

A Descriptive Study to Assess the Prevalence of Minor Ailments during Pregnancy, Home Care Remedies Adopted by Primigravida Mothers and to Develop an Information Booklet regarding the Management of Minor Ailments during Pregnancy in a Selected Hospital of Delhi

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Abstract

A descriptive study to assess the prevalence of minor ailments during pregnancy, home care remedies adopted by primigravida antenatal mothers, and to develop an information booklet regarding the management of minor ailments was undertaken in a selected hospital of Delhi. The objectives of the study were to assess prevalence of minor ailments during pregnancy among primigravida antenatal mothers, to assess the home care remedies adopted for minor ailments during pregnancy by antenatal primigravida mothers and to develop an information booklet regarding the management of minor ailments. Descriptive research design was used to achieve the objectives of the study. A total of 30 samples, i.e., antenatal primigravida mothers, were selected from a selected hospital of New Delhi, using purposive sampling technique. The tools used for data collection were semi-structured interview schedule to determine the demographic data as well as to assess the occurrence of minor ailments during pregnancy and home care adopted by them. Data collection was done on 5 May, 2017 among primigravida antenatal mothers. Significant findings of the study were that all the antenatal mothers experienced minor ailments during their pregnancy and those mothers also used home care for some of the minor ailments they experienced during their pregnancy.

Keywords: Minor ailments, Primigravida, Antenatal, Home care remedies

Introduction

“Pregnancy and childbirth are joyful life events in the life of a woman.”

According to WHO, pregnancy is the state of carrying a developing embryo or fetus within the female body. It is conventionally divided into three trimesters, each roughly three months long.¹ According to WHO, more than 200 million women become pregnant, out of which 130 million bear children. The WHO estimated that 500,000 women die from the complications of pregnancy and childbirth, while more suffer from pain and disability associated with it. The out of four maternal death occurs in India.² The average length of human pregnancy is 280 days or 40 weeks from the time of conception. During this time, a woman undergoes many changes to accommodate the growing fetus. Women experience a

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variety of physiological and psychological symptoms such as nausea, vomiting, backache, heartburn, anxiety, etc. These are termed as minor ailments or discomforts of pregnancy. Minor ailments during pregnancy do not endanger the life of a woman, but if left unattended can lead to serious complications.³ The PMSMY is aimed at providing antenatal care packages to around three crore pregnant women on the ninth of every month by a specialist.⁴

Since minor ailments during pregnancy are universal, there are sets of home remedies used by people according to their customs and beliefs that can be alleviated. Fortunately, most of these discomforts will go away as pregnancy progresses. So an antenatal mother's knowledge regarding minor ailments and their management is essential to safeguard their health.⁵

Karnati and Kumari⁶ conducted a study to assess the knowledge regarding home management of minor ailments in pregnancy among rural women. A convenient sample of 30 pregnant women was selected by purposive sampling technique. The study findings revealed that with regard to level of knowledge on home management of minor ailments among pregnant women, 8 (26.67%) had good knowledge, 10 (33.33%) had average knowledge and 12 (40%) had poor knowledge.

Vincent⁷ conducted a study on knowledge of primi-mothers on self-management of minor discomfort of pregnancy with a view to develop information booklet. The study was carried out in Justice KS Hegde Charitable Hospital on 100 primigravida mothers by using purposive sampling technique. The findings of the study showed that 87% of the primi-mothers were in the age group of 21–30 years, 37% of the women had high school education, 70% of the subjects were Hindus, 77% belonged to joint families and 53% were in the gestational age group of 29–40 weeks. Most (59%) of the primigravida mothers had poor knowledge, 29% had average knowledge, and 12% had good knowledge regarding minor discomforts of pregnancy and its self-management. Area-wise knowledge of primigravida mothers reveals deficiency in most of the areas, but the lowest mean percentage of score is 28.25% with a standard deviation of 1.74 in the area of knowledge related to circulatory and nervous system, which indicated that the maximum knowledge deficit is in this area. There was a significant association between knowledge of primigravida mothers and age, educational qualifications. The calculated values were 3.953 and 12.603, respectively which are more than the table value 3.84 and

7.82 at 0.05% level of significance. The findings of the study showed that there was a need to educate all women on preparation towards motherhood.

Aims

- To assess prevalence of minor ailments during pregnancy among primigravida antenatal mothers.
- To assess the home care remedies adopted for minor ailments during pregnancy by antenatal primigravida mothers.
- To develop an information booklet regarding the management of minor ailments.

Materials and Methods

The tool developed for the present study was a structured interview schedule to assess the occurrence of minor ailments during pregnancy and home care adopted by them.

A formal administrative permission was obtained from Medical Superintendent, Nursing Superintendent and Head of the Department (Obstetrics and Gynecological Department) of ESI Hospital, Okhla. The sampling technique used was purposive. The sample size was 30 in the present study. The investigator personally requested each of the respondents for permission and explained to them the purpose of the study. Data was collected on 5th May 2016. The responses were noted during the course of the interview, in order to maintain the accuracy of responses. Confidentiality was assured to all subjects as it was believed that would help in obtaining free and frank responses. Data was collected by asking questions face-to-face in Hindi language. For the present study, a structured interview schedule was developed to check knowledge of primigravida antenatal mothers regarding the minor ailments during pregnancy and the home care adopted by mothers to manage minor ailments. The structured interview contained 28 objective-type questions. The structured interview schedule comprised of three sections, of total 28 questions. Section A was comprised of 11 questions on demographic characteristics of antenatal mother, section B of a checklist to obtain information regarding occurrence of minor ailments among primigravida antenatal mothers and section C was comprised of 18 questions to obtain information regarding home care remedies adopted by primigravida antenatal mothers. The data on occurrence of minor ailments during pregnancy and their related home care was analyzed using descriptive statistics (frequency and percentage).

Results

Analysis of Sample Characteristics (Table 1 and Figs. 1–10)

Table 1. Frequency and Percentage Distribution of Sample Subjects by Their General Characteristics

General Characteristics	Frequency	Percentage %
N=30		
Age		
18–23 years	13	43
24–29 years	15	50
30–35 years	2	7
Above 35 years	0	0
Religion		
Hinduism	27	90
Islam	3	10
Christianity	0	0
Others	0	0
Educational Qualification		
No formal education	3	10
Primary education	3	10
Secondary or Higher secondary education	12	40
Graduation	9	30
Post-graduation and above	3	10
Residential Area		
Urban	28	93
Rural	2	7
Slum	0	0
Occupation		
Housewife	28	93
Government job	0	0
Private job	2	7
Income		
≤10,000	16	54
10,001–25,000	13	43
25,001–50,000	1	3
Above 50,000	0	0
Age at Menarche		
Below 11 years	0	0
11–15 years	28	93
16–20 years	2	7
>21 years	0	0
Painful Periods		
Yes	20	66
No	5	17
Sometimes	5	17
Duration of Marriage		
<5 years	26	87
5–9 years	4	13
10–14 years	0	0
≥15 years	0	0
Advices for Minor Ailments		
Private practitioner/Private clinic	7	23
Nursing home	0	0
Govt. hospital	16	54
Older female member of the family or community	7	23

The data presented in Table 1 shows age-wise distribution of sample subjects shows that majority (50%) of antenatal mothers were in the age group of 24–29 years, 43% of mother were in the age group of 18–23, 7% of mothers were in 30–35 years of age group. Out of 30 sample subjects, none was above the age of 35 years.

Regarding religion, 90% of sample subjects were Hindu, 10% followed Islam and none of them followed Christianity.

Regarding educational status of the sample subjects, 40% were secondary or higher secondary educated, 30% were graduates, 10% were postgraduates, 10% were primary educated and 10% had no formal education.

Occupation-wise, 93% were housewives, 7% had private job and none of them had government job.

Regarding income, 54% were having income ≤10,000, 43%

were having an income ranging from 10,001–25,000, 3% were having an income ranging from 25,001–50,000 and none of them was having income more than 50,000.

Regarding age of menarche, 93% of them attained menarche at an age group of 11–15 years and 7% at an age group of 16–20 years.

Regarding dysmenorrhea, 66% experienced dysmenorrhea, 17% did not experience dysmenorrhea and 17% experienced dysmenorrhea sometimes.

Regarding duration of marriage, 87% were married since <5 years and 13% were married since 5–9 years.

Regarding taking advices for minor ailments, 23% went to private practitioners/private clinics, 54% went to Govt. hospital and 23% took advice from older female members of the family or community.

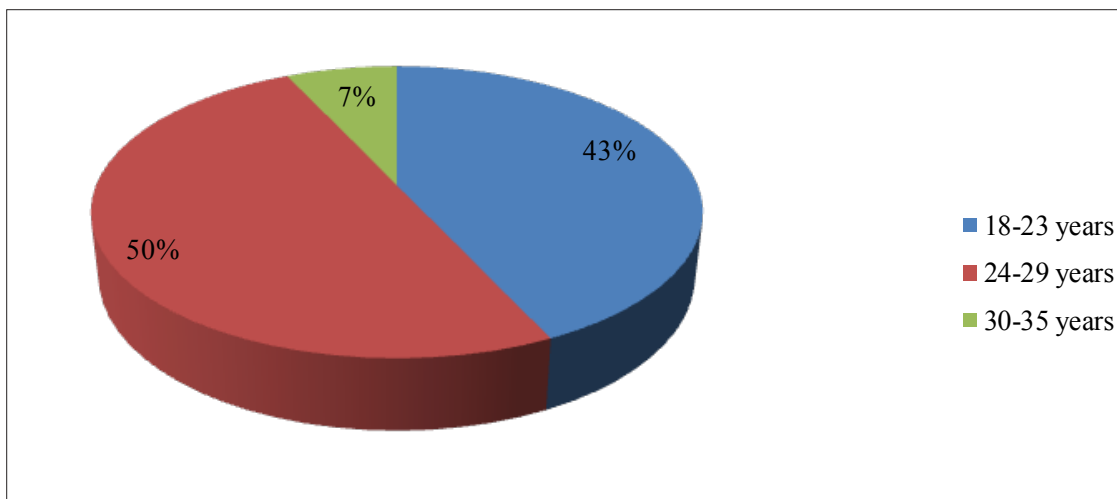


Figure 1.A Pie Diagram Showing the Percentage Distribution of Sample Subjects by Their Age

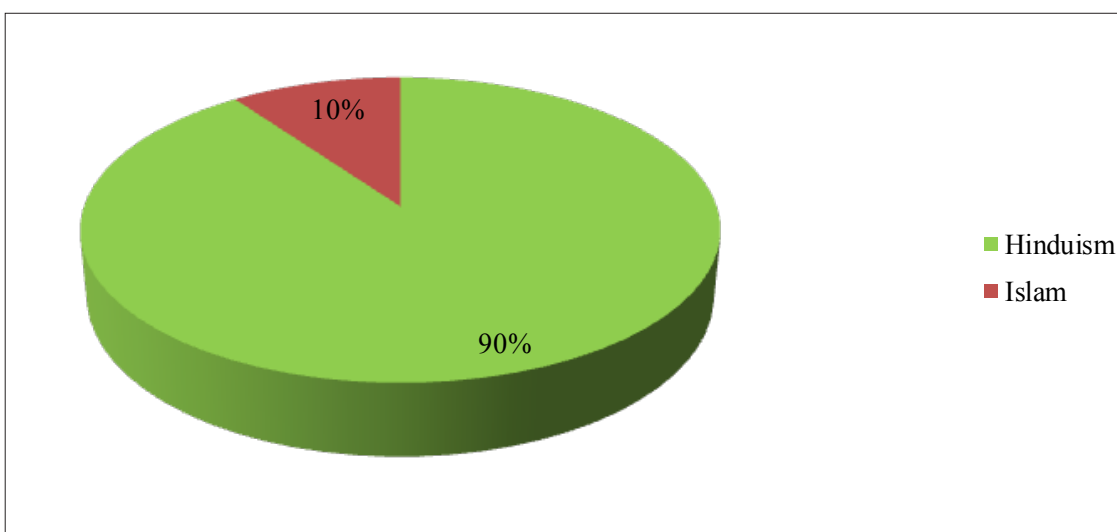


Figure 2.A Pie Diagram Showing the Percentage Distribution of Sample Subjects by Their Religion

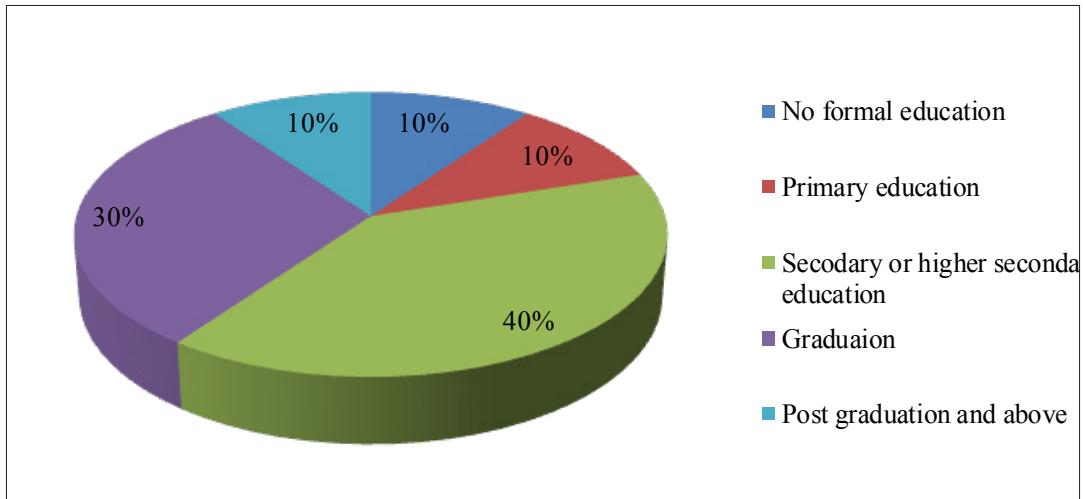


Figure 3.A Pie Diagram Showing the Percentage Distribution of Sample Subjects by Their Religion

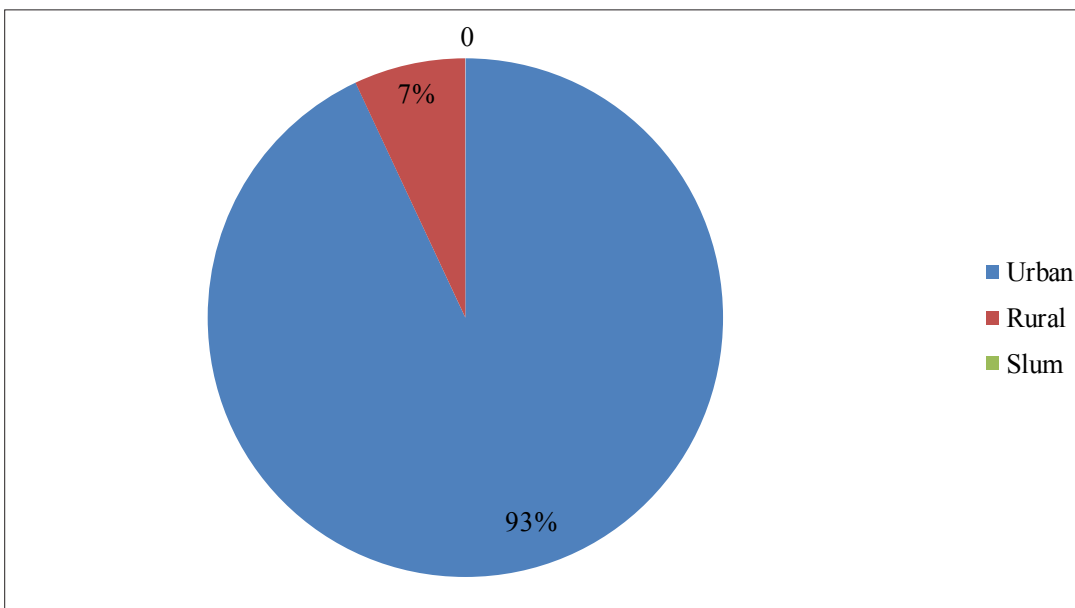


Figure 4.A Pie Diagram Showing the Percentage Distribution of Sample Subjects by Their Residential Area

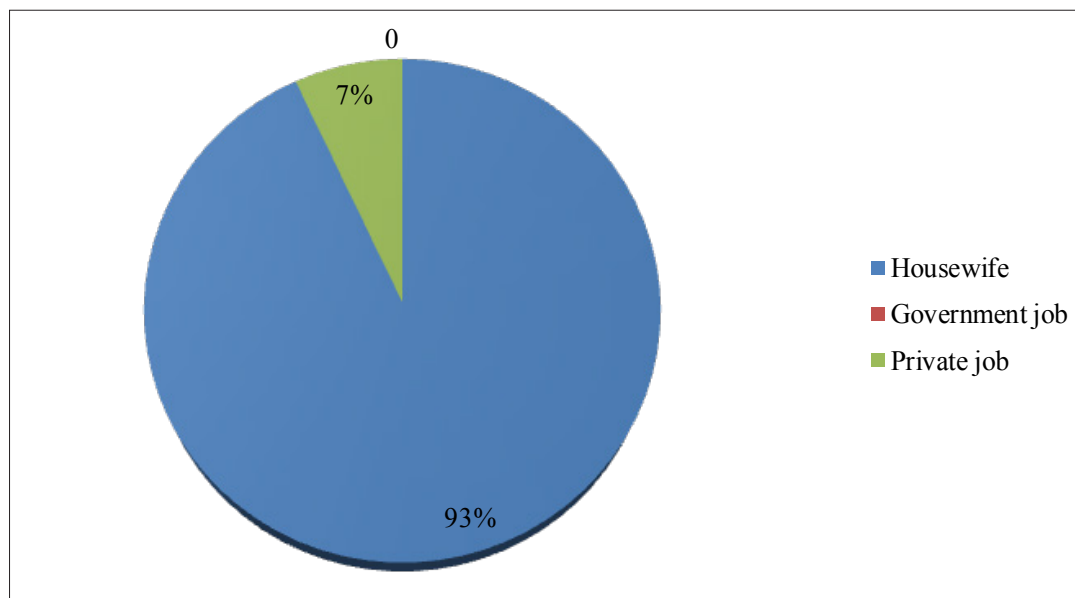


Figure 5.A Pie Diagram Showing the Percentage Distribution of Sample Subjects by Their Occupation

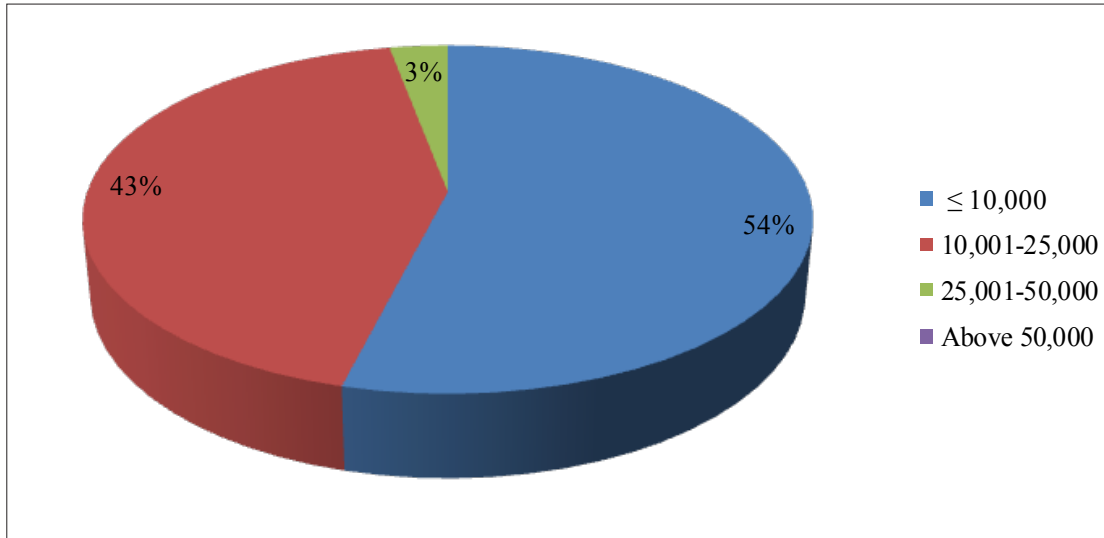


Figure 6.A Pie Diagram Showing the Percentage Distribution of Sample Subjects by Their Income

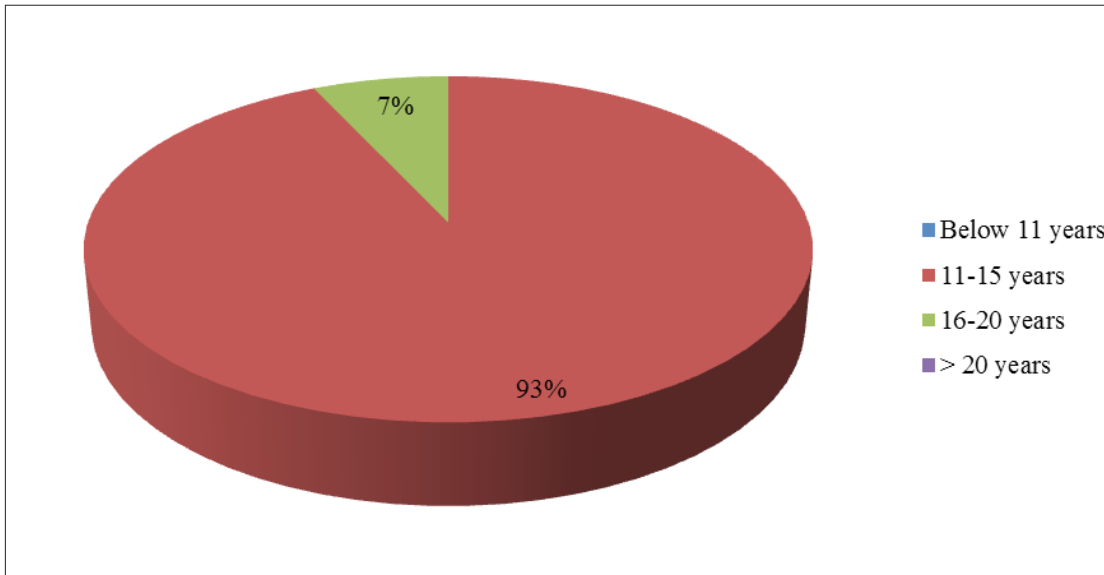


Figure 7.A Pie Diagram Showing the Percentage Distribution of Sample Subjects by Their Age at Menarche

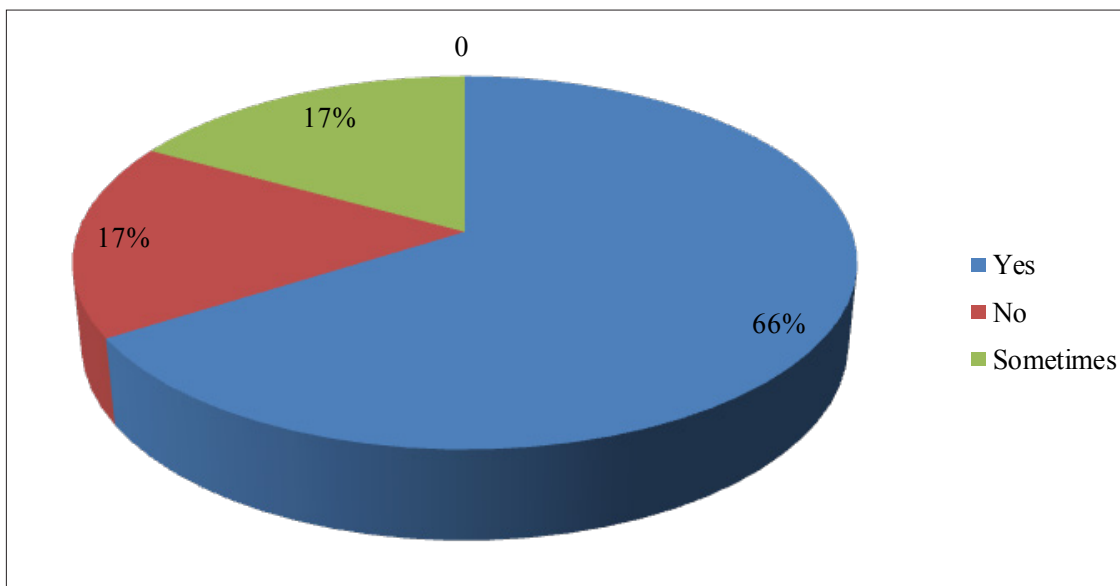


Figure 8.A Pie Diagram Showing the Percentage Distribution of Sample Subjects by Their Presence of Dysmenorrhea

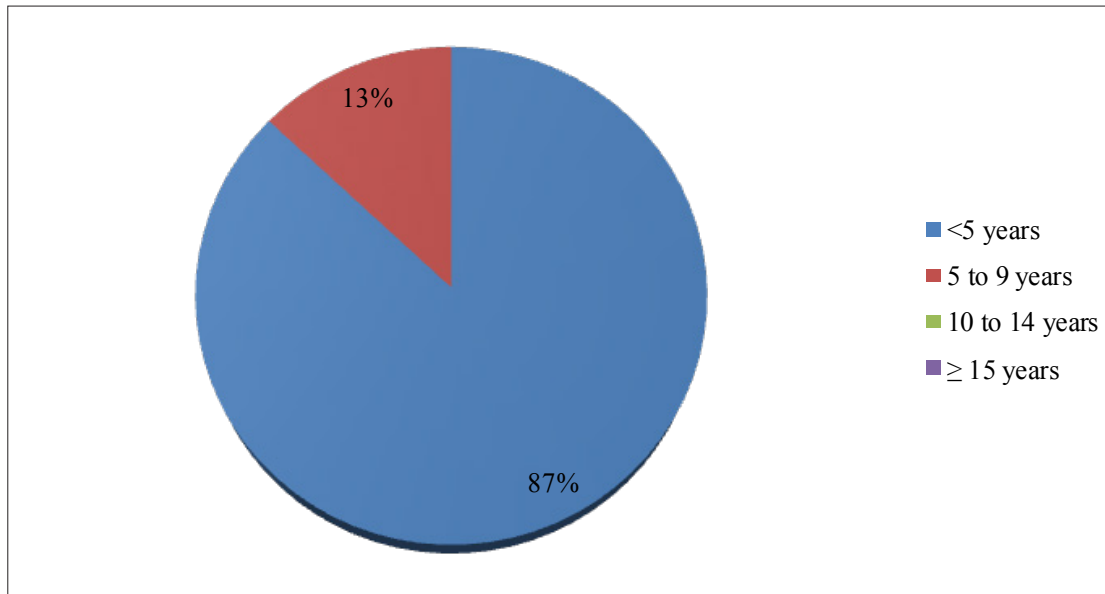


Figure 9.A Pie Diagram Showing the Percentage Distribution of Sample Subjects by Their Duration of Marriage

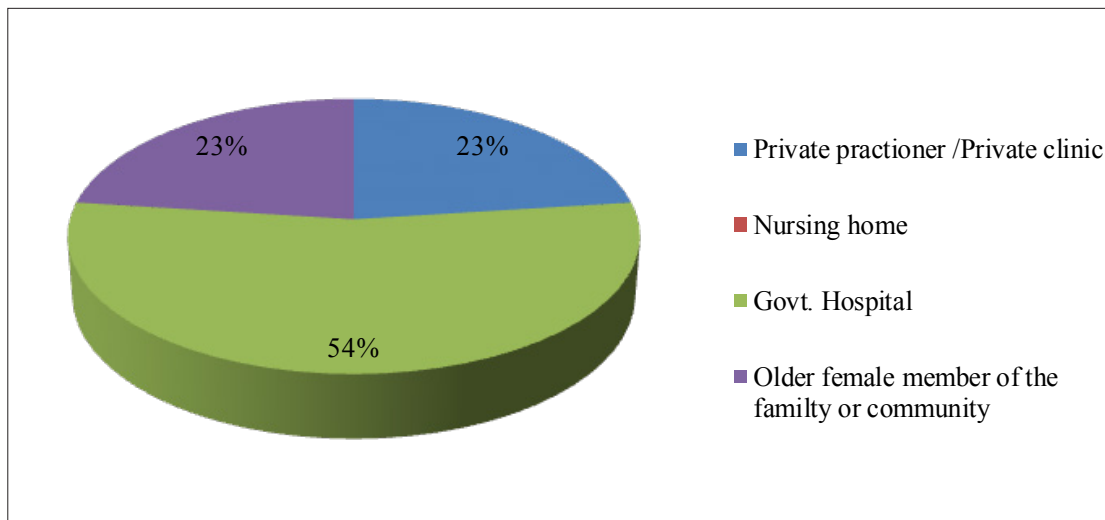


Figure 10.A Pie Diagram Showing the Percentage Distribution of Sample Subjects by Their Advices Sought for Minor Ailments

Analysis of Occurrence of Minor Ailments

This section presents analysis of minor ailments in pregnancy reported by antenatal mothers attending antenatal clinic in ESIC Hospital, Okhla, New Delhi. There

were 18 minor ailments which were to be assessed. The occurrence of minor ailments was computed in frequencies and percentages. The analysis of data is presented in Table 2 and Fig. 11.

Table 2. Frequency and Percentage of Sample Subjects by the Occurrence of Minor Ailments

N=30

S. No.	Minor Ailments	Frequency	Percentage
1.	Fatigue	20	67
2.	Frequency of micturition	12	40
3.	Heartburn	7	23
4.	Anorexia	13	43
5.	Backache	18	60
6.	Constipation	10	33
7.	Morning sickness	23	77
8.	Headache	15	50
9.	Leg cramps	22	74
10.	Lack of sleep	11	37
11.	Excessive white discharge	12	40
12.	Edema of lower extremities	13	43
13.	Generalized itching	11	37
14.	Excessive salivation	4	13
15.	Varicose vein	2	7
16.	Carpel tunnel syndrome	12	40
17.	Pruritis vulva	6	20
18.	Piles	0	0

Data presented in Table 2 shows the frequency and percentage distribution of minor ailments in primigravida antenatal mothers. Out of 30 antenatal mothers, fatigue was present in 20 (67%) subjects, micturition was present in 12 (40%) subjects, heartburn was present in 7 (23%) subjects, anorexia was present in 13 (43%) subjects, backache was present in 18 (60%) subjects, constipation was present in 10 (33%) subjects, morning sickness was present in 23 (77%) subjects, headache was present in 15 (50%) subjects, leg cramps were present in 22 (74%) subjects, lack of sleep was

present in 11 (37%) subjects, excessive white discharge was present in 12 (40%) subjects, edema of lower extremities was present in 13 (43%) subjects, generalized itching was present in 11 (37%) subjects, excessive salivation was present in 4 (13%) subjects, varicose vein was present in 2 (7%) subjects, carpel tunnel syndrome was present in 12 (40%) subjects, pruritis vulva was present in 6 (20%) subjects and none of them was having piles. The most common minor disorder prevalent in the sample subjects was morning sickness (77%) and least was piles (0).

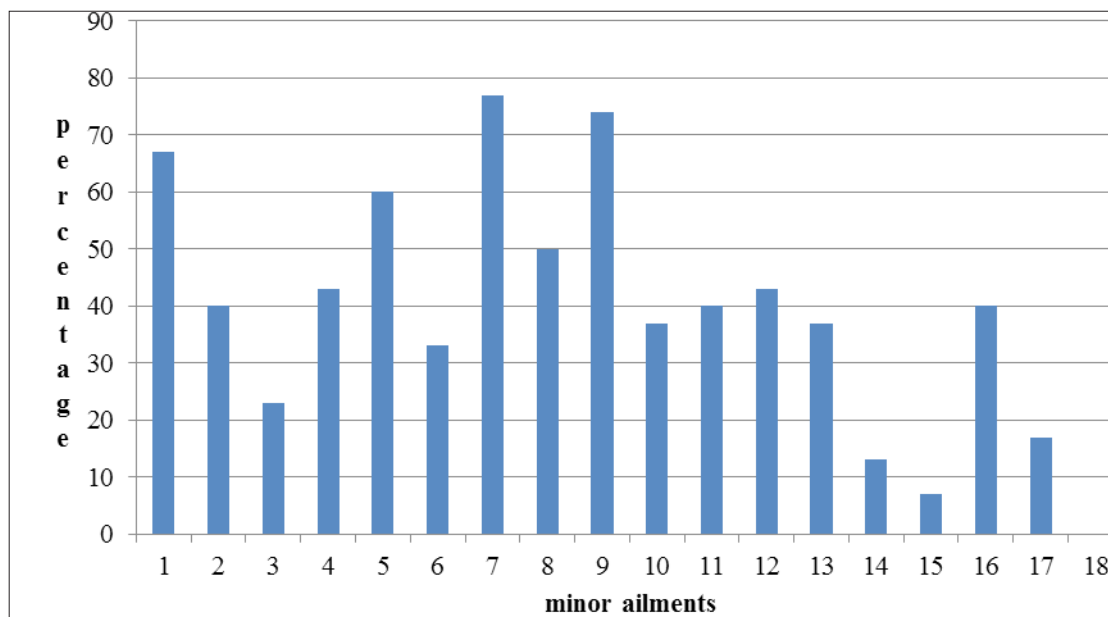


Figure 11.A Bar Diagram Showing the Percentage Distribution of Sample Subjects by Their Occurrence of Minor Ailments

Analysis of Home Care Remedies Used for Minor Ailments

This section includes analysis of home care used for various minor ailments during pregnancy as reported by

sample subjects. The data on home care used for minor ailments was computed and analyzed in frequencies and percentages. The data is presented in Table 3 and Figure 12. The data shows some mothers were using more than one home care for a minor ailment.

Table 3. Frequency and Percentage Distribution of Home Care Remedies Used for Minor Ailments

S. No.	Minor Ailments	Home Remedies			Total
		Yes		No	
		Frequency	Percentage	Frequency	
1.	Fatigue	18	90	2	20
2.	Frequency of micturition	6	50	6	12
3.	Heartburn	6	86	1	7
4.	Anorexia	10	77	3	13
5.	Backache	13	72	5	18
6.	Constipation	9	90	1	10
7.	Morning sickness	13	56	10	23
8.	Headache	15	100	0	15
9.	Leg cramps	15	68	7	22
10.	Lack of sleep	6	54	5	11
11.	Excessive white discharge	7	58	5	12
12.	Edema of lower extremities	8	61	5	13
13.	Generalized itching	5	45	6	11
14.	Excessive salivation	2	50	2	4
15.	Varicose vein	2	100	0	2
16.	Carpel tunnel syndrome	4	33	8	12
17.	Pruritis vulva	5	83	1	6
18.	Piles	0	0	0	0
			MEAN = 65%		

N=30

The data presented in Table 3 shows the frequency-percentage distribution of sample subjects by home remedies used for minor ailments. Out of 30 mothers, 65% of them used home remedies. For minor ailment fatigue, out of 20 subjects 18 (90%) were using home care and other 2 were not using any home care. Regarding frequency of micturition, out of 12 subjects, 6 (50%) were using home care and other 6 were not using any home care. For minor ailment heartburn, out of 7 subjects 6 (86%) were using home care and other 1 was not using any home care. Regarding anorexia, out of 13 subjects 10 (77%) were using home care and other 3 were not using any home care. For backache, out of 18 subjects 13 (72%) were using home care and other 5 were not using any home care. Out of 10 subjects who had constipation, 9 (90%) were using home care and other 1 was not using any home care. Out of 23 subjects who had morning sickness, 13 (56%) were using home care and other 10 were not using any home care. Out of 15 subjects who had headache, all 15 subjects (100%) were using home care. For leg cramps, out of 22

subjects 15 (68%) were using home care and other 7 were not using any home care. For minor ailment lack of sleep, out of 11 subjects 6 (54%) were using home care and other 5 were not using any home care. Out of 12 subjects who had excessive white discharge, 7 (58%) were using home care and other 5 were not using any home care. Regarding edema of lower extremities, out of 13 subjects 8 (61%) were using home care and other 5 were not using any home care. With respect to generalized itching, out of 11 subjects 5 (45%) were using home care and other 6 were not using any home care. Regarding excessive salivation, out of 4 subjects 2 (50%) were using home care and other 2 were not using any home care. For minor ailment varicose vein, all 2 subjects (100%) were using home care and none of them using any home care. With respect to carpel tunnel syndrome, out of 12 subjects 4 (33%) were using home care and other 8 were not using any home care. Regarding pruritis vulva, out of 6 subjects 5 (83%) were using home care and other 1 was not using any home care.

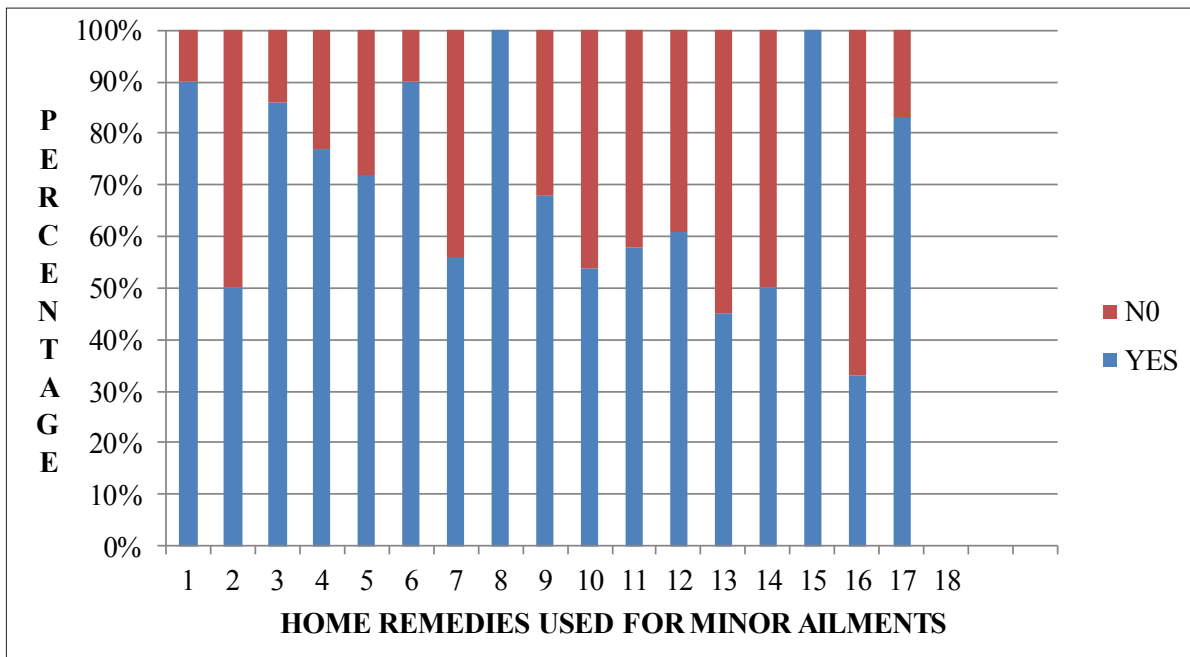


Figure 12.A Bar Diagram Showing the Percentage Distribution of Sample Subjects by the Home Remedies Used for Minor Ailments

Discussion

Sreelekshmi and Chacko⁸ conducted a study on prevalence of minor ailments of pregnancy and related knowledge among antenatal mothers. The purpose of this study was to identify the prevalence of minor ailments of pregnancy and to assess the knowledge regarding selected minor ailments among 30 antenatal mothers. The study findings revealed that the most common minor ailments are frequency of micturition (80%), nausea and vomiting (80%), fatigue (80%), back pain (70%) and leg cramps (55%). The knowledge regarding minor ailments of pregnancy was good in 54%, average in 41%, and poor in 5%. The study findings are not consistent with the present study findings in which the most common minor disorder prevalent in the sample subjects was morning sickness (77%) and least was piles (0). Out of 30 antenatal mothers, fatigue was present in 20 (67%) subjects, micturition was present in 12 (40%) subjects, backache was present in 18 (60%) subjects, and leg cramps were present in 22 (74%) subjects.

Jarrah⁹ conducted a descriptive cross-sectional study to determine the use of home remedies during pregnancy among women attending the MCH centers in Bangalore. A convenient sample of 332 pregnant women attending the MCH centers (antenatal clinic for follow up) in Bangalore was interviewed by a semi-structured questionnaire in the period from October 2009 to January 2010. About three-quarters of participants (73.8%) had used home remedies because they considered it better than medications. The study findings are consistent with the present study findings in which 65% of the mothers used home remedies.

Conclusion

The major conclusions drawn on the basis of the findings of the study were: there is not a single mother who had not experienced any minor ailment. The most common minor disorder prevalent in the sample subjects was morning sickness (77%) and least was piles (0). Almost all sample subjects used home care remedies for the minor ailments they experienced. 65% of the mothers used home remedies for minor ailments during pregnancy. The findings of the study have several implications for nursing practice, nursing education, nursing administration and nursing research with focus on obstetrics nursing. Nurses should be encouraged to update their knowledge and practice. This can be accomplished by following recent research studies. The nurse who is working in obstetric unit should know regarding minor ailments during pregnancy and home care for these minor ailments. Nurse educators are crucial role models in providing a foundation for research-based practices; when a nurse educator refers to research findings regularly in their lectures, students will soon get the message that research is an important foundation for practices. When student nurses are providing care to the antenatal mothers, they must have the knowledge regarding minor ailments and home care for minor ailments in pregnancy. The organization should establish the expectation of research-based practice. The administrator must ensure that every nurse must be a competent counsellor. The administrator must make sure that every antenatal should get knowledge about minor ailments and home care. The research also needs to emphasize the similar studies to strengthen the foundation for research-based practice;

such a study stimulates the professionals to get more knowledge/ information regarding prevalence of minor ailments and home care used for minor ailments.

Conflict of Interest: None

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