

Utilization of Postnatal among Mothers having under Two years

Child in Mahalaxmi Municipality, Lalitpur, Nepal

Radha Kumari Paudel¹ Mamata Maharjan² Sabina Shrestha³

¹Radha Kumari Paudel, PhD Scholar, Mewar University, Rajasthan, India

²Mamata Maharjan, Assistant professor, Manmohan Memorial Institute of Health Sciences, Nepal

³Sabina Shrestha, Undergraduate student, Manmohan Memorial Institute of Health Sciences, Nepal

Corresponding Author

Radha Kumari Paudel

Email: radha_pdl@yahoo.com

ABSTRACT

Postnatal care is a critical phase in the lives of mothers and newborn babies as major changes occur during this period which determines the well-being of mothers and newborns. Adequate utilization of postnatal care can help reduce maternal as well as infant morbidity and mortality. Thus, this study generates the information regarding postnatal care utilization in Lubhu of Mahalaxmi Municipality. This was a descriptive cross-sectional study carried out in a Lubhu of Lalitpur district. The study sample comprised of 130 mothers having under 2 year's children in year 2017. A pre-tested structured questionnaire was used for data collection. The findings showed that majority of mothers fall under age group 20-29, maximum were from Hindu and Newar ethnicity. This study highlighted more than half (67.7%) mothers utilize the postnatal services. One of the important reasons for not utilizing postnatal services is absence of disease condition in child followed by less knowledge about postnatal services. There was a significant ($p=0.018$) association between mothers education status with utilization of postnatal services. This study concludes that maternal education status affects the maternal utilization of postnatal care services. In order to achieve 100% postnatal care utilization, awareness programs, educational package and other various Postnatal women focused program must be conducted to make them aware about the importance of the utilization of Postnatal services and availability of Postnatal services in different level of health facility.

KEYWORDS

Postnatal services, Under-two year's children, Utilization

INTRODUCTION

Postnatal period is defined as the period between the first six weeks after birth and is critical to the health and survival of both a mother and newborn. Most maternal and infant deaths occur during this period of time. Despite the fact that Post Natal Care service utilization would avert the death of mothers and their newborn; the postnatal care service utilization is generally believed to be low in Ethiopia (Giru, 2016). The principal objectives of postnatal care services are to evaluate,

maintain and promote the health of the birthing woman and the newborn and foster an environment that offers help and support for diverse health and social needs (Agnes, 2014). Each year globally more than half a million women die from complications of pregnancy and childbirth. Thus, postnatal care is important for both the mother and the child to treat complications arising from the delivery, as well as to provide the mother with important information. The majority of deaths occur in less developed countries (Kifle, 2014).

Globally, the total maternal and neonatal deaths that occur 99% of which occur in low and middle income countries. Dangerous time period for both the mother and newborn infant includes first hours, days and weeks after child birth. Majority of maternal and child morbidity and mortality is prevented through Postnatal care. Despite its importance, this period is generally the most neglected in developing countries (Hailu, 2014). In developed countries, virtually all women and their infants receive postnatal care, even though the nature and frequency of this care vary considerably. However, in developing countries, even the need for care and support after birth was less recognized and approximately one-third of women in sub-Saharan Africa give birth in facilities, and no more than 13 percent receive postnatal care within two days of delivery (Giru, 2016).

According to the annual health report Nepal, 2072/2073, the proportion of mothers attending three postnatal care visits as per the protocol declined as compared to 2071/72 from 20 in 2071/72 to 18 in 2072/73 all over the nation (Annual Report 2072/2073). Appropriate utilization of maternal health care services is very important to reduce the maternal morbidity and mortality rate in the country. The aim of postnatal care is to make sure that the life threatening complication is detected and treated to save the life of mother and newborn, and to provide information to improve both the mother and child. The proportion of mothers attending three postnatal care visits as per the protocol declined in 2072/73 in all regions except Eastern Development Region in Nepal. Different studies conducted in Nepal have reported that utilization of postnatal services is relatively low than other two phases (Government of nepal, 2072/2073). Institutional delivery was 57% nationally whereas PNC within 24 hours was lower at 48% (Annual Report 2071/2072). The proportion of mothers attending three PNC visits as per the protocol declined in 2072/73 in all regions except Eastern Development Region (Government of nepal, 2072/2073).

Child and Maternal Health Services are prioritized programs in the health system of Nepal. MOHP has initiated various programs to increase services utilization and to reduce maternal mortality. The main determinants of under utilization of health services and poor health status of women and children include low social status of women, poverty, ethnic and cultural beliefs over sorcery and traditional healers, low priority of women health in the family, low female education and low health literacy. However, the exploration of such factors has been infrequent in a rural part of Nepal (Joshi, 2014). There is the situation of postnatal services that are provided and available, but women do not make use of it. Women will attend antenatal care services but once the baby is born they are reluctant to utilize postnatal care services for themselves and their babies especially if they perceived their health status and that of the babies as satisfactory. Majority of maternal and child morbidity and mortality is prevented through Postnatal care. Thus it can be concluded that there is need of assessing the utilization of postnatal services among postnatal women. The study

assisted in identification of the gaps in the utilization of postnatal care services, which will help in identifying specific strategies to increase the utilization.

MATERIAL AND METHODS

A community based descriptive cross sectional study was conducted among mother having under two years child of Lalitpur districts. Ethical approval was taken from institute review board of Manmohan Memorial Institute of health sciences Kathmandu and formal consent with the respective the respondents was taken before data collection. Altogether 130 postnatal mothers were selected for this study by using the non – probability convenience sampling method using structured questionnaires. The Collected data and information were analyzed and interpreted with quantitative descriptive method.

RESULTS

Demographics characteristics of respondent

Out of 130 respondents, majority (60%) were aged between 20-29 years. The majority 80.8% of respondents were from Hindu religion. Similarly the 34.6% of respondents were from Newar ethnicity. Majority (53.8%) of the respondents were living in nuclear family. Majority of the respondent's occupation was home mate worker (70%). Similarly, (26.9%) of respondents were secondary education (Table 1).

Table 1: Socio-demographic profile (n=130)

SN	Variables	Percentage (%)
1	Age of respondents	
	Below20 years	5.4
	20-29 years	60
2	30-39 years	33.1
	40and above	1.5
	Religion	
	Hindu	80.8
3	Buddhist	6.9
	Muslim	0.8
	Christian	11.6
	Ethnicity	
4	Brahmin	11.5
	Chettery	21.5
	Dalit	2.3
5	Newar	34.6
	Janjati	29.6
	others	0.8
6	Types of family	

Nuclear	98.5
Joint	0.8
Extended	0.8
Occupation	
Home mate	70
Agriculture	2.3
Service Holder	16.2
Business	11.5
Education	
Illiterate	6.2
Literate	16.2
Primary	17.7
Secondary	26.9
Higher secondary	16.9

Source: Field survey 2017

Majority (81.5%) of respondent heard about postnatal care services. The sources of information were heard via health worker (71.8%). Respondent's response for times of postnatal care visits, majority (35.4%) told one time. Among 106 respondents response for the time periods of postnatal care uptake (70.8%) gave correct time period. The service provided by government health institution (50.8) and service provided by nurse was (29.2%). Services got under postnatal care services, only (25.1%) of the respondents said examination of mother and new born and immunization of newborn, followed by (24.9%) counseling on breast feeding, birth spacing, infection prevention including maternal and child danger sign (Table 2).

Table: 2 Knowledge on postnatal care services (n=106)

S.N	Variables	Percentage (%)
1	Heard about PNC	
	Yes	81.5
	No	18.5
2	Sources of information	
	Radio	5.1
	Friends/Neighbor	8.5
	Newspaper	0.9
	Health worker	71.8
	Others	13.7
3	PNC visit to be done	
	From birth to 2 days	13.2
	2 to 7 days	6.6
	8 to 14 days	2.8
	15 to 30 days	6.6

	31 to 45 days	70.8
4	PNC visit available	
	Government Health Institution	62.3
	Private Health Institution	22.6
	Both	15.1
5	Service Provider	
	Nurse	35.8
	Doctor	28.3
	Both	34
	Others	1.9
6	Knowledge on services available on postnatal care	
	Examination of mother and new born	25.1
	Counseling on breastfeeding, birth spacing, infection prevention including maternal and child danger sign	24.9
	Education on maternal nutrition supplementation	24.9
	Immunization of newborn	25.1

Source: Field survey 2017

The utilization of postnatal care services was (67.7%), in which at least once maximum number of postnatal care check up was done at Private hospital (41.5%). Only (28.5%) of the respondents had taken postnatal care services from doctor. Nearly half (46.2%) of women received first postnatal service at health facility in 8-45 days of delivery. Majority (68.5%) of the respondents told friendly behaviour of the service provider.

Table: 3 Utilization of PNC services (n=130)

S.N	Variables	Percentage (%)
1	Place of PNC checkup	
	At health post	4.6
	Primary Health Centre	12.3
	Government Hospital	9.2
	Private Hospital	0.8
2	Services took from	21.5
	Nurse	70
	Doctors	41.5
	Both	16.2
3	First PNC checkup	
	Within 24 hours of delivery	10.8
	24-48 hours	1.5

48-82 hours	1.5
4-7 days	7.7
8-45 days	46.2
4 Services utilized under PNC	
Examination of mother and newborn	24.9
Counseling on breastfeeding, birth spacing , infection prevention including maternal and child danger sign	24.9
Education on maternal nutrition supplementation	24.9
Immunization on newborn	25.2
5 Behavior of service provider	
Friendly	68.5
Hurried	0.8
Unfriendly	1.5
Rude	0.8

Source: Field survey 2017

The Chi-square test showed statistical significance ($p=0.018$) in the relationship between mothers' education and utilization of postnatal services.

Table 4: Association between Education status and Utilization of PNC.

Variables	PNC visit		P-value*
	Yes (n=88)	No (n=42)	
Mother education status			
Illiterate	5	3	
Literate	11	10	
Primary	14	9	0.018
Secondary	20	15	
Higher secondary	19	3	
Bachelor and above	19	2	

Source: Field survey 2017

*Chi-square test

DISCUSSION

Regarding the demographic characteristic, this study showed that out of 130, majority of the respondents (60%) belonged to age group 20-29 years. This finding contrasts with other study conducted by (Tafesse, 2015) in Asella town documented that mothers whose age are 15-24 years were less likely to utilize the PNC service. The study findings show that 80.8% of women were Hindu. Majority 34.6% was Newar as ethnicity. The study shows that 53.8% lived in a nuclear family followed by 20% in a joint family. According to the study 70% of women were home mate and 26.9% had completed secondary level of education. This study showed that 67.7% of

respondent had done postnatal care visit among them majority (41.5%) had done postnatal care checkup at Private Hospital. According to the study 42% took services from doctor and among them 68.2% had done first postnatal care checkup within 8-45days of delivery. 95.5% of respondents had told friendly behavior of service provider. This study shows that there was association between the education status and the PNC services utilization. This study is supported by the research studies (Agnes, 2014) also reported that lower literacy level of both the husband and mothers was a major factor to low utilization of maternal health services. One of the important reasons for not utilizing postnatal services is absence of disease condition in child followed by less knowledge about postnatal care services.

CONCLUSIONS

This study highlighted more than half (67.7%) mothers utilize the postnatal services. One of the important reasons for not utilizing postnatal care services is absence of disease condition in child followed by less knowledge about postnatal care services. There was a significant association between mothers education status with utilization of postnatal care.

REFERENCES

- Agnes, K. (2014). *Factors affecting the utilization of postnatal services among mothers attending Kitagata hospital in Sheema District*. Bachelor of nursing science degree of bishop stuartuniversity, Southwestern Uganda, Southwestern Uganda.
- Giru, S. B. (2016). Prevalence of Postnatal Care Utilization and Associated Factors among Women Who Gave Birth and Attending ImmunizationClinic in Selected Government Health Centers in Add. *Journal of Health, Medicine and Nursing* .
- Government of Nepal. (2072/2073). *Annual Health Report*. Department of Health Services.
- Hailu, Y. G. (2014). Factors Affecting Utilization of Postnatal Care Service in Amhara Region, Jabitena District, Ethiopia. *Science Journal of Public Health*, 2 (3), 169-176.
- Joshi, V. K. (2014). Utilization of maternal and child health services in western rural Nepal: A cross-sectional community based study. *Indian Journal of Public Health*, 58 (1), 27-33.
- Karki, B. K. (2015). Behavioral risk factors of non communicable diseases among adult women in Kathmandu.
- Kifle, F. T. (2014). Knowledge, Perception and Utilization of Postnatal Care of Mothers in Gondar Zuria District, Ethiopia: A Cross-Sectional Study. *Maternal and Child Health Journal*, 18, 2341–2351.
- Tafesse, M. (2015). Assessment of postnatal care utilization and associated factors in Asella town regional state of Oromia Ethiopia Asella Town: Addis Ababa university college of health sciences school of public health.