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A study to assess the awareness regarding health care services available for antenatal mothers at Narayana medical college hospital, Nellore

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Abstract
Background: Antenatal care refers to the care that is given to an expectant mother from the time that conception is confirmed until the beginning of the labour. Watchful waiting, emotional support and parental education are important during pregnancy. This enables the women to guide and regulate their own health practices and prevent complications. Immunization, supplementary nutrition, health education, antenatal checkups, iron and folic acid supplementation, investigations, referral services, antenatal exercises, delivery services are mainly comes under health care services available for the antenatal mothers.
Objectives:
1. To assess the level of awareness regarding health care services available among antenatal mothers.
2. To associate the level of awareness regarding health care services among antenatal mothers with selected socio demographic variables at NMCH, Nellore.
Methodology: 100 antenatal mothers from NMCH, Nellore were selected by using convenience sampling method.
Results: Regarding the level of awareness among antenatal mothers, 6% mothers had good awareness, 78% had moderate awareness and 16% had poor awareness health care services available for antenatal mothers.

Keywords Awareness, health care services, antenatal mothers

Introduction

Health care services are designed to meet the health needs of the community through the use of available knowledge and resources. India has a good heritage of health care practices, health tradition and health care technology. A women is an important person for her children and her family. For the majority of women around the world pregnancy and child birth are normal health and often happy experience [1].

Pregnancy is a special feeling for the mother to be she suddenly realize the power of being a women able to make a human out of her body. Being a special time, pregnancy is also a time where the mother to be should take special care for her body as every action of her will affect her baby. This period in her life poses many new challenges and possible problems [2].

Antenatal care refers to the care that is given to an expectant mother from the time that conception is confirmed until the beginning of the labour. Watchful waiting, emotional support and parental education are important during pregnancy. This enables the women to guide and regulate their own health practices and prevent complications. Immunization, supplementary nutrition, health education, antenatal checkups, iron and folic acid supplementation, investigations, referral services, antenatal exercises, delivery services are mainly comes under health care services available for the antenatal mothers [3].

Need for the Study

In world 20% were born to mothers attending less than four antenatal care services. Approximately 3/5 (60.3%) of the mothers used antenatal services at least once during their most recent pregnancy. Every day approximately 1000 women die from preventable causes related to pregnancy and child birth [4].

Who estimates that in India 2015 over 50,000 women died from pregnancy and birth related causes.500 and 600 maternal deaths per 100,000 live births in 1950. Antenatal care attendance was high with 96% attending once, and 69% the recommended four times, tetanus vaccination (9%) were services most frequently reported [5].

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Andhra Pradesh is the high maternal mortality ratio of 195/10,000 live birth. In 1998 showed the highest percentage (30.5%) of maternal deaths government sources (92%) whereas, approximately 5% of the rural women seek services from private practitioners [6].

In Nellore only 26.2% of the beneficiaries had knowledge of MGH center. Around 25% of the beneficiaries had utilized them. 25% of the respondents were receiving service the family planning centre of nearly hospitalize 10% of them private doctors and the rest (5%) from the government hospitals and dispensaries in the city. Maternal mortality rate is 154 / 10000 live births [7].

Michael J Dibley *et al*., (2018) conducted a study to assess the factors associated with under utilizations of antenatal care services. Logistic regression models were used to examine between all potential risk factors and underutilization of antenatal services. Data from Indonesia Demographic and Health Survey [IDHS]. Information of 26.591 singleton live-born infants of the mother's most recent birth within five years preceding each survey was examined. 23 potential risk factors were identified and categorized into four main groups, external environment, predisposing, enabling and need factors. Factors strongly associated with underutilization of antenatal care services were household wealth index, low maternal education level, and high birth rank infants with short birth interval of less than two years. The study findings revealed that 55% of the total risks for underutilization of antenatal care services. The study recommended that strategies to increase the accessibility of health care services are important particularly for communities in rural areas. Health promotion programmes targeting mothers with low education are vital to increase their awareness about the importance of antenatal services [8].

Problem Statement
A study to assess the awareness regarding health care services available for antenatal mothers at Narayana Medical College Hospital, Nellore.

Objectives
1) To assess the level of awareness regarding health care services available among antenatal mothers.
2) To associate the level of awareness regarding health care services among antenatal mothers with selected socio demographic variables at NMCH, Nellore.

Delimitations
- Antenatal mothers admitted in NMCH, Nellore.
- Sample size of 100.

Methodology
Research approach
A quantitative approach was adopted to determine the research study.

Research Design
The present study was conducted by using descriptive research design

Setting of the Study
The setting of the study is Narayana Medical College Hospital, Chinthareddypalem, Nellore.

Population
Target population
The taret population for this present study includes the all antenatal mothers.

Accessible Population
The accessible population for the present study includes antenatal mothers admitted in NMCH and who fulfils the inclusion criteria.

Sample
The sample for the present study selected antenatal mothers admitted antenatal ward in Narayana Medical Hospital, Nellore.

Sample Size
The sample for the present selected from 100 antenatal mothers in NMCH, Nellore.

Sampling Technique
Non probability convenience sampling technique was adopted for this study.

Criteria for Sampling Selection
Inclusion criteria
- Antenatal mothers both primi & multi.
- Who are available and willing to participate?
- A sample size of 100 only

Exclusion criteria
- Who are not available at the time of data collection
- Who are not willing to participate in the study.

Description of Thetool
Part-A: Socio demographic variables: Age, education, religion, occupation, number of deliveries, type of family and area of residence.
Part B: Structured questionnaire related to health care services available for antenatal mothers.

Score Interpretation

S. No	Score	Level of awareness
1.	0-10	Poor awareness
2.	11-20	Adequate awareness
3.	21-30	Good awareness

Data Analysis and discussion

Table 1: Frequency and Percentage distribution of level of knowledge on antenatal services. **(N=100)**

S. No.	Level of Awareness	Frequency	Percentage
1.	Good	6	6%
2.	Moderate	78	78%
3.	Poor	16	16%

Table 2: Mean and Standard Deviation of level of awareness regarding health care services available for antenatal mothers. (N=100)

Level of knowledge	Mean	SD
Antenatal mothers	14.04	3.931

Table 3: Association between level of awareness and socio demographic variables among antenatal mothers. (N=100)

S. No	Demographic Variables	Good		Moderate		poor		Chi-Square
		F	%	F	%	F	%	
	Education							
1.	a) Illiterate	-	-	12	12	3	3	C=22.926
	b) High School	2	2	39	39	9	9	Df=4
	c) Degree	1	1	24	24	4	4	T=11.64
	d) Others	3	3	3	3	-	-	P<0.05S*
	Religion							
2.	a) Hindu	2	2	55	55	7	7	C=9.856Df=5
	b) Muslim	4	4	18	18	6	6	T=7.59
	c) Christian	-	-	5	5	3	3	P<0.05 S*

Major findings of the study

- Regarding the level of awareness among antenatal mothers, 6% mothers had good awareness, 78% had moderate awareness and 16% had poor awareness health care services available for antenatal mothers.
- The mean knowledge score of nurses was 14.04 and standard deviation was 3.931.
- Regarding association between level of knowledge and demographic variables only education and religion had significant association at P<0.05 level.

Conclusion

The study concluded that majority of antenatal mothers, (78%) had moderate awareness regarding health care services available for antenatal mothers. The study recommended that strategies to increase the accessibility of health care services are important particularly for communities in rural areas. Health promotion programmes targeting antenatal mothers are vital to increase their awareness about the importance of antenatal services.

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