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## **Effectiveness of IEC (Information, Education & Communication) package on knowledge regarding minor ailments of pregnancy and its management among antenatal mothers at NMCH, Nellore, A.P.**

**P. Latha and Dr. S. Indira**

**Abstract**

**Background:** Minor disorders of pregnancy or ailments that are affecting the daily activities of the pregnant women. Many of the minor ailments will get worse if not treated earlier. The midwife has a very important role to play in triaging patients, educating patients and managing minor conditions, therefore preventing many hospital admissions. Also all antenatal mothers should possess adequate knowledge on minor ailments and its home management in order to prevent the complications.

**Aim:** The overall aim of the study is to assess the effectiveness of IEC package on knowledge regarding minor ailments and its management.

**Objectives:** 1. To assess the knowledge regarding minor ailments of pregnancy and its management among antenatal mothers. 2. To evaluate the effectiveness of IEC package on knowledge level of antenatal mothers. 3. To compare the level of knowledge after IEC package 4. To find an association between the knowledge scores of antenatal mothers regarding minor ailments of pregnancy and its management with selected demographic variables.

**Methods:** Pre-experimental one group pretest-post test design with evaluative approach was adopted. Data was collected by using purposive sampling technique from 60 antenatal mothers at Narayana Medical College & Hospital at Nellore, A.P.

**Results:** In pretest, 60% of antenatal mothers had inadequate knowledge and 40% of them had moderate knowledge and nobody had adequate knowledge on minor ailments. In post test, 70% antenatal mothers had moderate knowledge, 28% of them had adequate knowledge and 2% of them had inadequate knowledge regarding minor ailments. Hence, the post-test is higher than the pre-test, it can be concluded that IEC package was effective in increasing the knowledge level of women regarding minor ailments of pregnancy.

**Keywords:** IEC package, minor ailments of pregnancy, antenatal mothers

**Introduction**

**“A Baby is something...You Carry inside You for Nine Months;  
In Your Arms for Three Years;  
And in Your Heart till the Day You Die” - MARY MASON**

Pregnancy should be a joyful, exciting time. But this joy sometimes reduced by many discomforts that are associated with bringing a new life into the world. These discomforts are the minor disorders of pregnancy or ailments that are affecting the daily activities of the pregnant women. Many women experience some minor disorders during pregnancy. These disorders should be treated adequately as they may aggravate and become life threatening <sup>[1]</sup>. Minor disorder may occur due to hormonal changes, accommodation changes, metabolic changes and postural changes. Minor ailments are common during pregnancy and non-pharmacological therapies should be considered as the first line treatment, if appropriate. The prevalence of lower limb varicose vein in United States was 72.7%. And constipation rate was 24% in the first, 26% in the second, 16% in the third and 24% in the 3 months postpartum respectively. 64.6% of pregnant women had reported calf muscle cramps, 37.1% reported foot pain, and 33.7% experienced low back pain in their third trimester <sup>[2]</sup>.

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### **Need For the Study**

Common ailments of pregnancy at first trimester includes, Nausea, Vomiting, Fatigue and Frequency of Micturation. In second trimester, Heart burn, Constipation, Vaginal discharge and Back ache. At third trimester includes, Hemorrhoids, Leg cramps, Edema and Varicosities<sup>[3]</sup>.

Most of them are not dangerous, just a normal part of pregnancy. The good news is that lot of them can be alleviated using some simple remedies and proper explanation. Fortunately, most of these discomforts will go away as the pregnancy progresses. And some women might not feel any discomfort at all if women have been pregnant before, she might feel differently this time around<sup>[5]</sup>.

### **Problem Statement**

A Study to Assess the Effectiveness of IEC (Information, Education & Communication) Package on Knowledge Regarding Minor Ailments of Pregnancy and its Management Among Antenatal Mothers at Selected Hospital, Nellore, A.P.

### **Objectives**

1. To assess the knowledge regarding minor ailments of pregnancy and its management among antenatal mothers.
2. To evaluate the effectiveness of IEC package on knowledge regarding minor ailments of pregnancy and its management among antenatal mothers.
3. To compare the level of knowledge regarding minor ailments of pregnancy and its management among antenatal mothers.
4. To find out an association between the knowledge scores of antenatal mothers regarding minor ailments of pregnancy and its management with selected demographic variables.

### **Operational Definitions**

#### **IEC Package**

It refers to imparting the information to antenatal mothers on knowledge of minor disorders of pregnancy and its management by the investigator through formal teaching.

#### **Knowledge**

It refers to the information possessed by the antenatal mothers regarding minor disorders of pregnancy and its management as measured by response to the structured knowledge questionnaire.

#### **Minor disorders**

It refers to common discomforts associated with pregnancy. It includes Nausea, Vomiting, Fatigue, Frequency of micturation, Heart burn, Constipation, Vaginal discharge, Backache, Hemorrhoids, Leg cramps, Edema and Varicosities.

#### **Antenatal Mothers**

It refers to the all primi and multigravida mothers in all trimesters of pregnancy, Experiencing any one of the selected minor disorders of pregnancy and attending the selected hospital at Nellore.

### **Delimitations**

#### **The study is delimited to**

- Antenatal mothers in NMCH, Nellore
- Sample size of 60 antenatal mothers
- Data collection is six weeks.

### **Materials and Methods**

**Research Approach:** Evaluative Approach.

**Design:** Pre-experimental one group pretest-posttest design.

**Setting:** The study was conducted Narayana Medical College & Hospital at Nellore, Andhra Pradesh.

### **Population**

The target population is all antenatal mothers and the accessible population is antenatal mothers attending Narayana Medical College & Hospital at Nellore, Andhra Pradesh.

**Sample size:** 60 antenatal mothers

**Sampling Technique:** Non- Probability purposive sampling technique

### **Sampling Criteria**

#### **Inclusion criteria**

- Antenatal mothers attending NMCH, Nellore
- Who Know to read English or Telugu
- Who are willing to participate in the study

#### **Exclusion criteria**

- Antenatal mothers with high risk conditions
- Who are not present during data collection

### **Variables of the study**

#### **Independent**

IEC package on minor ailments of pregnancy and its management.

#### **Dependent**

Knowledge of antenatal mothers on minor ailments of pregnancy and its management.

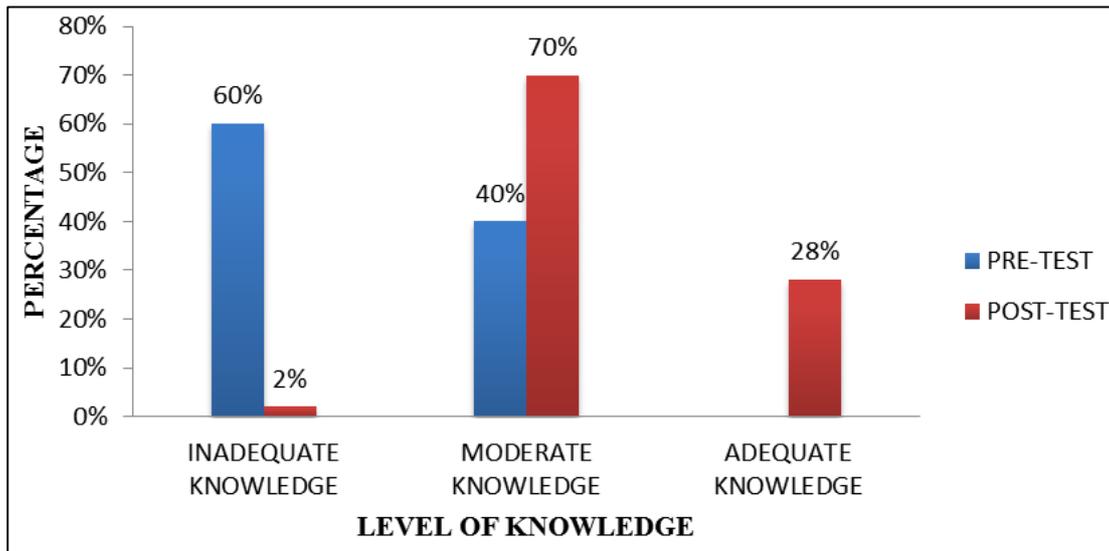
### **Demographic variables**

Age of a mother, gravida, parity, trimester, education, occupation, family monthly income, religion, type of family, presence of any minor disorder and source of information.

### **Description of the tool**

- **Part-I:** Demographic Data
- **Part-II:** A structured questionnaire to assess the knowledge level of antenatal mothers regarding minor ailments of pregnancy and its management.
- **Part-III:** It consists of IEC package on various minor ailments of pregnancy and its home management.

**Results and Discussion**



**Fig1:** Frequency and Percentage Distribution of Pre & Post Test Knowledge Level of Antenatal Mothers.

Fig-1: reveals that, in pretest, 36 (60%) antenatal mothers had inadequate knowledge and 24(40%) of them had moderate knowledge and nobody had adequate knowledge on minor ailments. In posttest, 42(70%) antenatal mothers had moderate knowledge, 17(28%) of them had adequate knowledge and 1(2%) had inadequate knowledge regarding minor ailments. Hence, the post-test is higher than the pre-test, it can be concluded that IEC package was effective in increasing the knowledge level of women regarding minor ailments of pregnancy.

**Table1:** Mean & Standard Deviation of Pre-Test & Post-Test Level of Knowledge of Antenatal Mothers. (N=60)

S. No	Level of knowledge	Mean	SD	Z test
1.	Pre-test	14.73	4.92	Z=1.4
2.	Post-test	23.9	3.35	P<0.01S**

Tab-1 reveals that, in pretest, the mean knowledge score is 14.72 and the standard deviation is 4.92. In posttest, the mean knowledge score is 23.9 and standard deviation is 3.35. The calculated “Z” value is greater than table value. So, it is significant at the level P<0.01.

**Table 2:** Association between Knowledge and Socio Demographic variables (N=60)

S. No	Demographic Variables	Inadequate knowledge		Moderate knowledge		Adequate knowledge		χ <sup>2</sup> Value
		F	P	F	P	F	P	
1.	<b>Age of a Mother</b>							C=12.496 T=7.8 df=3 S*P<0.05
	A)< 20 Years	7	12	7	12	-	-	
	B)21-25 Years	17	29	10	16	-	-	
	C)26-30years	11	19	7	11	-	-	
	D)31-35	1	1	-	-	-	-	
2.	<b>Presence of any Minor Disorder?</b>							C=12.4967 T=3.84df=1 S*P<0.05
	A)Yes	19	32	8	13	-	-	
	B)No	17	28	16	27	-	-	

Table -2 shows the association between knowledge score and socio demographic variables. Among all the variables, age of a mother and presence of minor disorder had significant association with knowledge at p<0.05 level.

**Conclusion**

The present study concluded that, the post-test knowledge score is higher than the pre-test. Hence, it can be concluded that IEC package was effective in increasing the knowledge level of women regarding minor ailments of pregnancy.

Since, minor disorders are common during pregnancy and most of the minor ailments will spontaneously subside after delivery. The midwife has a very important role to play in triaging patients, educating patients and managing minor conditions to prevent unnecessary hospital admissions. Most of the ailments can be alleviated using some simple home

remedies and proper explanation. So, all antenatal mothers should have basic knowledge on minor ailments and its home management. So that, they can avoid the complications associated with minor ailments of pregnancy and helps to maintain the optimal health during pregnancy.

**Recommendations**

- The same study can be conducted on larger samples to generalize the findings
- A similar study can be conducted as a longitudinal study.
- The same study can be done as quasi-experimental study to compare the level of knowledge.
- The same study can be conducted to assess the practices of antenatal mothers to manage the minor ailments of pregnancy.

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