

A descriptive study to assess the knowledge regarding pregnancy induced hypertension among primigravida mothers attending antenatal OPD at selected hospital, Jalandhar, Punjab.

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ABSTRACT

A descriptive study was undertaken to assess the knowledge regarding pregnancy induced hypertension among primigravida mothers attending antenatal OPD at selected hospital, Jalandhar, Punjab. The objectives of the study was to assess the knowledge regarding pregnancy induced hypertension among primigravida mothers and to find the relation between knowledge regarding pregnancy induced hypertension among primigravida mothers with their selected demographic variables. 30 primigravida mothers attending the antenatal OPD of selected hospital were included in the study using simple random technique and their knowledge was assessed using structured questionnaire schedule. The findings of the study showed that 30% antenatal mothers had a good knowledge regarding PIH and 63% had average knowledge regarding PIH and only 7% mothers had poor knowledge of PIH.

Key words: Knowledge, primigravida mothers, pregnancy induced hypertension (PIH)

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Introduction

Every year nearly 5,29,000 women die globally due to pregnancy related causes. For each death nearly 118 women suffer from life threatening events or severe acute morbidity. Hypertensive disorder of pregnancy seems to be one of the major causes of maternal morbidity and mortality leading to 10.15% of maternal deaths specially in developing world. WHO estimates that at least one woman dies every 7 min from complications of hypertensive disorders of pregnancy. Pregnancy induced hypertension which occurs in 10% of pregnancies is a major risk factor for maternal and prenatal morbidity and mortality. PIH is a chronic illness which is developed only during pregnancy. It can be controlled by regulation of diet, relaxation, by avoiding stress, early identification and medication, monitoring blood pressure level, rest, urine testing for the presence of albumin and can be effectively managed too. Hence the investigator feels strongly to improve the knowledge of primi gravida mothers regarding prevention and management of PIH.

Objectives of study: The objectives of the study was:

1. To assess the knowledge regarding pregnancy induced hypertension among primigravida mothers attending antenatal OPD at selected hospital.
2. To find the relation between the knowledge pregnancy induced hypertension among primi gravida mothers with their demographic profile.

Review of literature

- Stephen (2010) conducted a study to determine the knowledge of pre eclampsia among 30 primi gravida mothers in Mangalore. The result revealed that 63% mothers had poor knowledge and 37% mothers had average knowledge regarding preeclampsia. The researcher concluded that most of the primigravida mothers had poor knowledge regarding preeclampsia. Thus primi gravida mothers need to be educated regarding preeclampsia.
- Prakash J. Pandey (2009) conducted a study to assess the knowledge regarding epidemiological characteristics of 1107 cases of eclampsia and preeclampsia admitted to PGIMER, Chandigarh. The incidence of eclampsia and preeclampsia was found to be 10.2% and 0.6% respectively of all hospital deliveries in all age groups. Lack of adequate antenatal supervision, was major factor in 83% of cases, largely due to patient ignorance, illiteracy and apathetic conditions, nutritional deficiency. The study concluded that adequate knowledge needs to be provided to antenatal mothers regarding PIH.
- Igberase G.O. (2007) conducted a study to assess the knowledge regarding incidence, pattern of clinical presentation and maternal and foetal outcomes of cases of preeclampsia in a rural tertiary hospital in Nigeria. The study found a high incidence of preeclampsia i.e. 1 in 43 deliveries (2.3%). The perinatal mortality rate was 195 per 1000 births. It was recommended that community based health education programmes should be pursued with vigor to enhance early utilization of modern antenatal care services in rural areas. To provide intensive care for preeclamptics need to be improved with continuous training of health care personal and provision of necessary equipments.

Methodology

A descriptive study was conducted to assess the knowledge regarding pregnancy induced hypertension among primigravida mothers attending antenatal OPD of selected hospital in Jalandhar, Punjab. The study included 30 primigravida mothers who were selected randomly for the study. A structured questionnaire schedule was used for data collection. Ethical consideration approval was taken and informed written consent was taken from the participants for the study.

Results

Table 1: Findings related to description of frequency and percentage of sample characteristics among primigravida mothers.

N=30

S.NO.	SAMPLE CHARACTERISTICS	FREQUENCY (f)	PERCENTAGE (%)
1	Age (in yrs)		
A	20-25	15	50
B	26-30	8	27
C	31-35	7	23
D	36 yrs and above	0	0

2	Education		
A	Illiterate	0	0
B	Primary education	11	37
C	Middle education	15	50
D	Secondary education	4	13
3	Occupation		
A	Housewife	16	53
B	Laborer	11	37
C	Employed	3	10
4	Habits		
A	Smoker	0	0
B	Alcoholic	0	0
C	Drug addicted	0	0
D	Non of the above	30	100
5	Habitat		
A	Rural	11	37
B	Urban	10	33
C	Slum	9	30
6	Type of family		
A	Nuclear	19	63
B	Joint	11	37
7	Family income (in Rs)		
A	Less than 5000	8	27
B	5001 – 10000	14	47
C	10001 – 15000	7	23
D	15001 - 20000	1	3

8	Have you suffered with high BP		
A	Yes	22	73
B	No	8	27

Figure 1: Findings related to the level of knowledge regarding pregnancy induced hypertension among antenatal mothers.

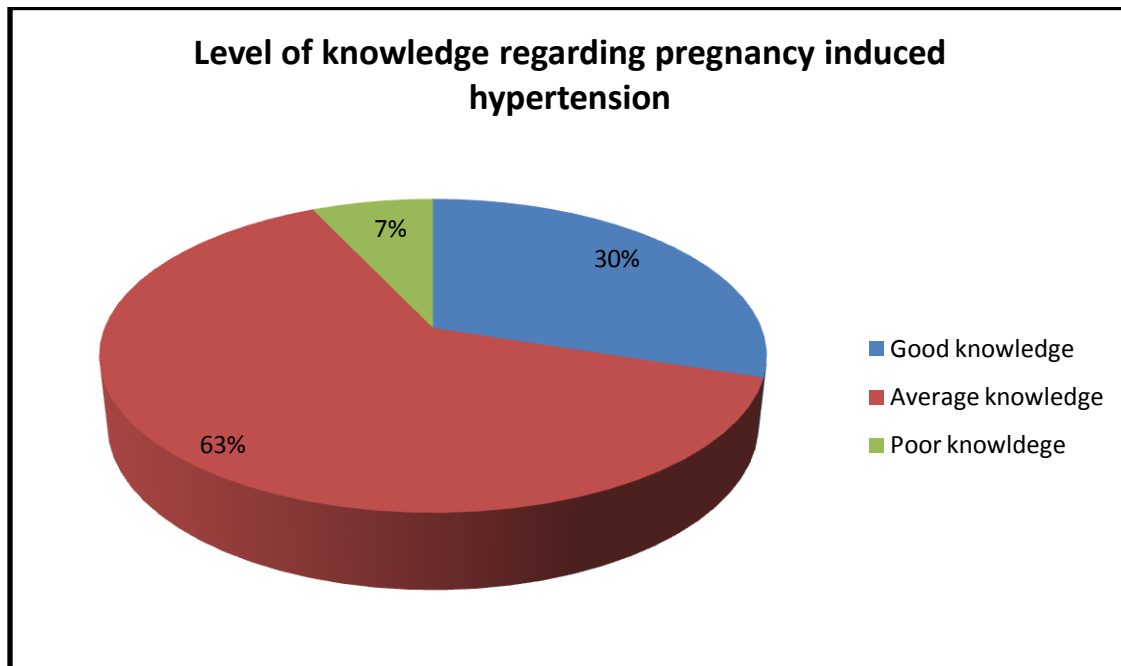


Table 2: Findings related to mean, median, standard deviation of knowledge score among primi gravida mothers.

N = 30

S.NO.	LEVEL OF KNOWLEDGE	FREQUENCY (f)	MEAN	S.D.
1	Good knowledge	0	12.8	±0.78
2	Average knowledge	19	8.9	±1.40
3	Poor knowledge	2	5	±0

Discussion:

The findings of the revealed that according to age maximum number of mothers 15(50%) belonged to age group of 20-25 yrs. It was found that 9 (30%) had a good knowledge regarding pregnancy induced hypertension and 19 (23%) primi gravida mothers had average knowledge and only 2 (7%) had poor knowledge regarding PIH. The study concluded that primi gravida mothers had average knowledge regarding PIH and that there is a need to educate the mothers regarding PIH.

Nursing implications

- Nursing education: This study not only helps students to widen their knowledge but also enhance quality of nursing care. In nursing institutions conferences, seminars regarding PIH can be planned to improve the knowledge of students.
- Nursing practice: The nurses working in clinical area can be trained to provide necessary information regarding PIH.
- Nursing administration: Nurse administrator has role in planning the policies for imparting health information to the population regarding PIH. She can also provide continuing education programme of nurses regarding upto date cases of PIH. Strict policies can be implemented to the clinical area regarding PIH.
- Nursing research: Further research work can be done to plan and educate the mothers regarding PIH and its management and care.

Recommendations for future study

- A planned teaching programme can be conducted regarding PIH
- A similar study can be done on a large number of samples to generalize the findings
- A comparative study can be done regarding knowledge of primi gravida mothers and knowledge of multigravida mothers.
- A similar study can be conducted in the community, comparative study can be conducted between rural and urban area the similar study can be replicated on large samples there by findings can be generalized.

Conclusion

Thousands of women and babies die or get very sick each year from a dangerous condition called pregnancy induced hypertension, a life threatening disorder that occurs only during pregnancy and post partum period. PIH is often characterized by a rapid rise in blood pressure that can lead to seizures, stroke, multiple organ failure and even death of the mother and baby. The present study was conducted to assess the knowledge regarding pregnancy induced hypertension among primi gravida mothers attending antenatal OPD of selected hospital Jalandhar, Punjab. The findings of the study found that majority of the mothers 19 (23%) mothers had average knowledge, while 9 (30%) had a good knowledge regarding pregnancy induced hypertension and only 2 (7%) had poor knowledge regarding PIH. The study concluded that there is a need to educate the mothers regarding PIH.

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