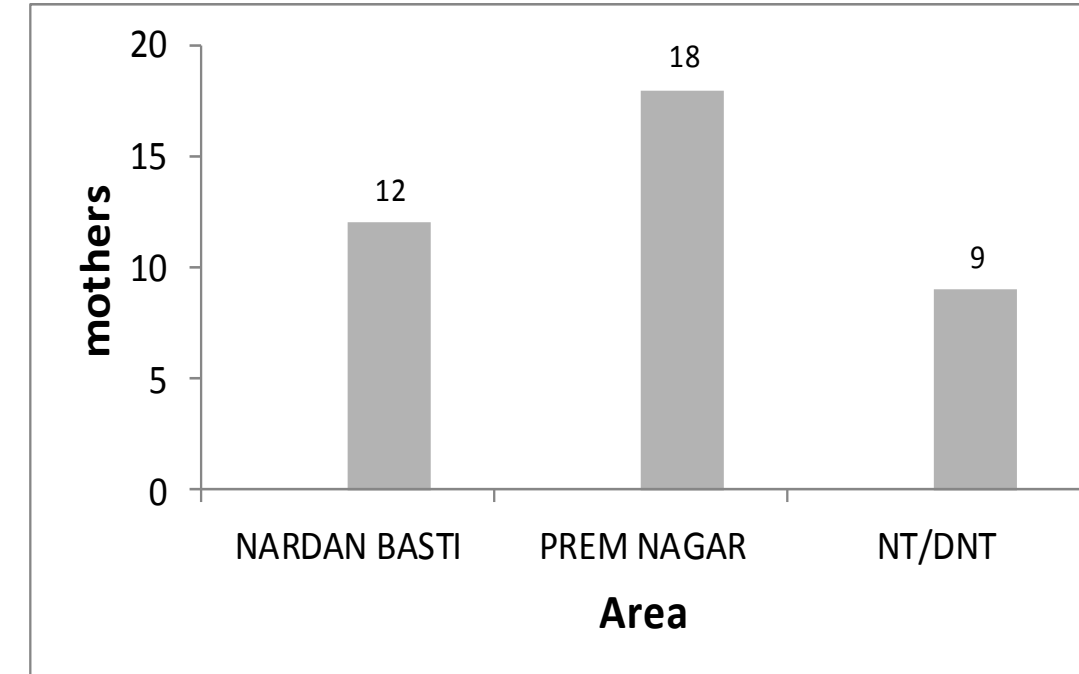
Level of Education of the surveyed mothers



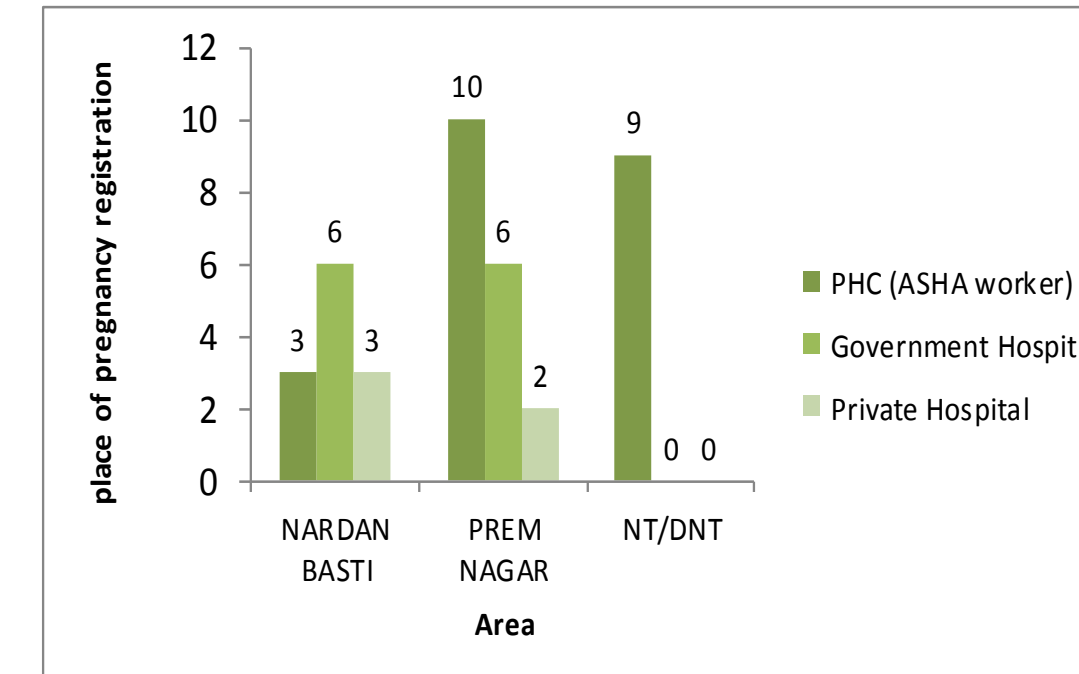
Total number of children registered after birth



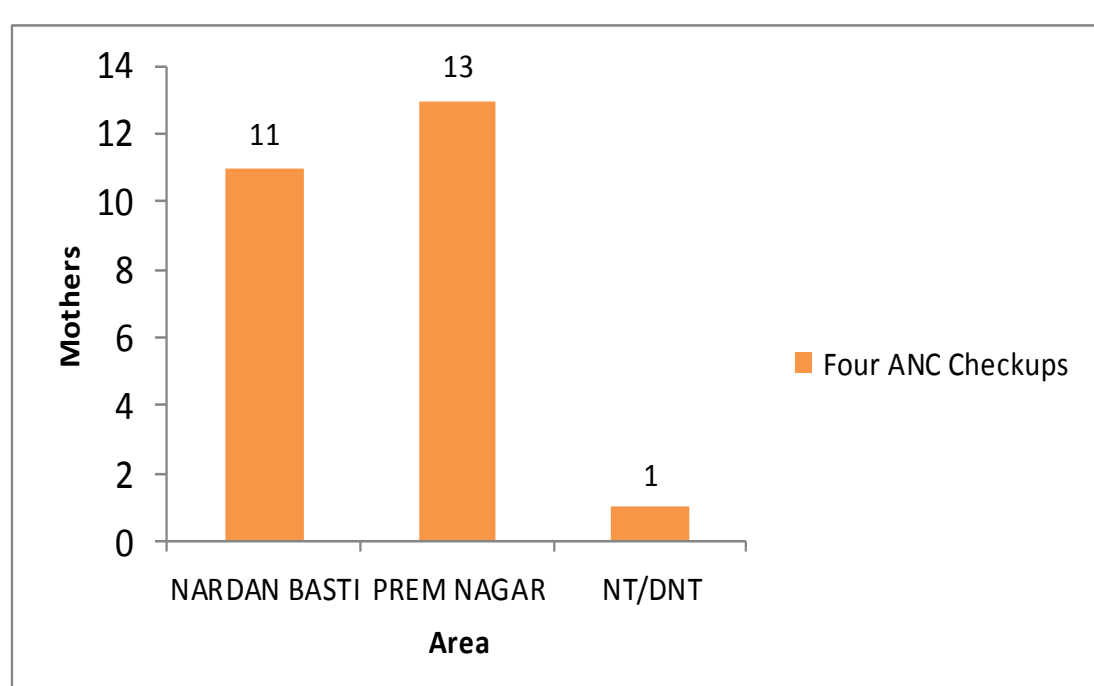
Number of women who got their pregnancy registration done



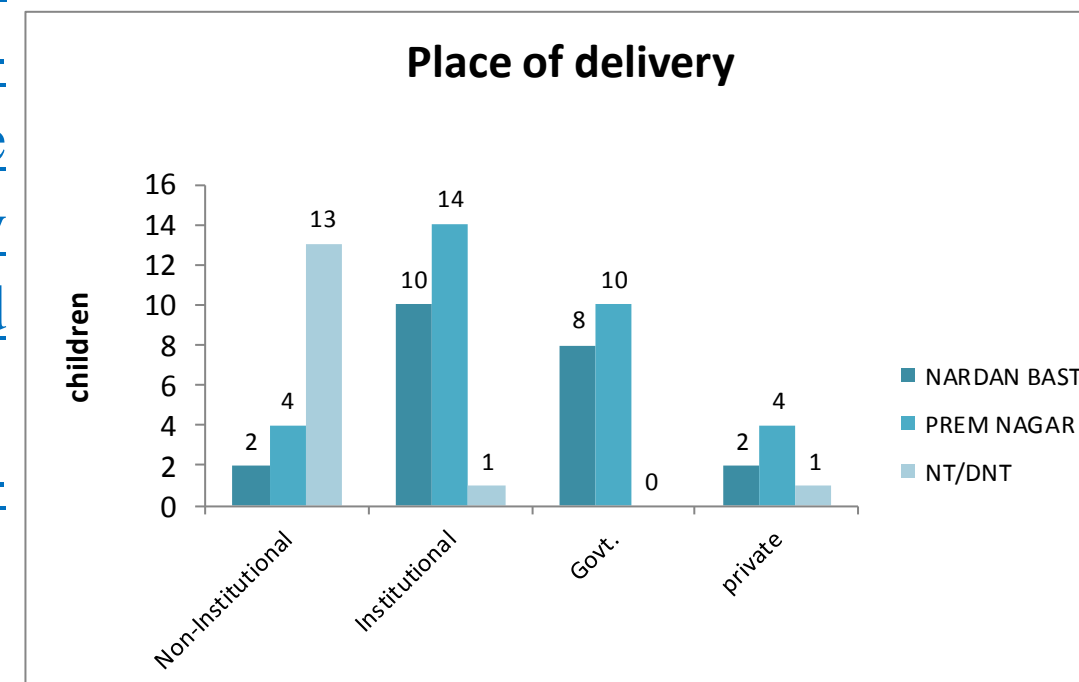
Place where they registered their pregnancy



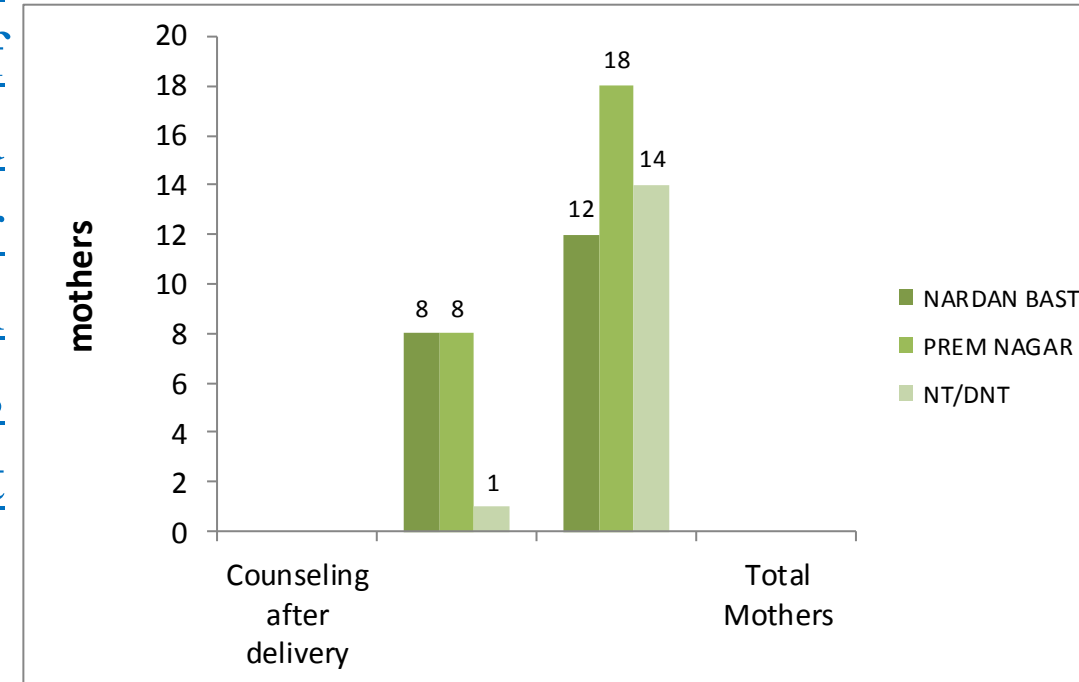
Number of mothers who had their complete



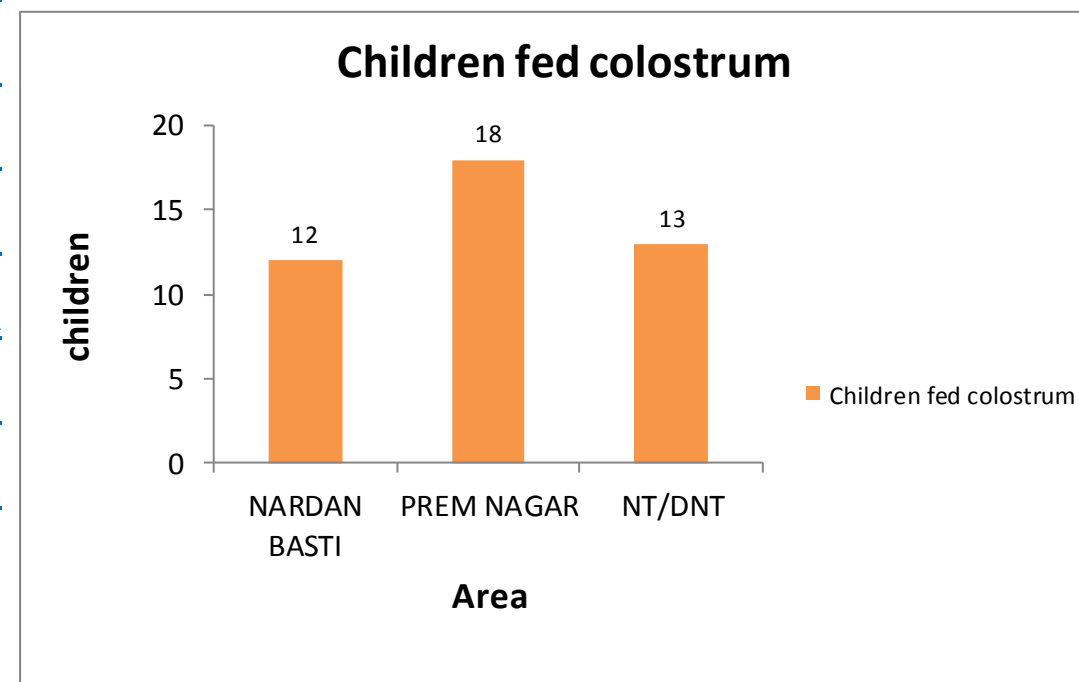
Number of children who were delivered during pregnancy



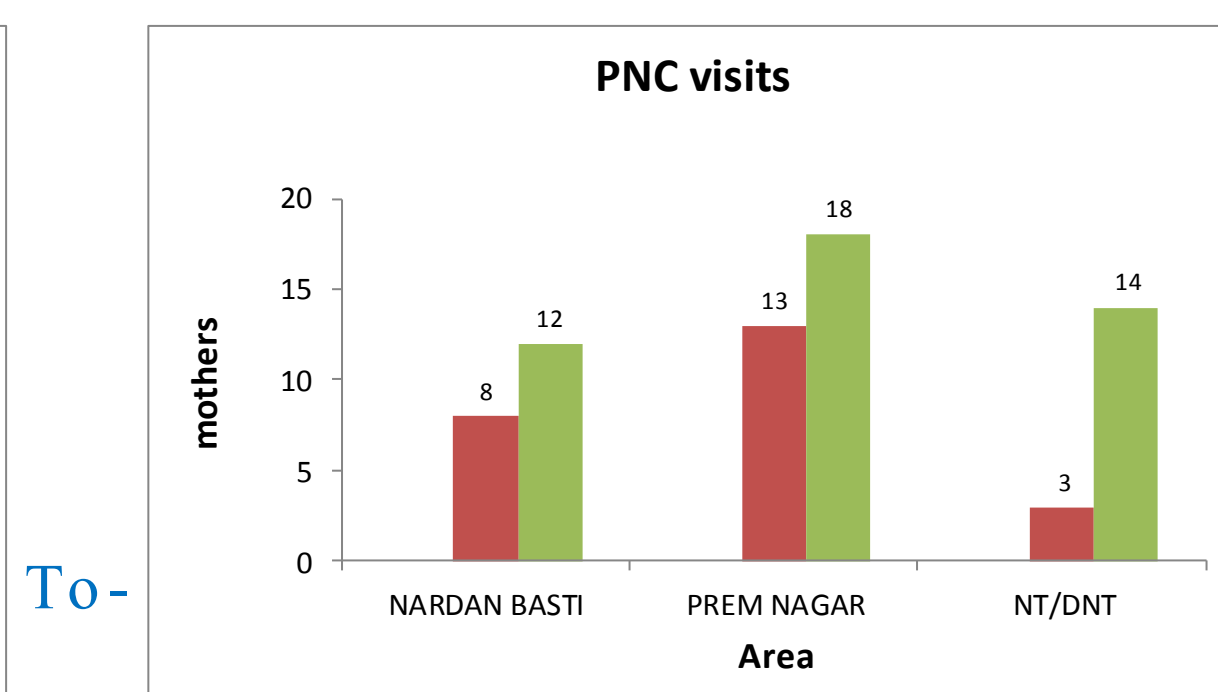
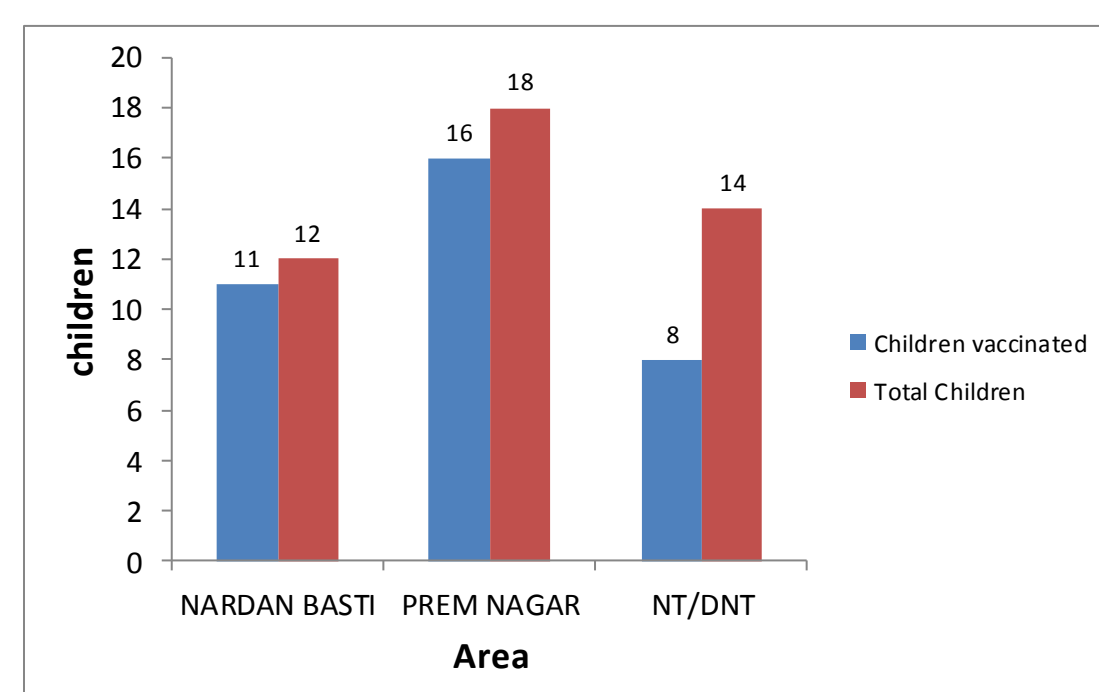
Place of delivery Number of counseled mothers after delivery Number of children who were delivered during pregnancy



Number of children who were delivered during pregnancy

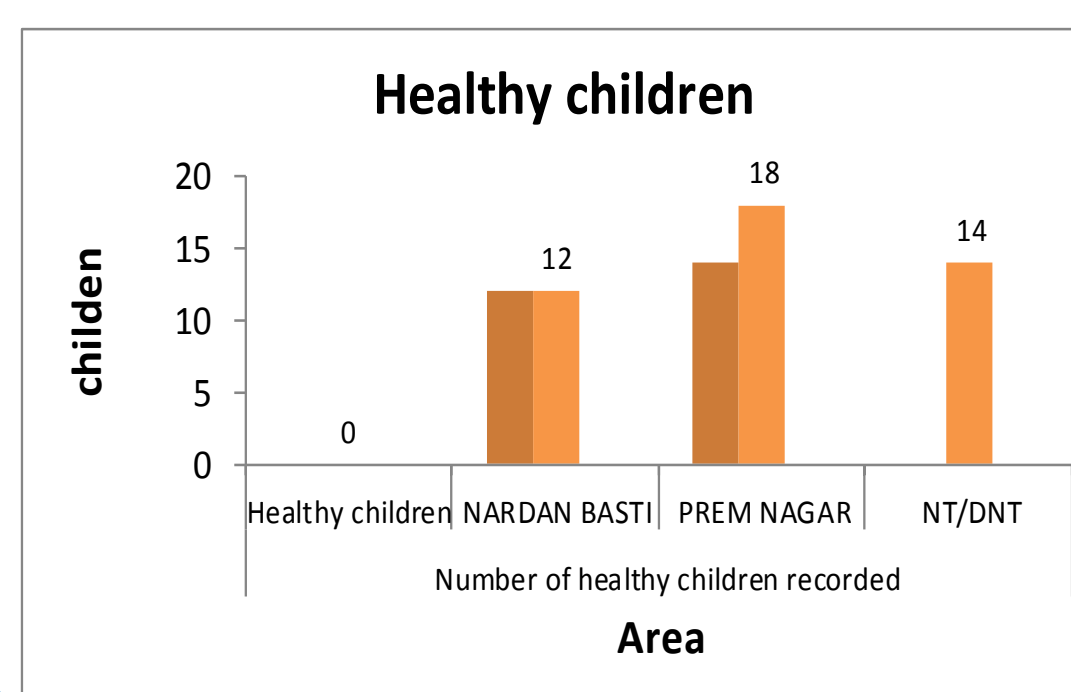


Number of children who were delivered during pregnancy

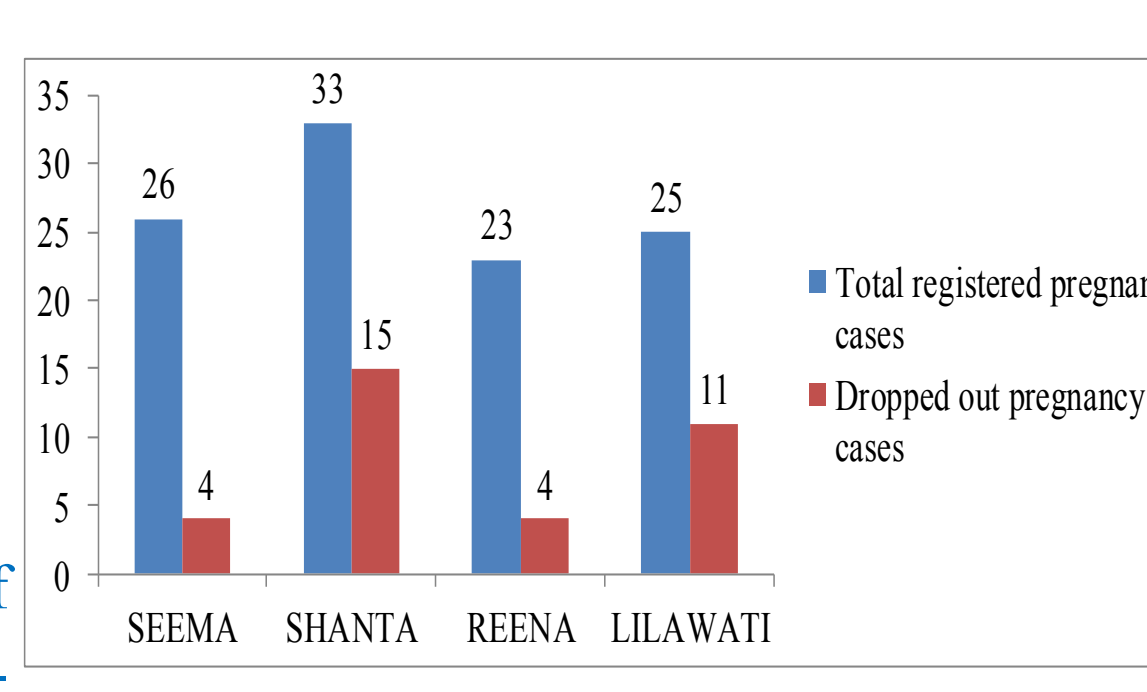


Total number of children

Total number of children



Number of children who were delivered during pregnancy



Findings :

- Families of Nardan Basti and Prem Nagar are found to be much more aware about post natal care as compared to NT/DNT area.
- ASHA Workers have been active in their work and regular visits and have been following "six-clean methods" in cases of home deliveries.
- Follow-ups in context to post-natal care were missing.
- In fact very few females went for complete rounds of checkup at hospital or institution during pregnancy.
- The ANM has been regularly supervising the ASHA workers and maintaining a re-

References: www.who.int and www.ncbi.nlm.nih.gov

Recommendations:

- Educating mothers regarding the importance of post natal care especially those who require immediate attention
- Provide counseling on breast feeding, maternal nutrition, and infant immunization.
- For all home births a visit to a health facility for postnatal care as soon as possible after birth is recommended.
- Newborns and their mothers should be examined for danger signs at home visits.
- At the same time, families should be counseled on identification of these danger signs and the need for prompt care

Conclusion:

Results from the survey indicate that only 35% (16 out of 44) newborns received any Post Natal care check-up within 24 hours of birth. Around 40% (18 out of 44) of the babies did, however eventually receive two or more check-ups within the first 10 days after birth.

- Awareness regarding Post Natal Care is more in Prem Nagar followed by Nardan Basti, and least in NT/DNT.
- Also the children in Nardan basti and Prem Nagar are healthy as compared to NT/DNT families.
- Postnatal mothers do not have adequate knowledge on areas like early and exclusive breast feeding, colostrum feeding, they have not much satisfactory knowledge in areas like hand washing, danger signs etc in NT/DNT area as compared to Nardan basti and Prem Nagar.