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## Knowledge regarding fetal movement among antenatal mothers in Narayana medical college hospital at Nellore

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### Abstract

**Background:** Regular fetal activity perceived by pregnant women has long been regarded as a sign of fetal wellbeing and continues to be used by women and clinicians. Decreased fetal movement has been associated with poor pregnancy outcomes including stillbirth. Physiological studies of fetal activity have found associations between decreased fetal movement and poor perinatal outcome.

**Objectives:** 1. To assess the level of knowledge regarding fetal movement among Antenatal Mothers.

**Materials and Methods:** The descriptive research design was used to conduct research study. The 30 Antenatal mothers were selected by using non probability convenience sampling technique in Narayana Medical College Hospital at Nellore.

**Results:** The result reveals that, with regard to level of knowledge regarding fetal movement among Antenatal Mothers, 6 (20%) had good knowledge, 4 (13%) had average knowledge and 20 (67%) had poor knowledge.

**Keywords:** knowledge, fetal development, antenatal mothers

### Introduction

Regular fetal activity perceived by pregnant women has long been regarded as a sign of fetal wellbeing and continues to be used by women and clinicians. Decreased fetal movement has been associated with poor pregnancy outcomes including stillbirth. Physiological studies of fetal activity have found associations between decreased fetal movement and poor perinatal outcome.

Maternal perception of decreased fetal movement has been reported in 15% of pregnancies during the third trimester and around 50% of women perceive a gradual reduction of fetal movement days before intrauterine death. Thus early detection of reduced fetal movement has been considered as an opportunity for fetal health screening. A systematic review listed formal fetal movement counting as a potential intervention for reducing stillbirths in low and middle-income countries.

Research has invested considerable efforts into evaluating interventions into maternal perception of fetal movement and has focused on quantification of the movement specifically counting. However, a Cochrane review including over 71,000 women, comparing different methods of formal fetal movement counting, found equivocal results, with no advantages to formal fetal movement counting compared to discretionary fetal movement counting.

Winje BA (2015), conducted a study to assess fetal movement counting is a method used by the mother to quantify her baby's movements, and may prevent adverse pregnancy outcome by a timely evaluation of fetal health when the woman reports decreased fetal movements. We aimed to assess effects of fetal movement counting on identification of fetal pathology and pregnancy outcome. In a multicentre, randomized, controlled trial, 1076 pregnant women with singleton pregnancies from an unselected population were assigned to either perform fetal movement counting from gestational week 28, or to receive standard antenatal care not including fetal movement counting (controls). The frequency of the main outcome was equal in the groups; 63 of 433 (11.6%) in the intervention group, versus 53 of 532 (10.7%) in the control group [RR: 1.1 95% CI 0.7-1.5]. The growth-restricted fetuses were more often identified prior to birth in the intervention group than in the control group; 20 of 23 fetuses (87.0%) versus 12 of 20 fetuses (60.0%), respectively,

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[RR: 1.5 (95% CI 1.0-2.1)]. In the intervention group two babies (0.4%) had Apgar scores <4 at 1 minute, versus 12 (2.3%) in the control group [RR: 0.2 (95% CI 0.04-0.7)]. The frequency of consultations for decreased fetal movement was 71 (13.1%) and 57 (10.7%) in the intervention and control groups, respectively [RR: 1.2 (95% CI 0.9-1.7)]. The frequency of interventions was similar in the groups. The study concluded that, maternal ability to detect clinically important changes in fetal activity seemed to be improved by fetal movement counting; there was an increased identification of fetal growth restriction and improved perinatal outcome, without inducing more consultations or obstetric interventions.

**Statement of Problem**

**A Study to assess the level of knowledge regarding fetal movement among Antenatal mothers in Narayana Medical College Hospital at Nellore.**

**Objectives**

1. To assess the knowledge regarding fetal movement among antenatal mothers.

**Materials and Methods**

A quantitative research approach and descriptive research design was used to assess the knowledge regarding fetal movement among Antenatal Mothers in Narayana Medical College Hospital at Nellore. The sample includes all Antenatal mothers in Narayana Medical College Hospital at Nellore. 30 Antenatal mothers were selected by using non probability convenience sampling technique. With the help of extensive reviews from various text books, net sources and journals, 25 structured questionnaires were developed to assess the knowledge regarding fetal movement. Each correct answer was given by score '1' and wrong answer by score '0'. The score interpretation was >75% Good knowledge, 55-75% Average knowledge and <50% Poor knowledge. The tool was sent to nursing experts for content validity. The reliability of the tool 'r' value was 0.89. The tool was tested for the feasibility by conducting pilot study among 3 Antenatal Mothers. Prior formal permission was obtained from the institutional ethical committee, Narayana Medical College Hospital, Nellore. The samples were informed by the investigator about the purpose of the study and the written consent was obtained. The data collection was carried out 2 weeks. Data was collected by using socio demographic variables and a structured questionnaire was used to measure the level of knowledge regarding fetal movement. It took 10- 20 minutes to collect the data from each participant. The data was analyzed and tabulated by using descriptive and inferential statistics based on objectives of the study.

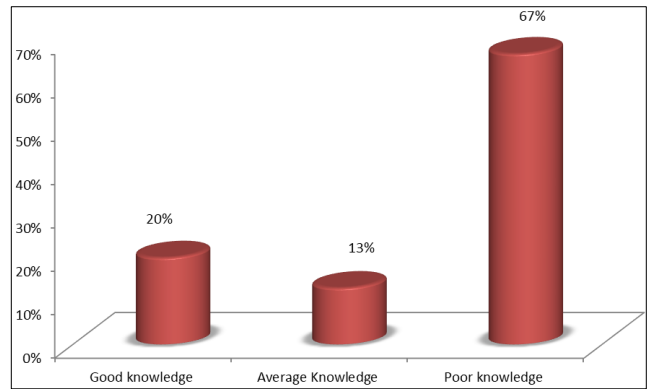
**Result and Discussion**

**Table 1:** Frequency and Percentage distribution of level of knowledge regarding fetal movement among Antenatal Mothers, (n=30)

Level of knowledge	Frequency (f)	Percentage (%)
Good knowledge	6	20
Average knowledge	4	13
Poor knowledge	20	67
Total	30	100

Table no-1: Shows that with regard to level of knowledge regarding fetal movement among Antenatal Mothers, 6

(20%) had good knowledge, 4 (13%) had average knowledge and 20 (67%) had poor knowledge.



**Fig 1:** Percentage distribution of level of knowledge fetal movement

**Table 2:** Mean & standard deviation of knowledge regarding fetal movement among antenatal mothers (n=30)

Criteria	Mean	Standard deviation
Level of knowledge	56.2	14.9

Table no-2: Shows that level of knowledge regarding fetal movement among Antenatal Mothers mean value is 56.2 with Standard deviation of 14.9.

**Nursing implications**

The findings of the study have several implications for nursing practice, nursing education, nursing research and nursing administration.

**Nursing practice**

- The nurse can teach the mothers about fetal movements
- The nurse can educate the mother about to reduce the risk factors of fetus.

**Nursing education**

- Mass awareness programmes need to be initiated.
- They should take up the responsibility to create awareness how to manage the risk factors among ante natal mothers to prevent the attack of health problems in future.

**Nursing administration**

- The nurse administrator should develop certain plans and polices to conduct awareness program regarding fetal movement to monitor fetal growth.
- The nurse administer should take up responsibility to conduct education program regarding fetal movements.

**Nursing research**

- The essence of research is to build up the body of knowledge in nursing as an evolving profession.
- More research studies stimulate recommended, recognize and support the physical and mental and its transient into clinical practice.

**Recommendations for Further Research**

On the basis of finding of the study the following recommendations are be suggested in the future research:

- A similar study can be conducted at different setting in different population

- A comparative study can be conducted between urban and rural areas.
- A similar study can be also done in low socio economic group of mothers.

### **Conclusion**

The present study concluded that majority of 18 (60%) of Antenatal Mothers had poor knowledge about fetal movement. Hence nursing educators can conduct awareness programmes to update knowledge regarding to treat risk factors associated to fetal movements.

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