

# Assess the Knowledge of Primigravida Mothers Regarding Pregnancy Induced Hypertension in A Selected Hospital of Pune City

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**Abstract:** A study was done on topic to “Assess the knowledge of primigravida mothers regarding pregnancy induced hypertension”. The main objective was to assess the knowledge of primigravida mothers of 3<sup>rd</sup> trimester about pregnancy induced hypertension. An exploratory descriptive survey approach was used. The tool used to assess the knowledge was self structured questionnaire. Content validity was ensured by verifying it with three experts. In data collection process the investigators collected the data with the help of self structured questionnaire. The major findings of the study was divided into two section. In the first section it reveals that age group, majority of them belonged to 18-25 years that is 81.66%, majorities educational qualification was primary complete that is 51.66%, most of their occupation was as a housewife that is 71.66%, many of their age of marriage was between 17-22 years that is 73.33%, duration of marriage was between 1-5 years that is 80%, their monthly income ranged between 10,000-15,000/-, that is 30%, most of them have completed 4 antenatal visits that is 48.33%. Majority of them did not have any pervious knowledge about pregnancy induced hypertension that is 66.66%. In section two it states that majority of the mothers have poor knowledge regarding pregnancy induced hypertension that is 71.66%, in areas regarding higher risk group of PIH, lifestyle modification for the mothers suffering from PIH, effects of PIH, and its complications.

**Keywords:** pregnancy induced hypertension, YCM hospital

## 1. Introduction

Hypertension is high blood pressure. High blood pressure that starts after 20 weeks of pregnancy is called as Pregnancy Induced Hypertension. Approximately 8/100 pregnant women will have some form of hypertension. During pregnancy, pregnancy induced hypertension can be dangerous for both mother and baby getting diagnosed and treated can help prevent complication. Hypertensive disorders in pregnancy are a major cause of maternal and foetal and neonatal morbidity or mortality both in developing and developed countries. Hypertension is most common medical problem in pregnancy, complicating upto 15% of pregnancies and accounting for a quarter of all antenatal admissions.

If proper precautions are not taken, then it becomes a serious condition but with its early detection and proper care, it remains definitely under control, and a healthy baby can be delivered. Thus, the pregnant woman should know about pregnancy induced hypertension so that she can take care of herself and her unborn child-foetus.

## 2. Literature Survey

- **Mohanty S, Sahu PK et.al (2006)** conducted a study to investigate correlation between initiation of pathogenesis of pregnancy induced hypertension and oxidative stress .50 primigravidae in age group of 20-35 years and gestational age 28-42 weeks with pregnancy induced hypertension were taken as cases. 20 healthy primigravidae with no medical and surgical

complications of pregnancy and with blood pressure <140/90 mmhg served as controls. pre eclampsia (p<0.01) and in women with severe pre eclampsia (p<0.01) in comparison to normal primigravida. The serum Vitamin E levels were decreased in primigravida with mild pre eclampsia (p<0.01) and in primi with severe pre eclampsia (p<0.01) in comparison to normal primigravida but the fall was not statistically significant. There was a significant fall (p<0.005) in the Vitamin C levels in primi with mild pre eclampsia then in normal primi. The Vitamin C levels in severe pre eclamptic patients were lower than the normal primi but the fall was not statistically significant (p<0.10). This observation suggests that in pregnancy induced hypertension there is an imbalance between lipid peroxidation and antioxidant vitamin status because of oxidative stress..

- **Muhammed Safvan et al. (October 2014)** conducted a survey on Pregnancy and child birth is considered as normal physiological process. Pregnancy is most memorable moment in a woman's life. However, many medical disorders can complicate this memorable moment and the leading one is Pregnancy induced hypertension (PIH). PIH is more common in mother of age more than 35 years with multiple pregnancy and obesity as well as in women from low socio economic background. PIH is characterized by hypertension and protein urea accompanied by oedema, which affect both foetus and mother adversely. Findings of the study showed that, majority 60 % of the antenatal mothers had average knowledge on prevention of pregnancy induced hypertension, about 22% had poor knowledge and only 18% had good knowledge. There were no antenatal

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mothers with very good and excellent grade of knowledge on prevention of pregnancy induced hypertension.

- **Nigeria, Oyira Emilia James et.al (2009)** conducted the study to find out the knowledge, attitude and preventive practices towards pregnancy induced hypertension among pregnant women in General Hospital Calabar, Cross River State, Nigeria. The population involved a total of 200 pregnant women and a sample of 100 pregnant women were used for the study. The research instrument used in data collection was a questionnaire which was administered to 100 pregnant women. Their responses were analysed using descriptive statistics. The study showed that, about 82% of the women had formal lecture on pregnancy induced hypertension, hence have knowledge of pregnancy induced hypertension.
- **Sr. Jolly Joseph , et.al. (2007)** The study was conducted on effectiveness of antenatal care package on knowledge of pregnancy induced hypertension for antenatal mothers from . The research design was an evaluative approach using one group pretest & post test the experimental design 40 antenatal mothers were selected by purposive sampling. Data was collected using structured knowledge questionnaire. Antenatal care package was developed. The pre test knowledge questionnaire was administered on the first day followed by an antenatal care package. The post test was conducted after five days using the same tool. The pretest knowledge data showed that maximum number of mothers 26(65.5%) scored between the range of 11-20% (average).The mean knowledge score was 14.88 where as the maximum possible score was 30.Among seven areas, the mean percentage knowledge in the area of basic factors of PIH was 43.75%, clinical features 41%, diagnosis 44%, management 57.5%,diet 50%,complication 50%,and prevention 78% .

**Problem definition**

A Study to Assess the Knowledge of Primigravida Mothers regarding Pregnancy Induced Hypertension in a Selected Hospital of Pune City

**3. Objective of the Study**

To assess the knowledge of primigravida mothers regarding pregnancy induced hypertension.

**4. Material and Methods**

The design selected for the present study was explorative descriptive method to assess the knowledge regarding pregnancy induced hypertension in primigravida mothers of 3<sup>rd</sup> trimester. the investigators used the survey approach. The study was conducted in YCM hospital, Pimpri, Pune district. The population of the present study comprises of primigravida mothers of 3<sup>rd</sup> trimester. In the present study non-probability convenience sampling technique was used. The sample size for the present study was primigravida mothers of 3<sup>rd</sup> trimester. In the present study a self structured questionnaire was developed to collect the data. The data is analysed and presented in the following sections:-

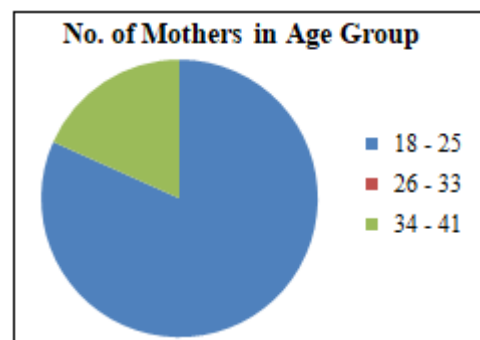
Section I: Distribution of samples in relation to demographic variables.

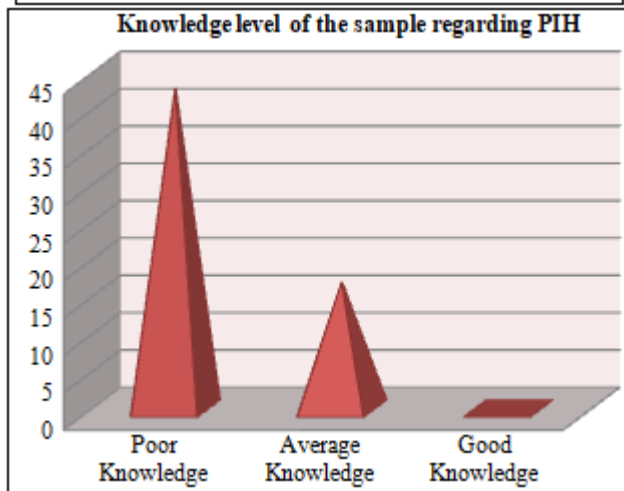
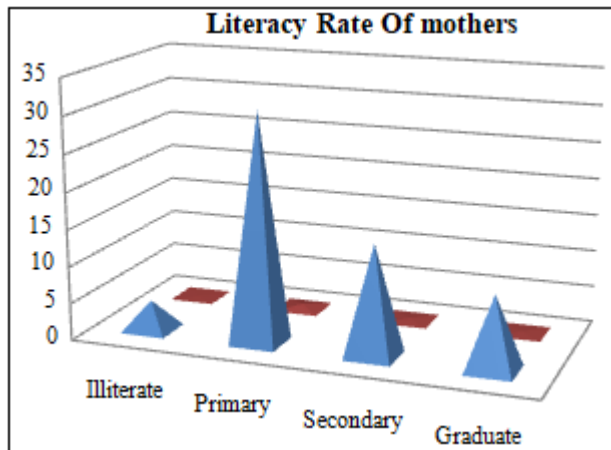
Section II: Knowledge of pregnancy induced hypertension.

Section III: Question based analysis.

**Table 1:** Distribution of Sample in Relation to Demographic Variables

Age (In Years)	No. Of Mothers	Percentage
18 – 25	49	81.66%
26 – 33	00	0%
34 – 41	11	18.33%
<b>TOTAL</b>	<b>60</b>	<b>99.99%</b>
Literacy Rate	No. of Mothers	Percentage
Illiterate	04	6.66%
Primary	31	51.66%
Secondary	15	25%
Graduate	10	16.66%
Total	60	99.98%
Occupation	No. of Mothers	Percentage
Service	05	8.33%
Business	02	3.33%
Housewife	43	71.66%
Farming	10	16.66%
Total	60	99.98%
Age of Mothers	No. of Mothers	Percentage
17-22	44	73.33%
23-28	16	26.66%
Total	60	99.99%
Duration of Marriage	No. of Mothers	Percentage
1-5 years	48	80%
5-10 years	10	16.66%
More than 10 years	02	3.33%
Total	60	99.99%
Monthly Income	No. of Mothers	Percentage
5,000-10,000	21	35%
10,000-15,000	18	30%
15,000-20,000	16	26.66%
More than 20,000	05	8.33%
Total	60	99.99%
Antenatal Visits	No. of Mothers	Percentage
2 visits	11	18.33%
4 visits	29	48.33%
6 visits	14	23.33%
None	6	10%
Total	60	99.99%
Knowledge Of Pih	No. of Mothers	Percentage
Yes	20	33.33%
No	40	66.66%
Total	60	99.99%





Graph showing knowledge level of primigravida mothers regarding

## 5. Results

It consists of questionnaire regarding the knowledge about pregnancy induced hypertension in primigravida mothers. There were total of 15 questions in the tool. The tool and its description the process of data collection and the plan for data analysis. Data analysis is systematic organization of research data and testing of research hypothesis using data. In this study data will analyse by descriptive and inferential statistics. It can be concluded that primigravida mothers have a very poor knowledge about pregnancy induced hypertension.

## 6. Discussion

The finding of the study was discussed with reference to the objectives and with the findings of the other studies in this section. The present study was undertaken to assess the knowledge of primigravida mothers regarding pregnancy induced hypertension in a selected hospital of pune city . The result of the study is that primigravida mothers have a very poor knowledge about pregnancy induced hypertension.

## 7. Conclusion

In these study overall it can be concluded that primigravida mothers have a very poor knowledge about pregnancy induced hypertension.

## 8. Future Scope

The finding of the study has been implicated for nursing practice , nursing education ,nursing administration, nursing research.

### a) Nursing practice

The role of the midwife is constantly changing .This changes are due to the improving concept of wellness and illness. In today's world the concept of prevention of illness, promotion of health, complication of illness are of equal or greater significance. The role of midwives in management of pregnancy and labour, their outcome is to assess the antenatal mothers knowledge, practises and provide health education.

### b) Nursing education

Nursing education should also be taken into consideration for giving rise to educators with vivid knowledge and information. The nursing education can expand the curriculum by adding the detail description of PIH and its management.

- This study help the nursing students to understand the learning needs of antenatal women about PIH.
- This study will help nursing teachers as an informative illustration for the students.

### c) Nursing administration

The nursing administration should provide opportunities for continuing education, in- service education programmes and workshop for nurses to update this knowledge and also helped to create awareness among primigravida mothers.

### d) Nursing research

“Better Health Nursing Research” is the theme adopted by Trained Nursing Association of India. The research help to evaluate teaching strategies for the antenatal mother to prevent complications for pregnancy induced hypertension.

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