

Research Article

A STUDY TO ASSESS THE EFFECTIVENESS OF NURSING CARE ON REDUCTION OF AFTER PAINS AMONG POSTNATAL MOTHERS IN SMVMCH AT KALITHEERTHALKUPPAM, PUDUCHERRY

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ABSTRACT

Postnatal is the period beginning immediately after the birth of a child and extending for about six weeks. The period is sometimes incorrectly called the postpartum period, which refers to the mother and, less commonly puerperium. The wonder of motherhood is the enjoyable journey that is felt only by the mother after giving birth of rebirth by giving birth to the child. The present study was conducted to assess the effectiveness of nursing care on reduction of after pains among postnatal mothers in SMVMCH, puducherry. Qualitative research approach with pre-experimental one group pre-test post-design was selected for this study. The study sample compresses of post natal mothers admitted in SMVMCH. Pretest level of pain was assessed by using the check list. After pre-test nursing intervention was given to the patient with post natal mothers for duration of five days. After the fifth day the post test was assessed by using the same tool. Therefore the finding of the study revealed the importance of nursing care and the effectiveness in reducing the after pain among post-natal mothers. The study participant gets benefited in this study.

INTRODUCTION

Becoming a mother is an important stage in every woman's life. Most different period for women is their growth into parenthood is precisely this postpartum period. (Tarkka and Paunomen, 1995). Postnatal is the period beginning immediately after the birth of a child and extending for about six weeks. The period is sometimes incorrectly called the postpartum period, which refers to the mother and, less commonly puerperium. Childbirth is one of the most important events in a women's life. A mother, even though she is born earlier in this world, perceives an experience. It brings about remarkable changes in her normal life and introduces an exposure to a new role within her. Childbirth introduces different stages, are broadly classified into three main aspects, namely, antenatal period, intranatal period, and postnatal period. Postnatal period is the valuable period for the mother and the new born baby, many mother experiences physiological, psychological, and social changes during these periods. There are many types of postnatal ailments experienced by the mothers such as after pains, irregular vaginal bleeding,

leucorrhoea, cervical ectopic (erosion), backache, retroversion of the uterus, anemia, breast problems and episiotomy discomforts.

Need for the Study

The postnatal period is a time of maternal changes that are both retrogressive (involution of the uterus and vagina) and progressive (production of milk for lactation, restoration of the normal menstrual cycle, and beginning of a parenting role). Protecting a women's health as these changes occurs is important for preserving her future childbearing function and for ensuring that she is physically fit to incorporate her new child into her family. The physical care the women's receives during the postpartum period can influence her health for rest of her life. Most women experiencing some degree of discomfort during the post-partum period. In worldwide reported that the prevalence rate among women from 5% to 25% the incidence of postpartum depression has been estimated to be between 1% and 25.5%.

Objectives

- To assess the level of after-pains among the postnatal mothers.
- To evaluate the effectiveness of nursing care on reduction of after-pains among the postnatal mothers.

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- To associate the effectiveness of nursing care in reduction of after-pain among the post natal mothers with their selected demographic variables

Hypothesis

- H1:** there will be a significant difference between before and after the nursing care on reduction of after pain among postnatal mothers.
- H2:** there will be a significant association between selected demographic variables will effectiveness of nursing care on reduction of after pain among postnatal mothers.

Assumption

- The postnatal mothers may have some knowledge regarding postnatal exercise.

Table 1. Frequency and percentage distribution of postnatal mothers according to their selected demographic variables

SI No	Demographic variable	frequency	percentage
1	Age in years		
	a)Below 25 years	19	63.4%
	b)25-30 years	10	33.3%
2	Religion		
	a)Hindu	24	80%
	b)Christian	3	10%
	c)Muslim	3	10%
3	Educational status		
	a)No formal education	0	0%
	b)Primary	17	56.7%
	c)Secondary	11	36.7%
4	Family income		
	a)Below 5000	15	50%
	b)5000-10000	13	43.3%
	c)Above 10000	2	6.7%
5	Type of family		
	a)Nuclear	13	43.3%
6	Mothers occupation		
	a)home maker	27	90.1%
	b)self employed	1	3.3%
	c)private employee	1	3.3%
7	Postnatal day		
	a)1 st day	11	36.7%
	b)2 nd day	11	36.7%
	c)3 rd day	8	26.6%
8	Gravida		
	a)Primi mothers	21	70%
	b)Multi mothers	9	30%
9	Area of living		
	a)urban	23	76.6%
	b)rural	7	23.3%
10	Type of delivery		
	a)normal vaginal delivery	27	90.1%
	b)LSCS	3	10%

MATERIALS AND METHODS

Qualitative research approach with pre-experimental one group pre-test post-design was selected for this study. The study sample comprises of post natal mothers admitted in SMVMCH. Pretest level of pain was assessed by using the check list.

After pre-test nursing intervention was given to the patient with post natal mothers for duration of five days. After the fifth day the post test was assessed by using the same tool.

INCLUSION CRITERIA

- Mothers with lactation failure
- Normal vaginal delivery.
- Prime and multi Para mothers.
- Mothers soon after delivery up to 3 days.

EXCLUSION CRITERIA

Postnatal mothers with complication like postpartum hemorrhage, perineal or cervical tear, puerperal sepsis, shock, inversion of uterus, pulmonary embolism, psychiatric disorders, uterine rupture, placenta accreta etc.

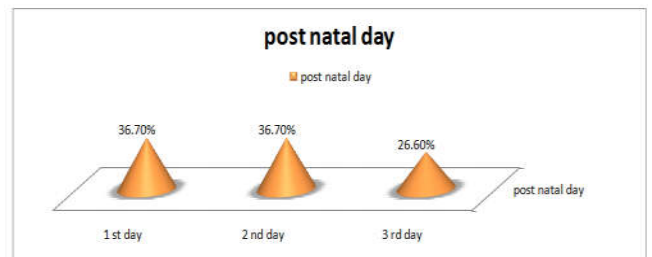


Fig. 1. graphical representation of the postnatal day of postnatal mothers

DESCRIPTION OF THE TOOL

PART-I

It consist of demographic variables such as age, education, occupation, religion, income, type of family, area of living, gravid, type of delivery and postnatal day.

PART-II

Section A: checklist: it consist of 10 checklist questions, the checklist questions are pain, pain behavior, location of pain, sensory perception, body positioning, degree of interaction, bleeding after fundal massage, activity, body mobility.

PART-III

Procedure (fundal massage, kegel's exercise, alternative leg raising exercise).

Table 2. Frequency and percentage distribution of postnatal mothers according to level of before and after pain

Practical level	Before pain		After pain	
	Frequency	%	Frequency	%
mild	0	0%	22	73.3%
moderate	2	6.7%	8	26.7%
severe	28	93.3%	0	0%
Total	30	100	30	100

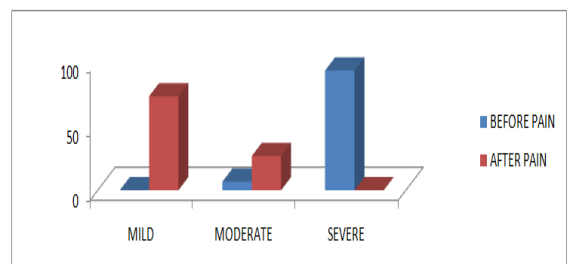


Fig.2. Level of Before and After Pain

Table 3. Mean and standard deviation of nursing care on reduction of before and after pain among post natal mothers

Before pain		After pain		Paired 't' test	'p' value
Mean score	SD	Mean score	SD		
36	2.81%	16	5.21	18.505	0.0001

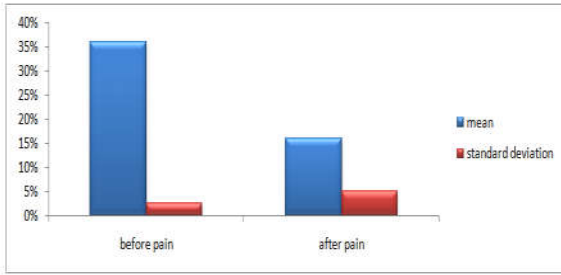


Fig. 3. Mean and SD of Nursing Care on Pain Level

RESULTS

- Before pain level of nursing care among postnatal mothers in reduction of after pain. It reveals that in before pain it is 6.7% are moderately effective and 93.3% are less effective.
- After pain level of nursing care among postnatal mothers in reduction of after pain. It reveals that in before pain it is 73.3% are effective and 26.7% are moderately effective.
- Mean and standard deviation used for evaluate the effectiveness of nursing care among
- Post natal mothers according to the level of before and after pain in before pain, the overall mean value is 36 with the SD of 2.81% where as in the after pain the overall mean value is 16 with the SD of 18.505.

Table 4. Association between selected demographic variables with reduction of before pain among postnatal mothers

Sl no	Demographic variable	Total Sample	Practical level						X2 \p-value
			Severe		Moderate		Mild		
			N	%	N	%	N	%	
1	Age in years								X2/= 1.241 df = 2 p=0.037 S
	a)Below 25 years	19	17	57	2	6.6	0	0	
	b)25-30 years	10	10	33	0	0	0	0	
	c)30-40 years	01	1	3.3	0	0	0	0	
2	Religion								X2/= 2.695 df = 2 p=0.259 NS
	a)Hindu	24	23	76.7	1	3.3	0	0	
	b)Christian	03	3	10	0	0	0	0	
	c)Muslim	03	2	6.7	1	3.3	0	0	
	d)Any other	0	0	0	0	0	0	0	
3	Educational status								X2/= 0.264 df = 2 p=0.876 NS
	a)No formal education	0	0	0	0	0	0	0	
	b)Primary	17	16	53.3	1	3.3	0	0	
	c)Secondary	11	10	33	1	3.3	0	0	
	d)Degree and above	2	2	6.7	0	0	0	0	
4	Family income								X2/= 2.413 df = 2 p=0.342 NS
	a)Below 5000	15	13	43.3	2	6.7	0	0	
	b)5000-10000	13	13	43.3	0	0	0	0	
	c)Above 10000	02	2	6.7	0	0	0	0	
5	Type of family								X2/= 0.039 df = 1 p=0.843 NS
	a)Nuclear	13	12	40	1	3.3	0	0	
	b)joint	17	16	53.4	1	3.3	0	0	
6	Mothers occupation								X2/= 0.238 df = 1 p=0.971 NS
	a)home maker	27	25	93.3	2	6.7	0	0	
	b)self employed	01	01	3.3	0	0	0	0	
	c)private employee	01	01	3.3	0	0	0	0	
	d)government employee	01	01	3.3	0	0	0	0	
7	Postnatal day								X2/= 0.779 df =2 p=0.0067 S
	a)1 st day	11	10	33.3	1	3.3	0	0	
	b)2 nd day	11	10	33.3	1	3.3	0	0	
	c)3 rd day	08	08	27.7	0	0	0	0	
8	Gravida								X2/= 0.918 df =1 p=0.338 NS
	a)Primi mothers	21	19	63.3	2	6.7	0	0	
	b)Multi mothers	09	09	30	0	0	0	0	
	c)Grand multi mothers	0	0	0	0	0	0	0	
9	Area of living								X2/= 0.852 df =1 p=0.355NS
	a)Urban	23	22	73.3	1	3.3	0	0	
	b)Rural	7	6	20	1	3.3	0	0	
10	Type of delivery								X2/= 0.238 df =1 p=0.625 NS
	a)normal vaginal delivery	27	25	83.3	2	6.7	0	0	
	b)LSCS	3	03	10	0	0	0	0	

Table 5. association between selected demographic variables with reduction of after pain among postnatal mothers

Sl No	Demographic variable	Total Sample	Practical Level						X2 \P-VALUE
			Severe		Moderate		Mild		
			N	%	N	%	N	%	
1	Age in years								X2/= 3.790 df= 2 p=0.035 NS
	d)Below 25 years	19	0	0	5	16.6	14	46.6	
	e)25-30 years	10	0	0	2	6.7	08	26.6	
	f)30-40 years	01	0	0	1	3.3	01	3.33	
2	Religion								X2/= 2.645 df= 3 p=0.229 NS
	e)Hindu	24	0	0	5	16.6	19	63.3	
	f)Christian	03	0	0	2	6.7	1	3.3	
	g)Muslim	03	0	0	1	3.3	2	6.7	
	h)Any other	0	0	0	0	0	0	0	
3	Educational status								X2/= 1.779 df= 3 p=0.410 NS
	e)No formal education	0	0	0	0	0	0	0	
	f)Primary	17	0	0	6	20	11	36.6	
	g)Secondary	11	0	0	2	6.7	9	30	
	h)Degree and above	2	0	0	0	0	2	6.7	
4	Family income								X2/= 4.314 df= 2 p=0.115 NS
	d)Below 5000	15	0	0	6	20	4	30	
	e)5000-10000	13	0	0	1	3.3	9	40	
	f)Above 10000	02	0	0	1	3.3	12	3.3	
5	Type of family								X2/= 1.362 df= 1 p=0.201 NS
	c)Nuclear	13	0	0	5	16.6	8	26.6	
	d)joint	17	0	0	3	10	14	46.6	
6	Mothers occupation								X2/= 6.136 df = 3 p=0.105 NS
	e)home maker	27	0	0	6	20	21	70	
	f)self employed	01	0	0	1	3.3	0	0	
	g)private employee	01	0	0	1	3.3	0	0	
	h)government employee	01	0	0	0	0	1	3.3	
7	Postnatal day								X2/= 3.967 df=2 p=0.137 NS
	d)1 st day	11	0	0	4	13.3	7	23.3	
	e)2 nd day	11	0	0	4	13.3	7	23.3	
	f)3 rd day	08	0	0	0	0	8	26.6	
8	Gravida								X2/= 3.998 df=2 p=0.045 S
	d)Primi mothers	21	0	0	4	13.3	17	56.6	
	e)Multi mothers	09	0	0	5	16.6	4	13.3	
	f)Grand multi mothers	0	0	0	0	0	0	0	
9	Area of living								X2/= 2.779 df=1 p=0.035 S
	c)Urban	23	0	0	7	23.3	16	53.3	
	d)Rural	7	0	0	0	0	7	23.3	
10	Type of delivery								X2/= 2.727 df=1 p=0.038 S
	c)normal vaginal delivery	27	0	0	6	20	21	70	
	d)LSCS	3	0	0	2	6.7	1	3.3	

- Paired t-test used to assess the nursing care on reduction of before and after pain among postnatal mothers in before and after pain mean difference value the paired 't' test overall value is 13.505 which is statistically significant at the level of $p < 0.0001$. This shows that the effectiveness of nursing care on reduction of after pains among postnatal mothers.
- The association between the before and after pains with selected demographic variables among post natal mothers. It is statistically found that age of the post natal mothers and the post natal day was effective. it was significantly association with nursing care, it is due to the level of $P < 0.0001$.

Conclusion

This study implies that the level of after pain among post natal mothers were high. And thus the nursing care like fundal massage, kegal's exercise and alternative leg raising exercise was an effective intervention to reduce the after pains among post natal mothers.

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