

# Assess the Physical, Functional and Psychological Wellbeing after CPNS – Among Postnatal Mothers

Nisha Clement

VSS College of Nursing, Bangalore, Karnataka, India

**Abstract:** *Postnatal period is commonly neglected part of health care where Postnatal Complications are common due to lack of early and timely systemic postnatal interventions that are the main cause for maternal morbidity and mortality in India and all over the world. Many researches have been done to prove the systemic postnatal care improves outcomes of postnatal care, and reduce incidence of postnatal complications and promote early discharge. There are many research done on standards nursing care protocol to evaluate the outcomes of comprehensive postnatal aspects of maternal health to find physical, functional and psychological wellbeing in postnatal mother. The main objectives of the study to assess the physical, functional and psychological wellbeing after CPNS by the nurses in the study group and to compare the among postnatal mothers in the control group and in study group, find the association of selected demographic variables of nurses and physical, functional and psychological wellbeing of in the study and control group, About 174, out of that 86 sample in study group and 88 sample of control group were selected conveniently from total of 24 maternity centres of Bangalore Bruhat Mahanagar pallikae, postnatal mothers are chosen as per staff inspection committee norms ratio of 1:5 i.e. that is sample of one nurse: five postnatal mothers were selected, therefore for 86 nurses 430 postnatal mothers chosen for study group, 88 nurses for 440 postnatal mothers in control group were included as per inclusive criteria. Sample selection done by non-probability convenient sampling as per inclusive criteria were chosen and postnatal mothers after delivery. A Non-equivalent control group post-test only design were selected for the study with the study and control group that had only post test conducted for both groups with intervention as implementation of comprehensive postnatal nursing care strategies is done only for the study group, data collection using interview schedules prepared on selected demographic variables of postnatal mother and nurses, assess the physical, functional and psychological wellbeing after implementation of comprehensive postnatal nursing care among the postnatal mothers. The collected data analysed by using descriptive and inferential statistics, Demographic variables analysed using frequency and percentage. The Chi-square test was performed to assess the significance of proportion of postnatal mothers according their demographic characteristics in between the study and control group. The t-test for comparison of means of two independent population was carried out to find out the significant difference between physical, functional and psychological wellbeing in study and control group, it was found to be significant ( $t=50.63, p<0.001$ ). So null hypothesis was rejected and the research hypothesis was accepted. It implied that the physical, functional and psychological wellbeing among postnatal mothers administered with CPNS by nurses was resulted to significantly more than the postnatal mothers administered with normal nursing routine. So, it is concluded that the CPNS intervention was effective in improving the outcomes of CPNS implementation among postnatal mothers.*

**Keywords:** CPNS

## 1. Introduction

The ever happiest moment in every mother's life is "childbirth" and the mother enjoys presence of "healthy new born". Puerperium is the period following the body tissues especially the pelvic organ revert back approximately to prepregnant state both anatomically and physiologically by within six weeks (DC. Dutta 2016). In this study investigator has adapted the WHO guidelines (2013) and modified it as teaching module taken only slice of perinatal care that is comprehensive postnatal nursing strategies under expert guidance, this CPNS module is taken as training and reinforcement tool to educate the nurses to follow the strategies of CPNS and assess the physical, functional and psychological well being, Ministry of health and family welfare Government of India (2013) have published and reported strategic approach on reproductive maternal new born and adolescent health in India.

### Need

Globally 287,000 maternal deaths have occurred in the year 2010, MMR was 210 per 100,000 live births, sub-Saharan Africa 56% and southern Asia 29% accounted for 85% of maternal deaths in 2010, and at country level India accounted for 19% (56000 in numbers) of all global maternal deaths. Recommendations given by WHO on postnatal care has to be followed in every health settings on

postnatal care, since as per the Latest Sample Registration report (2010) about MMR given by Registrar-General of India on MMR in Kerala 66, Tamilnadu 90 Maharashtra 87, Andhra 110 and Karnataka 144 found to decline in south India in comparing north India. On comparing all states in south, Karnataka state needs more attention than other states. There is need for further research to screen the implementation of nursing care at all levels, therefore the researcher was interested to investigate the physical, functional and psychological wellbeing after CPNS and to prove after implementation of CPNS leads to high level of physical, functional and psychological wellbeing among postnatal mother in study group than the postnatal mothers who availed routine care in control group.

### Statement of problem

A study to assess the physical, functional and psychological wellbeing after implementation of comprehensive postnatal nursing strategies by the nurses among postnatal mothers in the selected hospitals at Bengaluru, Karnataka", Bangalore.

### Objectives

- 1) To assess the physical, functional and psychological wellbeing after implementation of CPNS among the postnatal mothers in control and study group.
- 2) To compare physical, functional and psychological wellbeing after implementation of CPNS among the postnatal mothers in control and study group

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3) To find the association of physical, functional and psychological wellbeing and selected demographic variables of postnatal mothers after implementation of CPNS by nurses in the study and control group

### Hypotheses

- 1) There will be significant difference in the physical, functional and psychological wellbeing of CPNS Implementation by nurses among postnatal mother in study group than the postnatal mother who availed routine postnatal nursing care in control group.
- 2) There will be association with physical, functional and psychological wellbeing of CPNS implementation among postnatal mothers with their selected demographic variables in study and control group.

**Research approach:** A quantitative approach was considered to be most appropriate for the study

**Research design:** To achieve the objective of the study the research design selected was 'quasi experimental Non-equivalent control group post-test only design.

### Variables:

**Independent:** CPNS-implementation of comprehensive postnatal nursing care strategies

**Dependent:** physical, functional and psychological wellbeing of postnatal nursing care

### Extraneous variables

- a) Nurse: age, education, type of family, monthly income, designation, and professional experience,
- b) Postnatal mother: Age, education, Gravida, Care taker, previous delivery experience, source of information and co-morbidity conditions.

**Setting of the study:** the present study was conducted in twenty four maternity hospitals of Bruhat Bangalore Mahanagar palike in Bangalore

**Population:** postnatal mothers and nurses in maternity hospitals of Bruhat Bangalore Mahanagar palike in Bangalore

### Sample size:

About 174, out of that 86 sample in study group and 88 sample of control group were selected conveniently from total of 24 maternity centres, postnatal mothers are chosen as per staff inspection committee norms ratio of 1:5 i.e. that is sample of one nurse: five postnatal mothers were selected, therefore for 86 nurses 430 postnatal mothers chosen for study group, 88 nurses for 440 postnatal mothers in control group were included as per inclusive criteria

### Sampling technique:

Sample selection done by non-probability convenient sampling as per inclusive criteria were chosen and postnatal mothers after delivery

### Inclusive criteria: Nurses who are

- 1) Willing to participate in the study
- 2) Working only in the postnatal ward.
- 3) Working in the BBMP hospitals.

4) Experienced in the field of midwifery more than two years

### Postnatal mothers who

- 1) Are willing to participate in the study.
- 2) Can read and write in Kannada, and English.
- 3) With normal pregnancy and also mother with co-morbidity conditions like Gestational diabetes, PIH and anaemia undergone normal delivery are chosen.

### Exclusive criteria: Nurses who are:

- 1) Not willing to participate
- 2) Working other than postnatal ward
- 3) Has no experience in field of midwifery

### Postnatal mothers who:

- 1) Are not willing to participate
- 2) Are with medical illness example cardiac thoracic diseases, and bronchial Asthma
- 3) Postnatal Mother with psychiatric illness
- 4) Postnatal mother undergone caesarean section

### Description of Tool

#### Part I: Background variables of postnatal mother

Age, education, Gravida, caretaker, source of information and co morbidity conditions, a verbal response is obtained from the postnatal mothers under gone normal delivery.

#### Part II: Background variables of Nurse

Age, type of family, course, monthly income, designation and professional experience in postnatal ward. A verbal response is obtained from the nurses who participated in the study.

#### Part III: Interview schedule to assess physical, functional and psychological wellbeing of CPNS in postnatal mother:

## 2. Scoring and Interpretation

The total items in this tool are 30, interview schedule to assess the physical, functional and psychological wellbeing of CPNS in postnatal mother are measured as satisfaction score. The maximum score is 60, minimum score is 30

### Data collection process

After obtaining permission to conduct research from Institutional Ethics Committee, Head of the department OBG, from Directorate of BBMP hospitals to collect the data from nurses and conduct the training and reinforcement sessions and collect the data from the postnatal mother at BBMP hospitals.

- 1) **Getting data from the nurse:** the list of available nurses working in BBMP hospitals are obtained from the register, study group nurses in morning shift and intermediate and evening shift are identified per day three nurses are met per setting. the nurses who fulfilled the inclusive criteria also who gave the informed consent after adequate explanations about the risk and benefits of the study are approached, the data collection focused on collecting the demographic data by interview schedule from the nurse in their shift.

2) **Getting information from the mother:** The investigator introduced self to the group, the purposes of the study and their right to participate or withdraw from the study were explained to the postnatal mothers for obtaining the written informed consent. Such consenting postnatal mothers who fulfilled the inclusion criteria were enrolled for the study. The available postnatal mothers as per admission to ward are enrolled, strict privacy is maintained on collection of data from each postnatal mother. Ethical principles were adhered to throughout the study. Data on demographic variables are collected on first postnatal day for about 15 minutes. On fifth postnatal day post-test was conducted, about 15 – 30 minutes was taken to conduct the interview to administer the tool to get response about physical, functional and psychological wellbeing from the postnatal mother after implementation of CPNS.

### 3. Results

#### Findings on Demographic variables of postnatal mothers in study and control group:

The majority of postnatal mothers 215 (50%) were in age group between 18-23years, 149 (34.7%) had done PUC study group and 244 (56.7%) of them were primi, 175 (40.7%) of them had care takers and source of information were parents, 250(58.1%) of them had no medical illness but co-morbidity conditions found are 79(18.4%) had anemia, 68(15.8%) pregnancy induced hypertension and 38(7.7%) of them had gestational diabetes

In control group majority of postnatal mothers 220 (60%) were in the age between 18-23years, 54(12.3%) had done primary school education, 250(56.8%) were primi, 172(39.5%) of them were parents as care takers, Source of information as media 140(31.8%), 266(60.5%) were not having no medical illness, comorbidity conditions found were 30(6.8%) gestational diabetes, 70(15.9%) pregnancy induced hypertension 74(16.8%) were anemic in control group. The Chi-square results was found to be remain not significant ( $p > 0.05$ ).

The findings show that the sample of postnatal mothers observed in study and control group were homogeneous in their demographic characteristics as per the requisite of base line characteristics of study and control study.

#### Findings on Description of demographic characteristics of nurses in both study and control group. (Table 11, Figure 10 to 15)

In study group majority of the nurses 25 (29%) were in the age between 26-30yrs, 36 (41.8%) were BSc nurses, 51(59.3%) belong to nuclear family, 37(43.0%) earn rupees 10000-15000, 47(54.7%) hold designation of nurse senior, 47(54.7%) had 2-5yrs experience in postnatal ward.

In control group majority of nurses 26 (29.5%) were in the age between 36-40 years, 40 (45.45%) were BSc nurses, 53 (60.2%) belong to nuclear family, 37 (42.0%) earn 10000-15000 rupees, 44 (50%) hold designation of nurse senior, 44 (50.3%) 2-5yrs experience in postnatal ward, Chi-square results was found to be remain not significant ( $p > 0.05$ ).

Findings show that the sample of nurses observed in study and control group were homogeneous in their demographic characteristics as per the requisite of base line characteristics of study and control study.

#### Findings on comparison of physical, functional and psychological wellbeing in between study and control group

**Table-1:** Distribution of post natal mothers according to physical, functional and psychological wellbeing of CPNS implementation in between the groups:

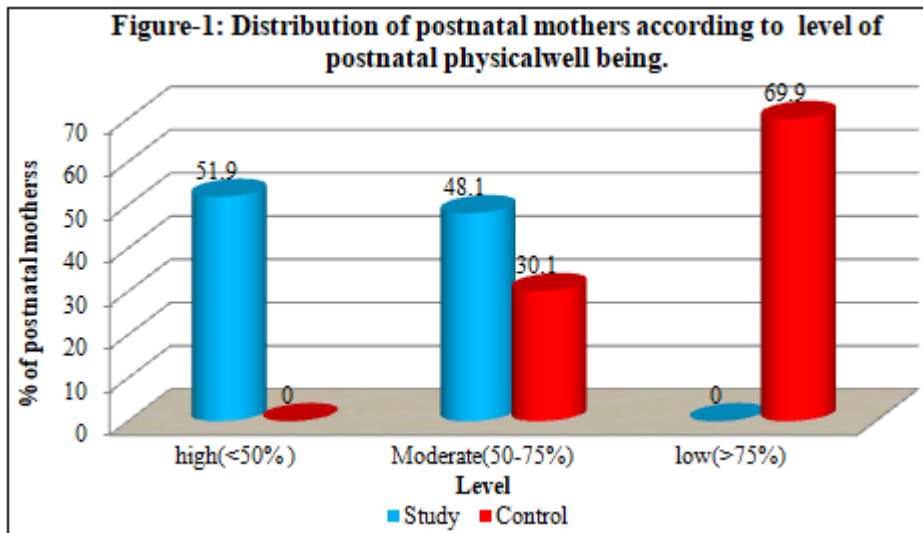
Distribution of postnatal mothers according to postnatal **physical wellbeing** in between the groups.

**Table 1:** Distribution of postnatal mothers according to postnatal **physical wellbeing** in between the groups

S.No.	Level of postnatal physical wellbeing	Study		Control	
		No.	%	No.	%
1	High (<50%)	223	51.9	0	0
2	Moderate (50-75%)	207	48.1	123	30.1
3	Low (>75%)	0	0	285	69.9
4	Over all	430	100	440	100

The above table 14 presents the frequency distribution of postnatal mothers based on postnatal physical nursing problems after the implementation of CPNS through nurses in study group over the routine nursing care given by nurses in control group.

In study group majority of them 223(51.9%) had high level postnatal physical wellbeing, in study group 207(48.1%) had moderate level of postnatal physical wellbeing in study group, whereas in control group majority 285(69.9%) had low and least had 123(30.1%) moderate postnatal physical wellbeing and none of them had low level of postnatal physical wellbeing (Figure-1)



It is evidenced that the proportion of postnatal mothers according to level of postnatal physical wellbeing differs in between study and control group. Further, it was observed that a majority had only low physical wellbeing in study group. But a majority had low physical wellbeing in control group.

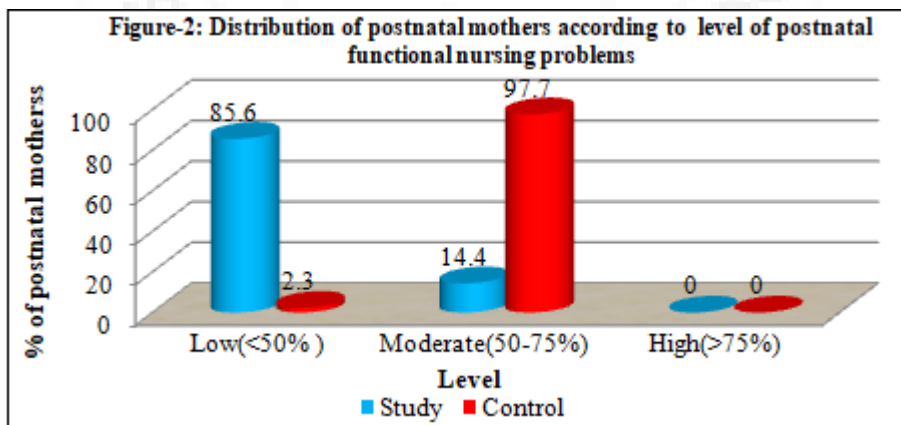
**Distribution of postnatal mothers according to postnatal functional wellbeing in between the groups**

**Table 2:** Distribution of postnatal mothers according to postnatal functional wellbeing in between the groups.

S.No.	Level of postnatal functional wellbeing	Study		Control	
		No.	%	No.	%
1	Low (<50%)	368	85.6	10	2.3
2	Moderate (50-75%)	62	14.4	430	97.7
3	High (>75%)	0	0	0	0
4	Over all	430	100	440	100

The above table 2 presents the frequency distribution of postnatal mothers based on postnatal functional nursing problems after the implementation of CPNS through nurses in study group over the routine nursing care given by nurses in control group.

In study group none of them had high level postnatal functional nursing problems, in study group 368(85.6%) had moderate level of postnatal functional nursing problems 62(14.4%) had very low postnatal functional nursing problems in study group, whereas in control group majority 430(97.7%) had moderate and least had 10(2.3%) low postnatal functional nursing problems and none of them had high postnatal functional nursing problems (Figure-2)



It is evidenced that the proportion of postnatal mothers according to level of postnatal functional nursing problems differs in between study and control group. Further, it was observed that a majority had only low functional postnatal nursing problems in study group. But a majority had moderate postnatal functional nursing problems in control group.

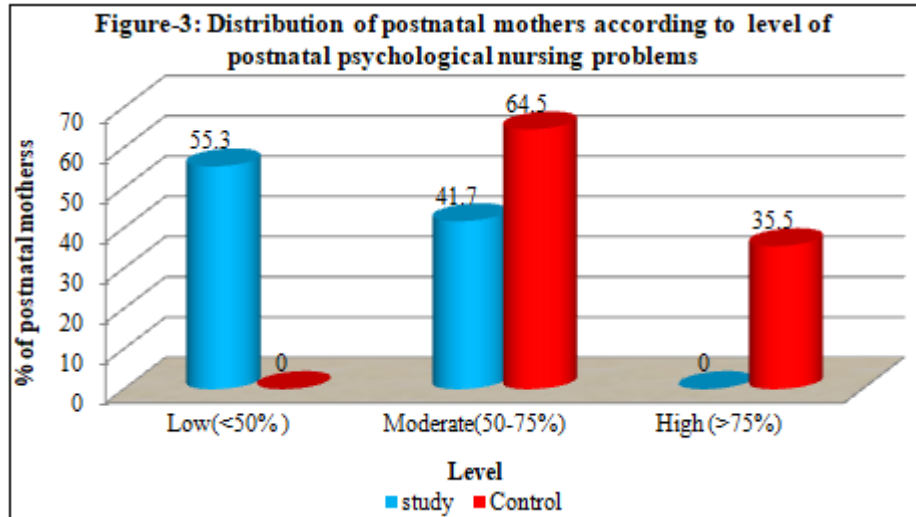
**Distribution of postnatal mothers according to postnatal psychological nursing problems in between the groups**

**Table 3:** Distribution of postnatal mothers according to postnatal psychological nursing problems in between the groups

S.No.	Level of postnatal psychological problems	Study		Control	
		No.	%	No.	%
1	Low (<50%)	238	55.3	0	0
2	Moderate (50-75%)	192	44.7	284	64.5
3	High (>75%)	0	0	156	35.5
4	Over all	430	100	440	100

The above table 16 presents the frequency distribution of postnatal mothers based on postnatal psychological nursing problems after the implementation of CPNS through nurses in study group over the routine nursing care given by nurses in control group.

In study group none of them had high level postnatal psychological nursing problems, 238(55.3%) in study group had low level of postnatal psychological nursing problems, 192(44.7%) had moderate postnatal psychological nursing problems in study group, whereas in control group majority 284(64.5%) had moderate and least had 156(35.5%) high level postnatal psychological nursing problems (Figure-3)



It is evidenced that the proportion of postnatal mothers according to level of postnatal psychological nursing problems differs in between study and control group. Further, it was observed that a majority had only low psychological postnatal nursing problems in study group. But a majority had moderate postnatal psychological nursing problems in control group.

#### 4. Conclusion

The study concluded that CPNS implementation by the nurses are found to increase the satisfaction level among the postnatal mothers, since from the findings it is clear that reinforcement of existing standard nursing practices with regular evaluation of nursing care is essential to prevent the potential complications, further strict adherence to systematic nursing practices reduces the potential maternal mortality rate.

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