

# A Study to Identify the Post-Partum Complications among Post Natal Mothers in Selected Hospital of Dehradun, Uttarakhand

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## ABSTRACT

Complications in early post natal periods may lead many issues such as breast engorgement, perineal pain, constipation, and urine incontinence. Postpartum complications contribute to a lot of maternal morbidity. A Descriptive study was conducted to identify the post-partum complications among post natal mothers. The study was conducted on 120 post natal mothers who were selected using convenient sampling technique. The study was explained to participants and consent was taken. Data were collected by using structured knowledge questionnaire and self- reported practice check list. Homogeneity was maintained for demographic variables. The result showed Identification of post-partum complications shows that that in perineal pain, pain in perineal area (45%). In constipation, difficulty to express stool (33.33%), a sense that everything didn't come out (33.33%), hard or small stool (20.83). In breast engorgement, (20.83%) mothers reported pain and swelling in breast, hardness in breast (20%) and flat nipple (15%). In urine incontinence, intense urge of urine (2.5%).

**KEYWORDS:** identify, post natal mothers, postpartum problems and need based teaching

## INTRODUCTION

Pregnancy is the fundamental occasion in the women's life. It requires independent consideration from the season of origination to the postpartum period.<sup>1</sup> The world health organization portrays the post delivery time as the most basic but almost dismissed stage in the lives of mothers and infants, most death happen during the postnatal period. It is nevertheless important that all postnatal women still have access to, and appropriately receive, postpartum care. Therefore the health assistant must be capable to identify signs of some degree of postpartum difficulties that require further investigation and discuss the future management of these with the woman.<sup>1, 2</sup>

Common postpartum complications are – breast problems (Mastitis, breast engorgement, clogged ducts), infections, perinea pain, constipation, urinary incontinence etc. When the complication happened, immediate intervention is essential to prevent long –term disability and interference with parent-child relationship. Prevention of the complications is very essential. Most postpartum complications are preventable and if they do occur, the majority can be treated effectively.<sup>3</sup>

Post natal complications add to a great deal of maternal grimness. These intricacies not just prompt different present moment and long haul, yet additionally purpose mortality. As per WHO, maternal dismalness is unsatisfactory high. In

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2010, 2, 87,000 ladies passed on during and following pregnancy and labor. Somewhere in the range of 1990 and 2015, maternal mortality overall dropped by around 44 %. (WHO) 3 every day in 2015, around 830 ladies kicked the bucket because of complexities of pregnancy and labor.<sup>4</sup>

India is the biggest number of maternal and neonatal passing's in any single nation, with more than 63,000 maternal passing's and more than one million neonatal passing's for each year. In India, different investigations led in Haryana, Andhra Pradesh, Maharashtra demonstrate a predominance of baby blues bleakness of 74%, 61% and 42.9% separately.<sup>5</sup>

## PROBLEM STATEMENT

"A study to identify the post-partum complications among post natal mothers in selected hospital of Dehradun, Uttarakhand".

## OBJECTIVE

- To identify the post-partum complications among post natal mothers.

## METHODOLOGY

The research design used in this study was descriptive design. The study was conducted in Himalayan Hospital Dehradun, Uttarakhand. 120 post – natal mothers were

selected by Convenient sampling technique. Data were collected by demographic details. Assessment checklist was developed to identify the postpartum complications in post natal mothers. the study was explained to participants and written consent was taken. The data were collected with the help of various tools consisting of –

**Section A. Demographic variables:** consist of age of mothers, education of mothers, religion, occupation, monthly income, area of living, type of family, dietary pattern, duration of marriage, type of delivery, parity, number of children, post natal day, previous information about prevention of postpartum complications along with source of data.

**Section B. Assessment check list to assess the postpartum complications among post natal mothers:** Assessment check list was developed to identify the postpartum complications in post natal mothers. There were

total 13 problems included breast engorgement, urine incontinence, constipation, perineal pain, urinary tract infection, and perineal infection. One score was awarded for each statement based on signs and symptoms present in post natal mother. If there were no signs than it scored zero.

#### Presentation of the data

The data was entered in a master sheet, for tabulation and statistical processing. The data was tabulated, analyzed and the interpreted using descriptive and inferential statistical methods. The data was analyzed and the interpretation was drawn.

**SECTION- A: This section deals with the distribution of the study subjects based on their demographic variables such as** age of mothers, education of mothers, religion, occupation, monthly income, area of living, type of family, dietary pattern, duration of marriage, type of delivery, parity, number of children, post natal day.

**Table no 1-Frequency & percentage distribution of profile of the post natal mothers.**

| S. NO. | Sample characteristics        | Frequency (f) | Percentage % |
|--------|-------------------------------|---------------|--------------|
| 1      | <b>Age (in years)</b>         |               |              |
|        | 19 - 26                       | 60            | 50%          |
|        | 27 - 33                       | 54            | 45%          |
|        | 34 - 40                       | 6             | 5%           |
| 2      | <b>Education-</b>             |               |              |
|        | No formal education           | 4             | 3.33%        |
|        | Primary                       | 4             | 3.33%        |
|        | Secondary                     | 51            | 42.51%       |
|        | Above secondary               | 61            | 50.83%       |
| 3      | <b>Religion -</b>             |               |              |
|        | Hindu                         | 104           | 86.66%       |
|        | Muslim                        | 12            | 10.01%       |
|        | Sikh                          | 4             | 3.33%        |
|        | others                        | -             | -            |
| 4      | <b>Occupation-</b>            |               |              |
|        | Home maker                    | 114           | 95%          |
|        | Self-employee                 | -             | -            |
|        | Gov. job                      | -             | -            |
|        | Private job                   | 6             | 5 %          |
| 5      | <b>Monthly income in Rs.</b>  |               |              |
|        | 5000- 20000                   | 95            | 79.17%       |
|        | 20001- 35000                  | 20            | 16.67%       |
|        | 35001 - 50000                 | 5             | 4.16%        |
| 6      | <b>Area of residence -</b>    |               |              |
|        | Rural                         | 51            | 42.5%        |
|        | Urban                         | 63            | 52.5%        |
|        | Semi urban                    | 06            | 5%           |
| 7      | <b>Types of family -</b>      |               |              |
|        | Nuclear                       | 67            | 55.84%       |
|        | Joint                         | 53            | 44.16%       |
|        | Extended family               | -             | -            |
| 8      | <b>Dietary pattern -</b>      |               |              |
|        | Veg                           | 47            | 39.17%       |
|        | Non veg                       | 73            | 60.83 %      |
| 9      | <b>Duration of marriage -</b> |               |              |
|        | 8 months -7 year              | 95            | 79.17%       |
|        | 8 - 16 year                   | 21            | 17.50%       |
|        | 17 - 25 year                  | 4             | 3.33%        |
| 10     | <b>Type of delivery -</b>     |               |              |
|        | Normal vaginal delivery       | 70            | 58.34%       |
|        | Cesarean section              | 50            | 41.66 %      |
|        | Instrumental delivery         | -             | -            |

|    |                        |    |        |
|----|------------------------|----|--------|
| 11 | Parity-<br>Primi Para  | 51 | 42.5%  |
|    | Multi Para             | 64 | 53.34% |
|    | Grand multipara        | 5  | 4.16%  |
| 12 | No. Of children -<br>1 | 52 | 43.34% |
|    | 2                      | 51 | 42.5%  |
|    | 3                      | 13 | 10.83% |
|    | >4                     | 4  | 3.33%  |
| 13 | Post natal day<br>2nd  | 61 | 50.84% |
|    | 3rd                    | 59 | 49.16% |

**Table no 1:** illustrates socio – demographic characteristics of participants. Half of the study participants 50% were between 19-26 years of age group. Most of the participants 50.83% were having above secondary education. Majority of the participants were Hindu 86.66%. majority of the participants were home maker 95%. Most of the participants 79.17% had monthly family income between 5000-20,000 rs. Most of the participants 52.5% were residing in rural area. Most of the participants 55.84% were from nuclear family. Most of the participants 60.83% were non vegetarian. Most of the participants 79.17% were married for 8 months to 7 years. Most of the participants 58.34% has undergone normal vaginal delivery. Most (53.34%) of the mothers were multipara. Most of the participants (43.34%) was having 1 child. half of (50.83%) participants were having 2<sup>nd</sup>day and (49.16) were having 3<sup>rd</sup>day

**Table no 2- Frequency and percentage of the post natal mother about identification of postpartum complications among post natal mothers.**

| S. NO. | Aspects   | Frequency (f) | Percentage % |
|--------|---|---------------|--------------|
| 1      | <b>Breast engorgement-</b><br>Pain and Swelling in breast | 25            | 20.83%       |
|        | Stretched and flat nipple                                 | 18            | 15%          |
|        | Hardness  | 24            | 20%          |
| 2      | <b>Urine incontinence-</b><br>Dribbling of urine          | 0             | -            |
|        | Leaking of urine while laugh, standing, sneeze,           | 0             | -            |
|        | Intense urge of urine                                     | 3             | 2.5%         |
| 3      | <b>Constipation-</b><br>Difficulty to express stool       | 40            | 33.33%       |
|        | A sense that everything didn't come out                   | 40            | 33.33%       |
|        | Hard or small stools                                      | 25            | 20.83%       |
| 4      | <b>Perineal pain-</b><br>Pain in perineal area            | 54            | 45%          |
|        | Swelling  | 0             | -            |
|        | Redness   | 0             | -            |
|        | tenderness in legs  | 0             | -            |

**Table no 2-** Data Shows in table no 2 describe that the aspects wise description of postpartum complications. These were divided into 4 aspects. In breast engorgement (20.83%) having pain and swelling in breast, and (20%) were having stretched and flat nipple and (15%) were having hardness in nipple. In urine incontinence, only (2.5%) were having intense urge or urine. In constipation (33.33%) were having difficulty to express stool and (33.33%) were having a sense that everything didn't come out, and (20.83%) were having hard or small stools. Inperineal pain most (45%) were having pain in perineal area due to episiotomy.

**Table no 3- Rank of partum complications among post natal mothers.**

| Postpartum complications                | Frequency & Percentage % | Rank |
|---|--------------------------|------|
| Pain in perineal area                   | 54%                      | 1    |
| Difficulty to express stool             | 40%                      | 2    |
| A sense that everything didn't come out | 40%                      | 3    |
| Hard or small stools                    | 25%                      | 4    |
| Pain and Swelling in breast             | 25%                      | 5    |
| Hardness                                | 24%                      | 6    |
| Stretched and flat nipple               | 18%                      | 7    |
| Intense urge of urine                   | 3%                       | 8    |

**Table no 3-**Description of table no 5 shows that the Rank wise description of postpartum problems. These problems were divided into 8 ranks. (54%) was comes under rank 1pain in perineal area, in view of difficulty to express stool (40%) and A sense that everything didn't come out (40%) was comes under Rank 2,3. In case of hard or small stool (25%) and pain & swelling in breast comes under 4, 5. In case of stretched and flat nipple (18%) was comes under Rank 7 and only (3%) was comes under Rank 8 intense urge of urine.

## DISCUSSION

The present study was aimed to identify the post-partum complications among postnatal mothers. Findings of present study have been discussed with the references of the objective and statistical analysis and findings of the other researchers done on same field. Total 120 subjects were selected through convenient sampling technique. Data was collected using demographic variable, assessment check list. In this research the findings showed that in breast engorgement, (20.83%) mothers reported pain and swelling in breast, and flat nipple (15%), hardness in breast (20%). In urine incontinence, intense urge of urine (2.5%). In constipation, difficulty to express stool (33.33%), a sense that everything didn't come out (33.33%), hard or small stool (20.83). In perineal pain, pain in perineal area (45%).

The study outcomes were supported by **Raj KS, Rajan R and Suvi KJ.(2018)**. Occurrence of minor diseases of puerperium and related learning among post delivered women. In this examination the discoveries about occurrence of obstruction were 43% and perineal discomfort 45%.<sup>6</sup>

The study outcomes were supported by **Raheem Land Jabe M.(2017)** Commonness of Incontinence of urine in Post-Partum Females in Hayatabad, Peshawar. In this investigation the pervasiveness of extreme urinary incontinence was 4%.<sup>7</sup>

## Conclusion:

The present study, identify the post-partum complications among post natal mothers. Based on finding of the study, the researcher observed that there were four components (breast engorgement, urinary incontinence, constipation and perineal pain) which were identified as postpartum complications. The interventional programme regarding prevention of postpartum complications can be planned to minimize the complications and to improve the maternal health among post natal mothers.

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