ABSTRACT

Introduction: Antenatal care promotes good pregnancy outcomes and reduces maternal and perinatal mortality and morbidity. Maternal and neonatal mortality rates still high despite of progress in recent years. High quality antenatal care can reduce maternal and neonatal morbidity and mortality and stillbirths through prevention, as well as early identification and management of pregnancy complications or pre-existing conditions. Material & method: Descriptive study to assess awareness of WHO recommendations on antenatal care for a positive pregnancy experience among 60 nursing professional in SGT University, Gurugram. Check list was used to assess awareness. The collected data was analyzed by using descriptive statistics and inferential statistics. Frequency and percentage distribution was used for demographic variables and assessing awareness of WHO recommendations on antenatal care for a positive pregnancy experience. Chi-square test was used to find out association.

Result: A total of 60 nursing professional were selected purposive sampling technique in SGT University, Gurugram in year of 2017. 37.4% awareness on nutritional intervention, 49.2% on maternal & fetal movement, 21.2% on preventive measure and 30 % on health systems intervention to improve the utilization & quality of antenatal care.

Conclusion: The study was focused on WHO recommendations on antenatal care for a positive pregnancy experience & widens comprehensive measures of quality antenatal care and raises awareness of the need to better assess experiences of ANC.

INTRODUCTION:

Antenatal care (ANC) provides a platform for critical healthcare functions including health promotion, prevention, screening and diagnosis of diseases. Plan timely and Proper evidence-based practices during ANC can improve maternal and fetal health. Furthermore, it is an opportunity to communicate with and support women, families and communities at this very pivotal time in the course of their lives. The literature commonly uses the term “perinatal care” to characterize interventions extending from pregnancy into the postpartum period and even infancy and toddlerhood. In 2015, an estimated 303000 women died from pregnancy-related causes and 2.6 million babies were stillborn, half occurring during the third trimester. Many of these unfavorable outcomes can be prevented by quality healthcare during antenatal period and childbirth.

The World Health Organization released its comprehensive recommendations on routine ANC for pregnant women. In accordance with a human rights-based approach, the guidance is intended to respond to the complex nature of the issues surrounding the practice, organization and delivery of ANC within the health systems, and to prioritize person-centred care and well-being—not only the prevention of death and morbidity.

A positive pregnancy experience, defined as 'maintaining physical and socio cultural normality, maintaining a healthy pregnancy for mother and baby (including preventing or treating risks, illness and death), having an effective transition to positive labour and birth, and achieving positive motherhood (including maternal self-esteem, competence and autonomy)', is a key consideration for the guideline. Recognizing that improving a woman's experience of care can be critical to transforming ANC services and contributing to thriving families and communities.

METHOD OF DATA COLLECTION:

The collected data was collected in month of March 2017 to assess awareness of WHO recommendations on antenatal care for a positive pregnancy experience among 60 nursing professional in SGT University, Gurugram. Check list was used to assess awareness. The study was analyzed by using descriptive statistics and inferential statistics. Frequency and percentage distribution was used for demographic variables and assessing awareness of WHO recommendations on antenatal care for a positive pregnancy experience.

RESULTS:

The findings of the study indicated (65%) of students were in the age group of 15-24 years, 35% of them were in the age group of 25-34 years. Nearly (83.3%) of the students were female, 16.7% were male, majority (48.3%) of them were B.Sc.

<table>
<thead>
<tr>
<th>S.No</th>
<th>Awareness</th>
<th>n</th>
<th>Range</th>
<th>Mean ± SD</th>
<th>Median</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Awareness</td>
<td>60</td>
<td>12-18</td>
<td>13.5± 1.24</td>
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</tr>
</tbody>
</table>

Table No 1. Range Mean, Median, Standard Deviation and Median of Awareness among Nursing Professionals

<table>
<thead>
<tr>
<th>S.No</th>
<th>Demographic variables</th>
<th>Average</th>
<th>Poor</th>
<th>Test applied</th>
<th>p-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Age</td>
<td></td>
<td></td>
<td>Chi Square</td>
<td>0.15 NSS</td>
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<tr>
<td>a) 15-2463</td>
<td></td>
<td>21</td>
<td></td>
<td>Chi Square</td>
<td>0.15 NSS</td>
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<tr>
<td>b) 25-34</td>
<td></td>
<td>30</td>
<td></td>
<td>Chi Square</td>
<td>0.15 NSS</td>
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</tbody>
</table>
DISCUSSION:
Findings of the present study revealed that area wise awareness was 37.4% on nutritional intervention, 49.2% on maternal & fetal movement, 21.2% on preventive measure and 30% on health systems intervention to improve the utilization & quality of antenatal care. These findings are consistent with the findings of a study conducted Lattof SR et al 42 WHO-recommended ANC interventions and four good clinical practices included in this scoping review, only 14 WHO-recommended interventions and three established good clinical practices could potentially be measured immediately using existing measures.

Findings of the present study revealed that mean knowledge score regarding awareness of WHO recommendations on antenatal care for a positive pregnancy experience among nursing students was 13.5±1.24. These findings are consistent with the findings of a study conducted the mean age of the sample was 25.15years with 4.45±SD. Two hundred and twelve (82.81%) women had the knowledge of antenatal care and thought that it was important while 44 (17.81%) women had knowledge of antenatal care but they thought it was not important. Two hundred and fifteen ( 83.98%) women had awareness regarding appropriate diet and 207 (80.85%) had knowledge regarding iron and vitamin supplementation during pregnancy. Two hundred and fifty (90.65%) women believed that getting antenatal care will improve the pregnancy outcome. 130(50.78%) women had taken folic acid supplementation in first trimester. Two hundred and twenty (88.67%) women thought that they got the expected antenatal care in hospital. Two hundred and ten (82.03%) women favoured hospital as a place of delivery while 46 (17.96%) preferred to deliver at homes and private clinics. Two hundred eight (81.25%) women wanted a doctor to attend their labour. Only 116 (45.31%) women had antenatal care in their past pregnancies. The awareness about antenatal care was highest in primigravida (86.95%), in younger women (18-35) (84.54%), in educated couples (92.5%) with better socio-economic status (79%).

CONCLUSION:
This study shows that to widen comprehensive measures of quality antenatal care and raises awareness of the need to better assess experiences of ANC. Given the inadequate number and distribution of existing ANC measures across the quality of care, new consistent measures are required to assess quality of routine ANC.

REFERENCES: