



Evaluation of Health Practices amongst Villagers of Raghogarh District Guna (M.P)

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Introduction

NFHS-3 stated that 54.9% of rural population in M.P. used contraceptive methods (any methods). Water supply and sanitation were added to the national agenda during the 1st five year plan during (1951-56). The primary responsibility for providing drinking water and sanitation facilities in the country rests with the state government and more specifically the local bodies in the urban areas.

According to NFHS III, only 51% women had at least 3 antenatal checkups, and only 41% women had institutional deliveries and 49% deliveries were assisted by health professional. Vaccination coverage was 44%. These figures stated that in spite of various health schemes in our country the statistics remained discouraging due to poor utilization of these services.¹

This study had the objectives of assessing the health seeking behavior and awareness of MCH and water hygiene practices of villagers.

Methodology

It was an interview based cross sectional study in which 101 subjects were interviewed using a pretested predesigned pro forma related to health care facility available in that area & healthy behavior adopted regarding maternal & child health & common diseases (locally endemic diseases) with water sanitation.

Results

ANC Details

The proportion of pregnant women who received at least 3 ANC checkups was 51% ($p > 0.05$). Around 92% of pregnant women received tetanus toxoid and iron and folic acid tablets.

Out of which the coverage from government hospital was 56%, private hospital was 36% ($p > 0.05$).

Delivery Details of Previous Pregnancy

Around 54% of respondents practiced institutional delivery in a government hospital, 42% availed private hospital facility, and 9% practiced home delivery whereas 5% didn't answer.

Child Health & Immunization

Around 96% parents amongst the respondents got their children immunized, out of which 60% were done from government hospital, 36% from private hospital and 4% didn't responded.

Family Planning & Contraceptive Use

Around 26% practiced tubectomy, 25% used OCP and 28% used barrier method and 21% didn't answer.

Utilization of Health Care Facility

Only 39% subjects preferred utilization of government hospital facility, 42% had opted private hospital ($p < 0.05$). For transport 50% preferred private vehicle. For treatment of minor ailments 50% practice self-medication was practiced.

Knowledge of Ladli Lakshmi Yojna and Janani Suraksha Yojna & ASHA

90% subjects didn't have knowledge about Janani Suraksha Yojna and Ladli Lakshmi Yojna whereas 63% had knowledge about ASHA and were satisfied by the work done by her.

Regarding the General Health Awareness

About 40.59% of the respondents used government tap water for drinking purposes & 65.34% used water by straining by cloth. 90% had toilet facility at home for the disposal of home waste, 50.49% used garbage disposal government vehicle. Still 45.55% of the people did not use anything for the protection from mosquitoes. The knowledge of DOTS and cataract was found in 59.4% and 71.2% respectively.

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Serial No.	Health Seeking Behavior	Females	Males	P-Value
1.	Health Care Facility Utilized			0.021
	Government	23	15	
	Private	22	40	
2.	Transport Facility			0.456
	Public	16	23	
	Private	29	32	
3.	Self Medication			0.170
	Yes	22	35	
	No	23	20	

Table 1. Health Seeking Behavior

Serial No.	MCH Services	Females	Males	P-Value
1.	Availability of ASHA			0.001
	Yes	36	27	
	No	09	28	
2.	Health Care Facility Providing Iron & Folic Acid			0.071
	Govt	18	32	
	Private	15	14	
	Not Responded	12	06	

Table 2. MCH Services

Serial No.	Knowledge Of Mch Services	Females	Males	P-Value
1.	At-Least 3 Antenatal Visits			0.000
	Yes	37	14	
	No	08	41	
2.	Knowledge Of Jsy			0.306
	Yes	07	04	
	No	38	51	
3.	Knowledge Of Lly			0.194
	Yes	10	07	
	No	35	48	

Table 3. Knowledge of MCH services

Serial No.	Behavior of Beneficiaries Regarding Mch Services	Females	Males	P-Value
1.	Place of Delivery			0.004
	Government Hospital	35	28	
	Private Hospital	10	27	
2.	Immunization of Children			0.024
	Government	21	33	
	Private	16	15	
	Not Responded	08	07	
3.	Method of Contraception			0.000
	Tubectomy	26	-	
	Oral Contraceptive Pills	24	-	
	Barrier Method (Condom)	12	16	
	Not Responded	10	11	

Table 4. Behaviour of beneficiaries regarding MCH services

1. Use of govt. tap water for drinking	40.59%
2. Use of water by straining by cloth	65.34%
3. Toilet facility available at home	90%
4. Use of govt. garbage disposal vehicle for disposal of home waste	50.49%
5. Used nothing for protection against mosquitoes	45.55%
6. Knowledge of DOTS	59.4%
7. Knowledge of cataract	71.2%

Table 5. Regarding general health awareness-

Discussion

In our study it was observed that 38% of the population utilized government health facilities whereas 62% utilized private health facilities in case of illness. Whereas in similar study done by Prakash Chandan et al.² out of the 40% of the population those who experienced any health problem, 2% received services exclusively from public health services, 53% exclusively from private services and 45% from both in rural areas.

Regarding self-medication in our study it was found that 57% of the population did self-medication in case of minor ailments and 43% of the population seeks medical advice. Sharma Deepak et al. observed that 49.3% of their study group sought doctor's advice in case of medical needs.³

It was found in our study that 54% people preferred government institutes at the time of delivery, 32% preferred private institutes, and 9% still preferred home delivery / delivery by a dai (Table 2). In a similar study by Kumar et al. the utilization of various places of delivery in different sectors were Government (19.1%), Private (21.5%), Home (58.6%) and others (0.8%).⁴

Regarding methods of Contraception it was found in our study that 26% of the females were sterilized and 24% used OCP's. Whereas 28% of the total population used barrier methods and 21% of the total population didn't answered for the same.

In another study done by Sunita T H et al. it was observed that in spite of 100% knowledge of contraception, only 48% women were actually using some kind of contraceptive measure.⁵

Conclusion

92% of pregnant women received tetanus toxoid and iron and folic acid tablets. 86% of deliveries were institutional. Total immunization coverage was seen about 96%. 21% of people did not answer regarding the knowledge and awareness of female sterilization and the contraceptive used. Utilization of hospital facility including both government and private was 93%. Around 50% people used their own private vehicle to go to hospital and did self-medication for minor ailments. 10% people had knowledge about LLY & JSY while 63% females had knowledge about ASHA, 90% people had toilet facility at home, 45.55% still not using any method for protection against mosquitoes, 65.34% used water

by straining and 50% used govt. garbage disposal vehicle for disposal of home waste

Recommendations

In spite of the services available people are not utilizing them. To increase their participation, communication among the people and health care workers needs to be strengthened in order to increase their awareness regarding the basic practices followed during ANC period, advantages of institutional delivery, immunization of children including newborn, availability and use of MCH services & knowledge of ASHA, JSY and LLY.

In view of the fact it is strongly recommended that people should be aware of different health programmes for women and children run by the government and charitable hospital. The other modes of communication can be used as:

- Educational camp
- Television
- Newspaper
- Radio programmes
- Use of slogans
- Posters

Conflict of Interest: None

References

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