To Assess the Knowledge of Staff Nurses Regarding the Importance of Nutritional Requirement during Pregnancy in Selected Primary Health Center's at Bagalkot District Karnataka

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Abstract: *Background and objectives of perinatal nutrition is very important to bear a health child and to prevent maternal complications & pregnancy wastage. It is one of the fundamental duties of the staff nurse to educate the mother about prenatal nutritional requirement. Primary to this, she must have good knowledge of prenatal nutritional requirement. Hence a study was conducted "To assess the knowledge of staff Nurses regarding the importance of Nutritional requirement during pregnancy in selected primary health centers at Bagalkot district, Karnataka".*

Keywords: Assess, knowledge, G. N. M., M. M. R., infection and sepsis

1. The Objective of the Study

1. To assess the knowledge of staff nurses about the importance of the nutritional requirement during pregnancy.
2. To assess the knowledge of staff nurses on malnutrition and its effects on pregnancy.
3. To identify the relationship between the staff nurse's knowledge on the importance of nutritional requirement during pregnancy with socio-demographic variable.

2. Method

The study has a descriptive survey approach, where hundred staff nurses were selected as sample by purposive sampling technique. The study was conducted in rural Bagalkot district. A structured questionnaire was implemented for the data collection procedure. The tool was finalized by consulting five experts in the field nursing. Pilot study was done for its clarity, unambiguity & feasibility on similar subject, to analyze data, statistical analysis was used. Demographical data of the staff nurses were presented in graphs. Association of variables was tested by chi-square.

3. Findings

Section I: Demographic characteristics of the sample

The major proportion of the staff nurses

- Belonged to the group 25-45 years which constitutes 40%
- About 93% were married 7% unmarried
- 73% were Hindus
- 87% were with P. U. C. academic qualification
- 85% of them completed G. N. M. training
- In regards to experience of staff nurses 62% were between 10-20 years
- In service education constituted 100%

Section II: Level of knowledge regarding the importance of nutrition during pregnancy:

Knowledge data revealed the requirement of Basic nutrition 76%, richest sources of nutrient 68%, knowledge about pregnancy and changes 77%, Care during pregnancy concerning nutrtion79%;

Section III: Level of knowledge on Malnutrition and its effect & prevention.

Knowledge data revealed the prevention of malnutrition during prenatal period 88%, routine investigation and antenatal visits 92% & responsibility of health care providers 72%.

Association of variable with existing knowledge of staff nurses on the importance of nutritional requirement during pregnancy was tested by Chi-square and found that there was no association between these variables.

4. Major Recommendations

1. Similar study can be undertaken with a larger sample size to give more validity to the data.
2. Similar studies can be conducted on mothers who had suffered with anemia which will be more effective.
3. The study can be undertaken as observation study care rendered by staff nurses in P. H. C. s.
4. A Comparative study can also be undertaken an doctorate level between districts on two group.
5. A study can be undertaken as measuring the prevention of anemia in prenatal mothers providing supplementary nutrition during pregnancy.
6. The attitude and practice of staff nurses can be studied to get a better insight.