

A study to assess the knowledge on home remedies for minor ailments among antenatal mother

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ABSTRACT:

During pregnancy, the rapidly rising hormones such as estrogen, progesterone and prolactin change the maternal body into a suitable environment for the fetus and may cause some symptoms in the mother called as minor disorders. Minor disorders are effectively managed at home. Therefore, it is important that a mother should possess an adequate knowledge the common minor disorders and their management. A descriptive research design was done in rural area of NEMAM. The total of 100 antenatal mothers were consecutively recruited from the selected setting. Knowledge of antenatal mother regarding home remedies of minor elements of pregnancy. Information booklet regarding home remedies of minor elements of pregnancy were used to collect data among antenatal mother. 10(10%) were in the adequate knowledge, 88mother(88%) were in the moderate knowledge and mother 2(2%) were in the inadequate knowledge. This study indicates that determining the knowledge of home remedies for minor elements among antenatal mother. It can be used effectively them about minor elements which will definitely help them to minimize from future complication.

KEYWORDS: Antenatal mothers, Minor ailments, Home remedies.

INTRODUCTION:

Pregnancy is the most important happening in the life of a woman, which requires a unique care from the time of conception to the postnatal stage. Every pregnancy is unique experience of a woman will be adequately different. Pregnancy women experience common disorder such as nausea, vomiting, backache, leg cramps and constipation. Moreover pregnancy is a period of drastic change in the body of women. These minor disorder are the signs that the body is naturally preparing itself for a new life. Many minor problems of pregnancy can be managed at home. In general the home treatment measures are everything that is required to get away with mild morning sickness or discomfort from heartburn or constipation. Home treatment measures exist even for sleep problems, hip pain, hemorrhoids, and fatigue. Mother may also show other common problems such as cold or flu, which are not caused by pregnancy. Mothers can use home treatment for these illnesses. The investigator in her own experience in the hospital and community found that the primigravida women showed a poor knowledge about minor disorders and their remedial measures. Many mothers revealed misconceptions and misbeliefs about taking home remedies for the minor disorder of pregnancy. Most of them ignored their health owing to lack of health awareness. So the investigator felt that there was a need to give sufficient health education regarding minor disorders and their home management. Thus, this teaching will help the mothers to continue their pregnancy more comfortably and securely.

“Pregnancy is a kind of miracle. Especially so in that it proves that a man and woman can aspire to force God to create a new soul” Robert Ant On Wilson. The news of pregnancy excites a woman: she plans everything for the arrival of the new baby with a lot of care and happiness. She plans to eat healthy and also alter her lifestyle to suit her baby best. Expecting a baby is expecting pure joy. The pregnancy itself however might not be an easy thing. There are some common problems that a woman might experience during pregnancy and because they are not threatening their life, they are called minor.

During the course of pregnancy period many changes occur in a woman's body as a result of hormonal influence and adapting to the gestational process. Thereby they experience a variety of physiological and psychological symptoms such as nausea, vomiting, backache, giddiness, heartburn and anxiety etc. These are termed as minor ailments or discomforts of pregnancy.

India has a very ancient culture. People of different communities in India put faith in a particular system depending upon their health problems. Pregnancy and child birth has a significant place in all cultures of our country. In India itself, there are endless beliefs regarding what is good or not good for a pregnant woman.

Moreover to reach the goal of health for all by 2000 AD. All useful methods will have to be employed and all possible resources are to be mobilized. One of the most important methods are adopting indigenous health practice, therefore home remedial measures for treating minor ailments play an important role in our country.

OBJECTIVES:

- To assess the knowledge on home remedies of minor disorders of pregnancy women.
- To associate the level of knowledge score of primi gravid mother regarding home remedies of minor disorders of pregnancy in primary health center in NEMAM.
- To prepare an information booklet on home remedies of minor disorders of pregnancy.

MATERIAL AND METHODS:

A sample of 100 antenatal mother which includes pregnant women. Samples are selected by purposive sample techniques.

The descriptive study was conducted during a one week period. Data collected was conducted in primary health center in NEMAM, after getting permission from the primary health center in NEMAM. Demographic variables such as age, gestational week, gravid, education, socio economic status, employment status, income of antenatal mother. Structure questionnaire which contains sets of questions along side a body map drawing indicating the prevalence of minor ailments for pregnant women.

The questionnaire was used to get the socio-demographic factors of the minor ailments for pregnant women as well as gestational age periods home remedies for minor ailments. An checklist is used to assess the home remedies for minor ailments among antenatal mother. The study investigators explained to the students about the study's objectives, rationale and requirement of consent to participate in the study. The investigators then provided instructions for filling the questionnaire, and they guided the students' understanding of each question was checked by asking the students to repeat the meaning. During the filling of questionnaires, the investigators helped the students throughout and helped simplifying the meaning of each question, clarifying doubts and checking for completeness of filling up the questionnaire.

After the questionnaire were collected, pregnant women were instructed about the home remedies for minor ailments among antenatal mother.

Chi-square test was used to test the association between demographic variables with the level of knowledge of home remedies for minor ailments among antenatal mother. $P < 0.05$ was taken as statistically significant.

RESULTS:

The study out of 100 samples, 28(28%) were in the age group of 20-22 years, 41(41%) were in the age group of 23-26 years and 20(20%) were in the age group of 26-30 years. Regarding gestational week 39(39%) were first trimester, 36(36%) were second trimester, 25(25%) were third trimester. Regarding gravid 52(52%) were first gravid, 48(48%) were second gravid. Regarding socio economic status 49(49%) were lower class, 19(19%) were middle class, 32(32%) were upper class. Regarding education 42(42%) were primary school, 58(58%) were higher secondary school. Regarding employment 3(3%) were other. Regarding income 42(42%) were 5000-7000, 58(58%) were 8000-10000. In the assessment of the knowledge of home remedies for minor ailments among antenatal mother out of 100 samples, 10% have adequate knowledge, 88% have moderate knowledge, 2% have inadequate knowledge. The association

between demographic variables with the level of knowledge of home remedies for minor elements among antenatal mother. $P < 0.05$ was taken as statistically significant.

Tables 1: Frequency and percentage distribution of demographic variables of antenatal mother

S.no	Demographic variables	Frequency (n=100)	Percentage (%)
1.	Age		
	20-22	39	39%
	23-26	41	41%
2.	Gestational week		
	First trimester	39	39%
	Second trimester	36	36%
3.	Gravida		
	First gravida	52	52%
	Second gravid	48	48%
4.	Socio economic status		
	Lower class	49	49%
	Upper class	19	19%
5.	Education		
	primary School	42	42%
	Higher secondary	58	58%
6.	Empolymnt status		
	House wife	43	43%
	Self employment	54	54%
7.	Income		
	5000-7000	42	42%
	8000-10000	58	58%

Table 1 in this study, findings revealed that out of 100 samples, 28(28%) were in the age group of 20-22 years, 41(41%) were in the age group of 23-26 years and 20(20%) were in the age group of 26-30 years. Regarding gestational week 39(39%) were first trimester, 36(36%) were second trimester, 25(25%) third trimester. Regarding gravid 52(52%) were first gravid, 48(48%) were second gravid. Regarding socio economic status 49(49%) were lower class, 19(19%) were middle class, 32(32%) were upper class. Regarding education 42(42%) were primary school, 58(58%) were higher secondary school. Regarding employment status 43(43%) were house wife, 54(54%) were self employment 3(3%) were other. Regarding income 42(42%) were 5000-7000, 58(58%) were 8000-10000.

Figure 1 : Frequency and percentage of the age of the sample

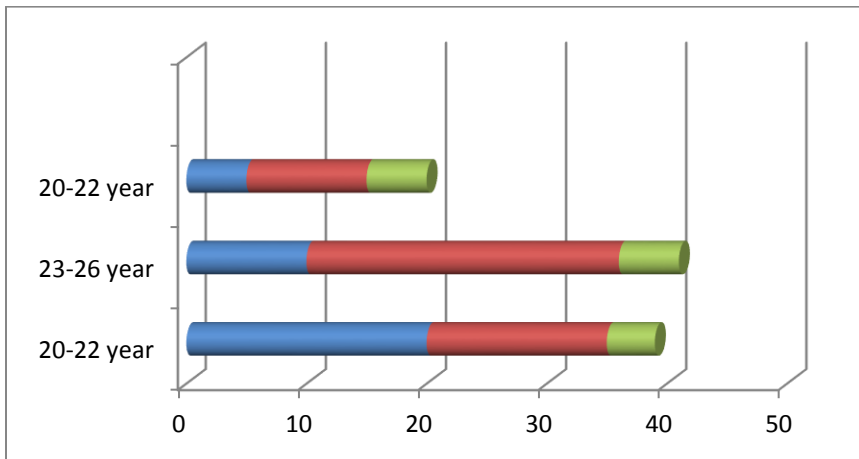


Figure 1: in this out of 100 samples, 20-22 year (20 adequate), (15 moderate), (4 inadequate), 23-26 year (10 adequate), (26 moderate), (5 inadequate), 27-30 year (5 adequate), (10 moderate), (5 inadequate)

Table 2; Frequency and percentage distribution of the level of knowledge regarding home remedies for the minor elements among antenatal mother

Level of knowledge	N	%
Adequate	10	10%
Moderate	88	88%
Inadequate	2	2%

Table 2 shows the frequency and percentage of level of knowledge out of 100 antenatal mother, mother 10(10%) were in the adequate knowledge and 88 mother (88%) were in the moderate knowledge and mother 2(2%) were in the inadequate knowledge.

DISCUSSION:

The present study assess the home remedies for minor ailments among antenatal mother. The results indicate approximately 28(28%) were in the age group of 23-26 years and 20(20%) were in the age group of 26-30 years. Regarding gestational week 39(39%) were first trimester, 36(36%) were second trimester, 25(25%) were third trimester. Regarding gravid 52(52%) were the first gravid, 48(48%) were second gravid. Regarding socio economic status 49(49%) were lower class, 19(19%) were middle class, 32(32%) were upper class. Regarding education 42(42%) were primary school, 58(58%) were higher secondary school. Regarding employment status 43(43%) were house wife, 54(54%) were self employment 3(3%) were other. Regarding income 42(42%) were 5000-7000, 58(58%) were 8000-10000. (Table 1) in the assess the knowledge of home remedies for minor elements among antenatal mother out of 100 samples, 10% have adequate knowledge, 88% have moderate knowledge, 2% have inadequate knowledge (Table 2). Figure 1; shows that out of 100 samples, 20-22 year (20 adequate), (15 moderate), (4 inadequate), 23-26 year (10 adequate), (26 moderate), (5 inadequate), 27-30 year (5 adequate), (10 moderate), (5 inadequate).

Before the implementation of a planned teaching program, the antenatal mothers showed a poor knowledge of the common minor disorder (19.56 ± 12.73), whereas after the implementation, the knowledge significantly improved with the difference of 18.02 ± 0.742 revealing the effectiveness of the planned teaching program.

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