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Original Article

**A study to assess the level of knowledge regarding prevention of PIH among antenatal primi gravida mothers in selected hospital, Dehradun, Uttarakhand, India.****K.Chitra \****Department of Mental health Nursing, Govt College of Nursing, Roshnabad, Haridwar, Uttarakhand, India***Received: 12-06-2018 / Revised: 15-08-2018 / Accepted: 30-08-2018****ABSTRACT**

**Background:** Lo, children are a heritage of the lord and the fruit of the womb is his reward. "Bountiful birth and human being born brings us into the spirit of creation, where the human spirit is courageous and brave and the body, a wonder of wisdom." Having a baby is absolutely solitary joyful experiences in a women's life. The child birth for a mother is an important contribution to the motherhood and is highly personal and individual experience. Journey in life is equally important as arriving at the destination. They crossing towards giving child birth can be a long and painful experience but the outcome is very sweet. Women may not have problems during pregnancy but some are not so lucky, face various problems related to pregnancy and child birth. In India mothers and children who constitute a large group are highly vulnerable and many problems make them a special risk. Pregnancy is a one of the wonderful and Nobel service by nature, no women shrink, most of the normal physiological process and not a disease, but it is associated with certain risks to the mother and for the infant she bears. These risks are common in every society and every setting, but in developed countries these risks have been largely overcome because every pregnant woman has access to special care. Still some of pregnant women with elevated blood pressure have normal babies without any serious problems, but elevated blood pressure can be dangerous for equally the mother as well as fetus. Women with pre obtainable disorders are further likely to have complications during pregnancy than those with usual blood pressure. Conversely some women expand high blood pressure while they are pregnant habitually called gestational hypertension. The result of elevated blood pressure can damage the mother's kidneys and other organs and it can leads to low birth weight and early delivery. In the most of the serious cases the mother develops pre Eclampsia or Toxemia of fetus. **Objective:** The main aim of the study was to bring the positive outcome of knowledge among antenatal primi mothers regarding prevention of pregnancy induced hypertension in shri Mahant Indires hospital, Patel nagar, Dehradun. **Materials and Methods:** A simple descriptive study was undertaken at Shri Mahant Indires Hospital at Dehradun from July 18<sup>th</sup>, 2012 to 25<sup>th</sup> July were data was collected from 60 antenatal mothers. The purpose of the study was to assess the level of knowledge among antenatal primi mothers regarding prevention of PIH. The instruments used for data collection was questionnaire method which consists of knowledge regarding prevention of PIH data was analyzed using questionnaire method. **Results:** The findings are summarized as around 65% of antenatal mothers were age between 21-25 years. About 80% of antenatal mothers were Hindu background, 40% of graduated antenatal mothers, 75% of antenatal mothers were house wives, 55% of antenatal mothers were from nuclear family, and 70% of antenatal mothers from urban area. About 75% of antenatal mothers were had previous knowledge regarding PIH, and 50% of them got sources of information from televisions. **Conclusion:** Highest (68%) of antenatal mothers were having average knowledge, 25% of them were having good knowledge, and only 7% were having poor knowledge regarding prevention of PIH. **Keywords:** Antenatal mother, primi gravida, level of knowledge, pregnancy induced hypertension.

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## Introduction

**“Pregnancy is a kind of miracle particularly so in that it proves that a man and women can plan to force to create a new soul.”-Robert Anton Wilson.** Pregnancy is one of the wonderful and Nobel service by nature, no women shrink, most of the normal physiological process and not a disease, but it is related with certain risks to the mother and for the baby she bears. These risks are ordinary in every people and every setting, but in developed countries these risks have been largely prevail over because every pregnant woman has access to special care[1]A few of the pregnant women with elevated blood pressure have normal babies without any complications during their delivery time, but high blood pressure can exist dangerous for both the mother and baby inside the womb.. Women may likely to have complications during pregnancy than those with normal blood pressure. Though some women develop high blood pressure while they are pregnant often called gestational hypertension. The effect of high blood pressure can impair the mother’s kidneys and other organs and it can cause low birth weight and premature delivery. Some of the serious cases the mother develops pre Eclampsia or Toxemia of fetus.it happens due to lack of knowledge regarding antenatal Care. Otherwise when primi mothers should be advised for all the components of antenatal care by the health care professionals[2,3]

Pregnancy induced hypertension occurs frequently in young primi gravid. It is more common in Primi mothers over 35 years of age and multiple pregnancies with diabetes and obese mothers. It is uniformly common in women, from low socio-economic group who are not likely to have usual antenatal care. PIH is characterized by hypertension and proteinuria accompany by edema. It develops only during pregnancy. Both mother and fetus harmfully affected by motherly hypertension. PIH is familiar as the death in which requires the united efforts of all members of the health care team in close group effort with other medical persons.

Pregnancy induced hypertension is recognized as the death in which requires the united efforts of all members of the health care team in close collaboration with other medical personnel. occurrence of Eclampsia is around 1 in 1500 pregnancies of this about 50% occurs in the antenatal

period, 30% occurs during the Intrapartum period and 20% takes place within the first few hours after delivery. Deaths due to eclampsia occur because of cerebral hemorrhage and adult respiratory distress syndrome. Maternal mortality due to eclampsia varies between 2-30% and is much higher in rural areas. PIH especially pre eclampsia is a major cause of maternal and prenatal morbidity and mortality worldwide [4]

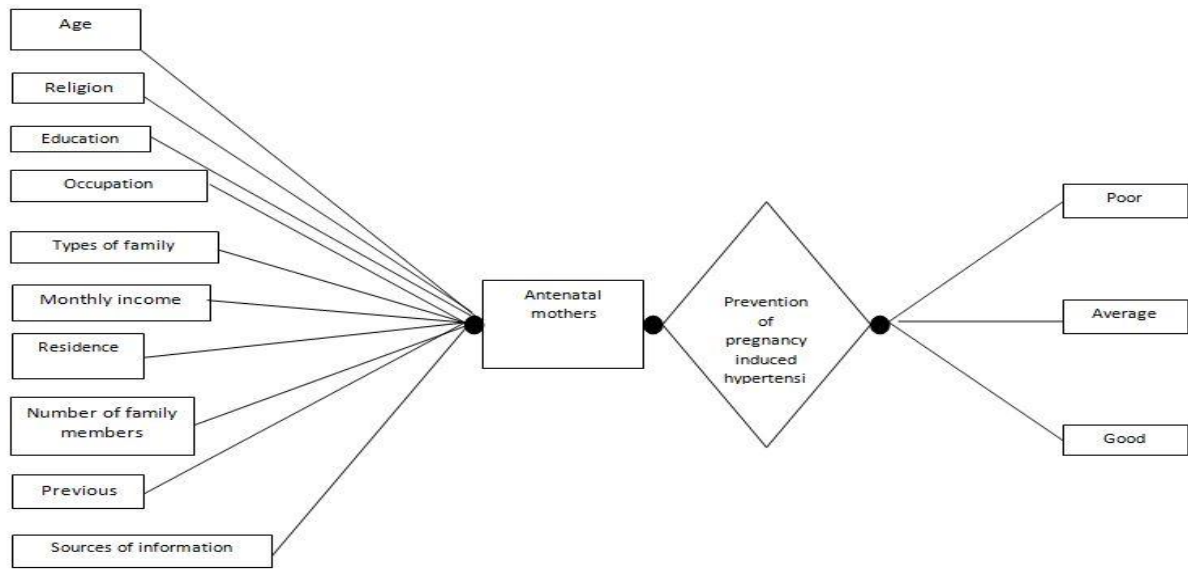
The major impact of PIH on birth outcomes has been broadly studied. on the other hand the potential long term consequence of PIH on infants. PIH have been confirmed to enlarge extensively the risk of low birth weight by both increasing preterm birth as well as dropping fetal growth. In India the nationalized occurrence of pregnancy induced hypertension is 15-20% with occurrence in nulliparous women being 4 times larger than in multipara women. In Asia the number of maternal deaths is estimated to have dropped from 315000-139,000 between 1990-2008. The report, Trends in maternal mortality by the WHO, the UNICEF, the United Nations population funds (UNFPA) and the World Bank. Worldwide and subnational cause and prenatal mortality and morbidity. Women with pre eclampsia are 2-3 times more possible to have caesarian section compare to normotensive women and have longer hospital stay. The combined prevalence of various hypertensive disorders in pregnancy is said to be 6-8% which are the leading causes of maternal and prenatal mortality and morbidity.

## CONCEPTUAL FRAMEWORK

Concept is defined as complete rational formulation often on object, property or event that is derived from individual preparation and experience[5,6]. Conceptual framework is inter-related concept or abstractions that are assembled collectively in some national scheme by good worth of their relevance to a common theme[7].

In this study to “Assess the level of knowledge regarding prevention of PIH, among antenatal primi gravida mothers in SMIH, Dehradun” if it is conceptualized the level of knowledge among antenatal mothers will vary based on their demographic variable as such as age, religion, Education, Occupation, Types of family, monthly income, Residence, Number of family members, Previous exposure regarding prevention of PIH, and Sources of information[8-10].

**Conceptual frame work**



**Fig 1: Conceptual frame work showing the level of knowledge regarding prevention of PIH among antenatal primi gravida mothers**

**Materials and methods**

The descriptive study design with cross sectional survey was used for the present study In this study interview method was used with structure questionnaire. The tool prepared was interview schedule with structured questionnaire which was prepared according to the object of present study. The study subjects comprised of 60 antenatal primi mothers were selected by non probability purposive sampling technique. The instrument used for this study composed of 2 parts: part 1: Demographic variables and part 2 it consists of MCQ to assess the level of knowledge among regarding prevention of PIH antenatal mothers. For the convenience, the level of knowledge among antenatal regarding prevention of PIH was divided into good, average and poor.

**Table 1: Scoring of level of knowledge**

Level of knowledge	Score
Poor	0-6
Average	7-13
Good	14-20

**Results**

Percentage wise distribution of level of knowledge among antenatal mothers regarding prevention of PIH.

Level of knowledge	Number	Percentage
Poor	4	7%
Average	41	68%
Good	15	25%

Percentage wise distribution of level of knowledge regarding prevention of PIH among antenatal primi gravida mothers revealed that Highest (68%) of them were had average knowledge, and 25% were had good knowledge and only 7% had poor level of knowledge.

**Discussion**

There are many studies conducted to assess the level of knowledge regarding prevention of PIH among antenatal primi mothers. In my study 68% of antenatal primi mothers are having average knowledge. Structured teaching programme or some of the intervention based studied to be conducted to aware the mothers. Hence the study suggests that interventions will be doing well to improve the level of knowledge regarding prevention of PIH among antenatal primi mothers.

**Nursing implications****Nursing services**

The findings of this study will help the nursing professionals working in the hospital to plan for their effective nursing care, and to educate the antenatal mothers how to prevent PIH like signs and symptoms and effect of mother and fetus etc.

**Nursing education**

The findings can be utilized to prepare a health education material to educate the students, regarding proper management techniques of prevention of PIH.

**Nursing research**

The findings of the study can be utilized for conducting further research to assess the maternal morbidity rate and mortality rate associated with PIH.

**Recommendations**

- Similar study can be undertaken for experimental studies. More samples to generate the findings.
- A comparative study can be carried out to assess the level of knowledge among antenatal mothers regarding prevention of PIH in Rural and urban areas.
- A comparative study can be undertaken to assess the level of knowledge among primi gravida and multigravida mothers.
- An Experimental study can be carried to assess the level of knowledge among antenatal mothers one who is suffering with PIH.

**Conflict of Interest: None**

**Source of Support: Nil**

**Conclusion**

The fruit of the womb is reward of god. Mother who is carrying baby should be knowledgeable so that it can protect herself as well baby.

**Acknowledgment**

My immeasurable happiness to convey my thankfulness to almighty God. My work is not done if I do not thank my god for his vital role in the successful finishing point of my research work.

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