

Research Article

A DESCRIPTIVE STUDY TO ASSESS THE PREVALENCE OF PUERPERAL COMPLICATIONS AND ITS ETIOLOGICAL FACTORS AMONG POSTNATAL MOTHERS AT IGMCH&RI, PUDUCHERRY, IN A VIEW TO PREPARE A NURSING CARE PROTOCOL

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ABSTRACT

Postnatal period is also called the fourth trimester of pregnancy. And the complications that arise during this period will be the worst among the mothers that they feel uncomfortable while taking care of their newborn. And this complications may lead to death of the mother if untreated and this may increase the maternal mortality rate. The present study was conducted among the post natal mothers to assess the prevalence of puerperal complications and its etiological factors at IGMCH&RI at puducherry. A quantitative research approach with descriptive research design was selected for this study. The study samples comprises of all post natal mothers admitted in the postnatal ward in IGMCH&RI, Puducherry. The puerperal complications were assessed among the post natal mothers and the related etiological factors were also identified. Therefore, the findings of these study revealed the prevalence of various puerperal complications and etiological factors among the post natal mothers.

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INTRODUCTION

The postpartal period or puerperium from the lat in word refers to the 6 week period after child birth, when the women is readjusting physiologically and psychosocially to motherhood. This is a time of maternal changes that are retrogressive (involution of the uterus and vagina) and progressive (Production of milk for lactation, restoration of normal menstrual cycle and beginning of a parenting role). Protecting a woman's health as these changes occur is important for preserving her future child bearing function and for ensuring that, she is physically well enough to incorporate her new child into the family. This period is popularly termed the fourth trimester of pregnancy.

NEED FOR THE STUDY

Postpartum complications contributes to a lot of maternal morbidity. These complications not only lead to various short term and long term, but also cause mortality. According to WHO, maternal morbidity is unacceptable high.

About 800 women die from pregnancy or childbirth related complication around the world every day. In 2010, 2,87,000 women died during and following pregnancy and childbirth. Between 1990 and 2010 maternal mortality worldwide dropped by almost 50%.

OBJECTIVES

- To assess the prevalence of puerperal complications and its etiological factors among postnatal mothers.
- To correlate the prevalence of puerperal complications and its etiological factors among postnatal mothers with their selected demographic variables.
- To develop the standard nursing care protocol on management of puerperal complications among postnatal mothers.

Assumptions

- The postnatal mothers may develop different complications like DVT, breast engorgement, puerperal sepsis, altered elimination and emotional disturbances.

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Table 1. Frequency and percentage wise distribution of selected demographic variables among post natal mothers at IGMCH&RI

			n (n=30)
S.NO	DEMOGRAPHI VARIABLES	FREQUENCY	PERCENTAG E%
1	AGE	11	37.9%
	A.Below 25years	16	53.3%
	B.25-30 years	3	10.3%
2	C.30-40 years		
	RELIGION	21	72.4%
	A.Hindu	3	10.0%
	B.Muslim	6	20.7%
	C.Christian	0	0.0%
3	D.Any other		
	EDUCATION OF THE MOTHER	2	6.7%
	A.No formal education	16	53.3%
	B.Primary	8	26.7%
	C.Secondary	4	13.3%
4	D.Degree and above		
	MOTHERS OCCUPATION	21	70.0%
	A.Home maker	3	10.0%
	B.Self employed	4	13.3%
	C.Private employee	2	6.7%
5	D.Government employee		
	TYPE OF FAMILY	10	33.3%
	A. Nuclear family	20	66.7%
6	B. Joint family		
	INCOME OF THE FAMILY	2	6.7%
	A.Below 5000	17	56.7%
	B.5000-10000	11	36.7%
7	C.Above 10000		
	AREA OF LIVING	15	50.0%
	A.Urban	15	50.0%
8	B.Rural		
	GRAVIDA	13	43.3%
	A.Primi mothers	15	50.0%
	B.Multi mothers	2	6.7%
9	C.Grandmulti mothers		
	POSTNATAL DAY		
	A.1-3days	23	76.7%
	B.4-5days	6	20.0%
10	C.6-7days	1	3.3%
	TYPE OF DELIVERY		
	A.Normal delivery	16	53.3%
	B.LSCS	14	46.7%
	C.Instrumental delivery	0	0.0%

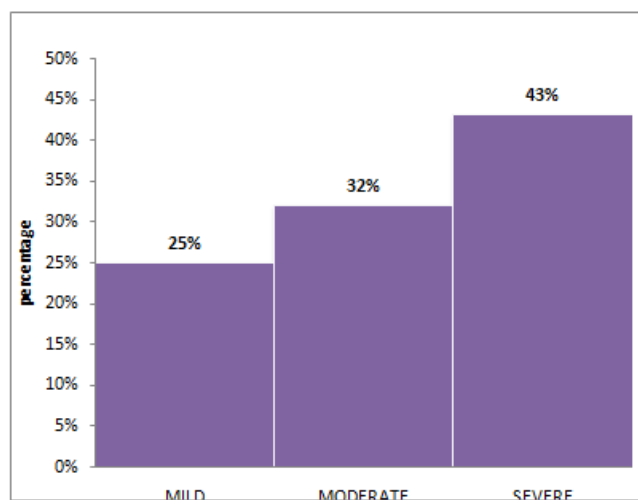
**Diagram 1. Severity of puerperal complications**

TABLE 2. Frequency and percentage wise distribution of puerperal complications among post natal mothers (n=30)

S.NO	CATEGORY	FREQUENCY	PERCENTAGE
1	MILD	8	25%
2	MODERATE	9	32%
3	SEVERE	13	43%
4	TOTAL	30	100%

Table 3. Mean and standard deviation of puerperal complications and its etiological factors among post natal mothers

S.NO	NO. OF SAMPLE	MINIMUM	MAXIMUM	MEAN	STANDARD DEVIATION
1	30	1.00	8.00	4.6000	2.67298

P<0.05 level significant

Table 4. Correlation the puerperal complications and its etiological factors among post natal mothers with their selected demographic variables.

S.NO	DEMOGRAPHI VARIABLES	(n=30)						CHI SQUARE	P VALUE
		MILD		MODERATE		SEVERE			
		n	%	n	%	n	%		
1	AGE A. Below 25years B. 25-30 years C. 30-40 years	5 8 2	33.3 53.3 13.3	3 4 1	37.5 50.0 12.5	3 3 1	50.0 50.0 12.5	1.116	0.892
2	RELIGION A. Hindu B. Muslim C. Christian D. Any other	10 2 2 0	71.4 14.3 14.3 0.0	7 0 2 0	77.8 0.0 22.2 0.0	4 1 2 0	66.7 12.5 33.3 0.0	2.959	0.565
3	EDUCATION OF THE MOTHER A. No formal education B. Primary C. Secondary D. Degree and above	1 8 4 2	6.7 53.3 26.7 13.3	1 4 3 1	11.1 44.4 33.3 11.1	0 4 1 1	0.0 66.7 16.7 16.7	1.458	0.962
4	MOTHERS OCCUPATION A. Home maker B. Self employed C. Private employee D. Government employee	11 2 1 1	73.3 13.3 6.7 6.7	5 1 3 0	55.6 11.1 33.3 0.0	5 0 0 1	83.3 0.0 0.0 16.7	6.722	0.347
5	TYPE OF FAMILY A. Nuclear family B. Joint family	5 10	33.3 66.7	2 7	22.2 77.8	3 3	50.0 50.0	1.25	0.535
6	INCOME OF THE FAMILY A. Below 5000 B. 5000-10000 C. Above 10000	1 6 8	6.7 40.0 53.3	1 7 1	11.1 77.8 11.1	0 4 2	0.0 66.7 33.3	4.973	0.29
7	AREA OF LIVING A. Urban B. Rural	8 7	53.3 46.7	4 5	44.4 55.6	3 3	50.0 50.0	0.178	0.915
8	GRAVIDA A. Primi mothers B. Multi mothers C. Grandmulti mothers	4 9 2	26.7 60.0 13.3	4 5 0	44.4 55.6 0.0	5 1 0	83.3 16.7 0.0	6.868	0.143
9	POSTNATAL DAY A. 1-3days B. 4-5days C. 6-7days	9 5 1	60 33.3 6.7	8 1 0	88.9 11.1 0.0	6 0 0	100.0 0.0 0.0	5.034	0.284
10	TYPE OF DELIVERY A. Normal delivery B. LSCS C. Instrumental delivery	10 5 0	66.7 33.3 0.0	5 4 0	55.6 44.4 0.0	1 5 0	16.7 83.3 0.0	4.33	0.115

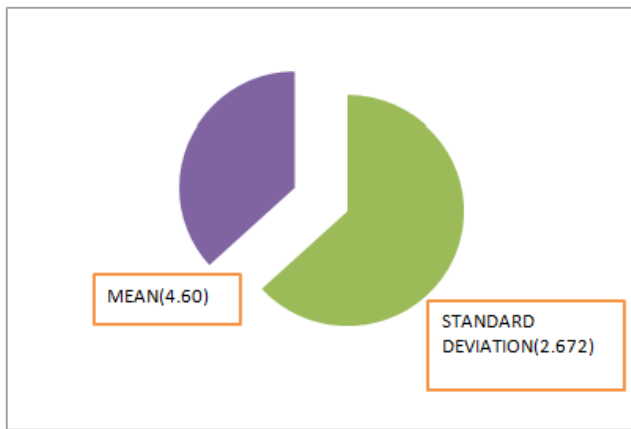


Diagram 2. Mean and standard deviation of puerperal complications and its etiological factors

- Post natal mothers especially primigravida may be unaware of developing the complications during puerperium.
- It is assumed that the intervention will enhance the knowledge about the prevention of various puerperal complications among post natal mothers.
- The interventions may be accepted as a mode of prevention of complications among postnatal mothers

RESEARCH METHODOLOGY

Quantitative research approach with descriptive design was selected for this study. The study samples comprise of all post natal mothers admitted at IGMCH&RI, Puducherry. The puerperal complications were assessed among the post natal mothers with the prepared checklist. The related factors for the complications were also identified among those mothers.

Inclusion Criteria

- Post natal mothers who have undergone vaginal delivery or LSCS irrespective of their obstetrical score.
- Post natal mothers who are willing to participate in this study
- Post natal mothers who can understand tamil or English

Exclusion Criteria

- Post natal mothers with no any complications

Description of the Tool

Section A: Socio-demographic variables **Section B:** Self prepared checklist for the assessment of puerperal complications

RESULTS

Puerperal complications are most commonly present in lower section cesarean sections and among the primigravida mothers. Since they do not know how to manage such a complications by herself. In the prevalence of puerperal complications, 8(25%) of the mothers are in mild complications, 9(32%) of the mothers are in the moderate and 13(43%) of the mothers are in severe complications. Deep vein thrombosis was found to be present for 17(56%) of the mothers, breast engorgement was found to be present for 18 (60%) of the mothers, puerperal sepsis was 21(70%), altered elimination was 18(60%), emotional disturbances was 20(66%), and the uterine subinvolution was found to be in 14(43%) of the post natal mothers.

Conclusion

Therefore, the finding of the study revealed the prevalence of puerperal complications and etiological factors among post natal mothers. The study participants gets benefited by participating in this study through the early identification of problems and correct measures to overcome this problems.

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