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## A descriptive study to assess the level of knowledge on management of minor ailments among Primi Gravida Mothers

**Padma Priya D and Subhasri K**

### Abstract

The present aim was to determine the existing level of knowledge on management of minor ailments among primigravida mothers who attended antenatal clinic at Saveetha Medical College And Hospital. A quantitative approach with descriptive research design was adopted for the present study. 60 antenatal mothers among which (n=60) were selected by using non probability purposive sampling technique. A self- structured questionnaire method was used to collect both the demographic data and the existing level of knowledge on management of minor ailments during pregnancy among Primi Gravida Mothers. Among 60 study participants, the mean score on existing level of knowledge on management of minor ailments among Primi Gravida Mothers was found to be 17.53 with standard deviation of 3.59. Hence the findings of present study concluded that, primigravida mothers had a good level of knowledge on management of minor ailments during pregnancy period.

**Keywords:** Knowledge, management of minor ailments, Primi Gravida Mothers

### Introduction

Pregnancy is a terrific milestone in every women's life, with a beginning of a new offspring<sup>[1]</sup>. As pregnancy is considered to be a innovative and best duration which requires special consideration from conception till postnatal period<sup>[2]</sup>. Pregnancy and childbirth are interrelated components, which a women's experience during her reproductive life<sup>[3]</sup>. Pregnancy is not an illness, it's a state of physiological and emotional well-being, which is associated with altered hormonal levels and physical modifications<sup>[4]</sup>. It has been reported that 80% of pregnant women are affected with minor ailments as a result of physiological and hormonal changes take place in the body during pregnancy. Few of minor disorder includes nausea, vomiting, Backache, giddiness, heart burn, pica, fatigue, and muscle cramps<sup>[5]</sup>. As antenatal mother's play's a vital key role in perceiving these deviations in minor development and initial of evidence of disorder due to the fact that she is intent looking her baby. So, she desires the fundamental information and competencies concerning mom craft infant nutrition, immunization, environmental sanitation, private hygiene<sup>[6]</sup>. A study discovered that minor ailments are most effective and they are not a life-threatening situation as soon as women become a pregnant as these minor ailments may be aggravated and became a severe trouble of pregnancy period<sup>[7]</sup>. Primigravida women require, teaching to promote their understanding and practices to overcome these minor discomforts throughout the pregnancy. Few investigations were carried out based on this specific context in understanding and practices of primigravida women concerning these minor discomforts of pregnancy<sup>[8]</sup>. Professional nurse is an invaluable member of the health care team while working with pregnant mothers, being knowledgeable and capable to assist the patient and to provide her recommendation to make her more comfortable is very important<sup>[9]</sup>. The 9 months of pregnancy is a unique time of course, were the body of pregnant women is subjected under the great deal of pressure and certain amount of pain is nearly inevitable. Throughout being pregnant, she has to be very careful while using certain effective pharmacological measures to relieve the symptom of these minor discomforts that might have unknown consequences and effect throughout the pregnancy both on the mother as well as fetus<sup>[10]</sup>. Effective antenatal care enhances and promote the wonderful pregnancy experience among mother's and improve maternal and child survival<sup>[11]</sup>. Nausea and Vomiting occurs especially in the morning soon after getting out of bed and are more common in primi gravida. Heartburn is a common discomfort due to relaxation of the esophageal sphincter as a result of hormonal effects.

Constipation is the common ailment in pregnancy due to atonicity of the gut. Back pain may result from physiological changes resulting in joint ligament laxity, weight gain, hyperlordosis. Leg cramps are due to elevation of serum calcium. Ankle edema is due to excessive fluid retention as evidenced by marked weight gain. Varicose veins in the legs and vulva or rectum may appear for the first time or aggravate during pregnancy, in later months. Woman presents with pain and numbness in the thumb, index and the middle finger due to increased pressure over the median nerve [12]. As the mother experiences certain discomforts during pregnancy period and it's the duty of a nurse as a part of the collaborative team in the health care profession to promote comfort and to prevent the adverse effects of using drugs to prevent these minor discomforts as well as to minimize the adverse effect on fetus and the mother. As a nurse, it is therefore, necessary to take remedial measures to prevent these ailments by eliminating on the hospital management or drugs. Hence there is a need to assess every antenatal mother's knowledge level on managing these minor ailments [13]. So, the main motive and aim of the present study was to assess the existing level of knowledge on management of minor ailments among primigravida mothers and to find out the level of knowledge on management of minor ailments among primigravida mothers with their selected demographic variables.

## Methods and Materials

The quantitative approach with non-experimental descriptive research design was used adopted for the present study. After obtaining an ethical clearance from the institutional Ethical Committee (IEC) of Saveetha Institute Of Medical And Technical Sciences and a formal permission from the departmental head Of Obstetrical And Gynaecological Unit, the study was conducted. A total of 60 antenatal mothers who attended antenatal clinic (n=60) and the primigravida mothers who met the inclusion criteria were selected as study participants by using non probability purposive sampling technique. The inclusion criteria for the study participants were the primigravida mothers between the age group of 25-40 years and who are available during the study period who were willing to participate and are able to read, write and understand Tamil and English. The exclusion criteria for the study participants were antenatal mothers who are critically ill and with previous history of psychiatric disorders. The purpose of the study was explained by the investigator to each of the study participant and a written informed consent was obtained from them. The demographic data and the existing level of knowledge was collected by using a self-structured questionnaire and the collected data were tabulated and analysed by using descriptive and inferential statistics.

## Results and Discussion

### Section A: Demographic Characteristics

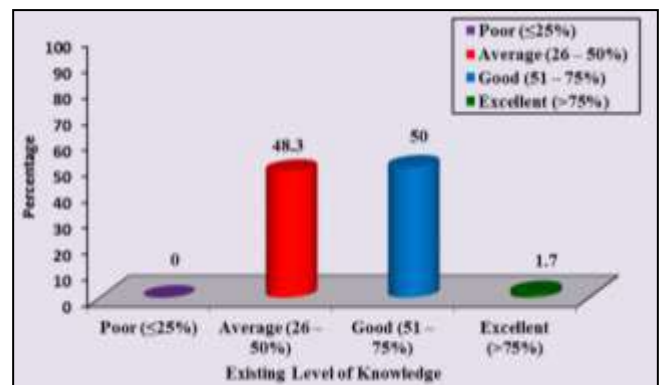
Among 60 study participants, with regards to age 33 (55%) were in the age group of 25-30 years. With regards to educational qualification, 21(35%) belongs to higher secondary education. With regards to occupation, 32 (53.3%) were housewives, with regards to the type of family, 41 (68%) were belong to nuclear family. With regards to the type of marriage, 32 (53.3%) were non-consanguineous marriage, with regards to gravida 60 (100%) belongs to primigravida.

### Section B: Existing Level of Knowledge on Management of Minor Ailments among Primi Gravida Mothers

The existing level of knowledge on management of minor ailments among antenatal mothers revealed that 30(50%) had good knowledge, 29(48.3%) had average knowledge and 1(1.7%) had excellent knowledge, respectively [Table 1 and Figure 1].

**Table 1:** Frequency and percentage distribution of level of knowledge on management of minor ailments among Primi Gravida Mothers N=60

Existing level of Knowledge	Frequency (N0s)	Percentage (%)
Poor ( $\leq 25\%$ )	0	0
Average (26 – 50%)	29	48.3
Good (51 – 75%)	30	50.0
Excellent ( $>75\%$ )	1	1.7



**Fig 1:** Percentage distribution on level of knowledge on management of minor ailments among Primi Gravida Mothers

The present study findings are supported by Baljeet kaur, *et al.* (2018) [2] conducted a study to assess the level of knowledge on management of minor ailments among antenatal mothers. The study results determined out of 100 samples in the descriptive group 0.4% had below average level of knowledge, 0.6% had good level of knowledge and 0.1% had excellent level of knowledge [2].

This finding was supported by Kommuri Vennela Kumari, *et al.* (2018) [7] conducted a study to assess the level of knowledge on management of minor ailments among antenatal mothers who attended antenatal clinic, the findings of this study reveals that out of 60 study participants in the descriptive group, 50% had poor knowledge, 16% had average knowledge, 36.7% had good knowledge, 13.3% had excellent knowledge regarding management of minor ailments during pregnancy [7].

This finding was supported by Sharon Vincet (2015) [4], conducted a descriptive study among 100 Primi Gravida Mothers in aim for assessing the level of knowledge of primi gravida mother's on self-management of minor discomforts during pregnancy. The data was collected by using a self-structured questionnaire from all the samples and the study findings concluded that, among 100 primi mothers, only 29% had good level of knowledge concerning the existence of management on these minor ailments [4].

This finding was supported by Kommuri Vennela Kumari, *et al.* (2018) [7] conducted a descriptive study among 60 antenatal mothers in aim for knowledge on management of minor ailments during pregnancy among antenatal Mothers. The data was collected by using a self-structured knowledge questionnaire from all the samples and the Study

findings concluded that, among 60 antenatal mothers, only 30(50%) had inadequate knowledge concerning the existence of management on minor ailments<sup>[7]</sup>.

Hence, it was concluded that, there is a need to educate and improve all the pregnant woman's knowledge concerning these minor ailments and its management by providing pamphlets and additional information booklet for better understanding in treating these minor discomforts during their pregnancy period.

**Section C:** Existing Level of knowledge score on management of minor ailments among Primi Gravida Mothers

**Table 2:** Assessment of Existing Level of Knowledge Scores on Management of Minor Ailments among Primi Gravida Mothers. N=60

Existing level of knowledge	Mean
Minimum Score	10.0
Maximum Score	27.0
Mean	17.53
Standard Deviation	3.59

For the present study, the mean score on level of knowledge on management of minor ailments among primigravida mothers was 17.53 with standard deviation 3.59 and minimum score of 10.0 and maximum score of 27.0.

**Section D:** Association Between the Existing Level of Knowledge on Management of Minor Ailments among Primi Gravida Mother's With Their Selected Demographic Variables:

None of the demographic variables had shown statistically significant association with level of knowledge on management of minor ailments among Primi Gravida Mothers in antenatal clinic.

## Conclusion

Thus the findings of the present study revealed that, the existing level of knowledge on management of minor ailments among Primi Gravida Mothers was good and there is a need to improve the knowledge about management of minor ailments through pamphlet distribution and create awareness by conducting health education programmes.

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## Conflict of Interest:

Author's declare no conflict of interest.

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