

OCCURRENCE, KNOWLEDGE AND RELATED SELF CARE PRACTICES REGARDING MINOR AILMENTS AMONG PRIMI-MOTHERS, WITH A VIEW TO PROVIDE NEED BASED EDUCATION IN SELECTED HOSPITAL OF DEHRADUN, UTTARAKHAND

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Abstract

This exploratory study explores into the occurrence, knowledge, and self-care practices related to minor ailments among primigravida mothers in a selected hospital in Dehradun, Uttarakhand. The study, conducted through a descriptive exploratory research design, targeted 130 primigravida mothers from the O.P.D. Himalayan Hospital, employing structured knowledge questionnaires and self-care practice checklists. Results: Findings highlighted that the majority of primigravida mothers exhibited a high level of knowledge regarding minor ailments, with varied occurrences across different trimesters and body systems. Nausea, vomiting, and heartburn were prevalent in the digestive system, while headaches and fatigue were noted in the neurological system. Backache and leg cramps were common musculoskeletal complaints. Self-care practices were diverse; for instance, nausea was managed through dietary modifications, while backache saw the use of pillows and light exercises. No significant associations were observed between the knowledge of minor ailments and demographic variables. The study underscored the need for focused education on minor ailments and self-care practices among primigravida mothers. Overall, the findings emphasize the importance of enhancing awareness and tailored interventions to empower primigravida mothers in managing minor pregnancy-related issues effectively. Conclusion: The study's findings unveiled that a majority of primigravida mothers displayed commendable knowledge and embraced positive attitudes toward minor ailments and their associated self-care practices. Interestingly, no discernible associations were identified between the level of knowledge and the selected demographic variables.

Keywords: Knowledge, Minor Ailments, Occurrence, Primigravida Mothers, Self-Care Practices

INTRODUCTION

Pregnancy, also known as gestation, is a transformative period during which one or more offspring develop inside a woman. This remarkable process brings about significant anatomical, physiological, and biochemical changes in the woman's body. While pregnancy is a beautiful and joyous experience for many, it can also be accompanied by various minor discomforts, known as minor ailments of pregnancy. These discomforts include nausea and vomiting, backache, frequent urination, heartburn, varicose veins, hemorrhoids, constipation, leg cramps, and leg edema, among others.

The World Health Organization (WHO) estimates that more than 200 million women become pregnant annually, with approximately 130 million giving birth. Unfortunately, pregnancy-related complications contribute to a significant number of maternal deaths, with an estimated 500,000 women worldwide dying from such complications. The global incidence rates of minor ailments of pregnancy affect around 1,410,000 women, with approximately 50 million women in India experiencing minor disorders during pregnancy. In the specific

region of Nellore, it is reported that 30-50% of pregnant women are affected by minor disorders of pregnancy.

In light of these challenges, it is crucial to assess the knowledge and awareness of pregnant women regarding the management of minor ailments. A study conducted by **Karnath and Kumari** aimed to explore the understanding of antenatal mothers in rural areas regarding the management of minor ailments during pregnancy. The study, which utilized purposive sampling to select 30 pregnant women, revealed that the level of knowledge regarding home management of minor ailments is not optimal. Specifically, only 8% of the mothers demonstrated good knowledge, while 10% had average knowledge, and 12% had poor knowledge.

Understanding the knowledge gaps and challenges surrounding the management of minor ailments during pregnancy is essential for improving maternal health outcomes. This research aims to shed light on these issues and explore potential interventions to better support pregnant women during this critical stage of their lives.

Materials and Methods:

The study adopted a quantitative research approach with an exploratory survey design to investigate the knowledge and management of minor ailments during pregnancy among primigravida mothers. The research was conducted at the OPD of Himalayan Hospital in Dehradun.

A non-probability consecutive sampling technique was utilized to select 130 eligible participants who met the sampling criteria.

The primary method of data collection involved the use of a semi-structured questionnaire administered to the mothers. The collected data was subsequently analyzed in accordance with the study objectives, employing both descriptive and inferential statistical methods. This comprehensive approach allowed for a thorough examination of the participants' knowledge and practices related to the management of minor ailments during pregnancy.

Results:

Table 1: Frequency and percentage of Socio-Demographic Profile of the Primigravida mothers. (n = 130)

S.No	Socio-demographic Variables	Frequency (f)	Percentage (%)
1	Age of the mother(in years)		
	a. 18-25.	74	57
	b. 26-30.	49	38
	c. 31 -35.	7	5
2.	Educational Status :		
	a. Primary education	49	38
	b. Secondary education	33	25
	c. Graduate	41	31
	d. Post graduate	8	6
3	Occupation		
	a. Homemaker	72	55
	b. Daily wages	29	22
	c. Government employee	22	17
	d. Private employee	7	5
4.	Religion		
	a. Hindu	101	77
	b. Muslim.	26	20
	c. Sikh.	4	3
5.	Place of residence		
	a. Rural.	89	68
	b. Urban	42	32
6.	Dietary pattern:-		
	a. Vegetarian	55	42
	b. Non-vegetarian	74	57
	c. Eggetarian.	2	1
7	Type of family -		
	a. Joint	108	83
	b. Nuclear.	22	17
	c. Extended.	1	0.76
8.	Age at marriage(in years)		
	a. 18-20.	94	72
	b. 21-25.	30	23
	c. 26-31.	7	5
9.	Trimester of pregnancy.		
	a. First trimester.	83	64
	b. Second trimester.	32	25
	c. Third trimester.	16	12
10	Monthly Income(In rupees)-		
	a. 5,000- 25,000	60	46
	b. 25,001-50,000	50	38
	c. 50,001-75 ,000	16	12
	d. 75,001-1,00,000	5	4
11	Prior information		
	a. Yes.	124	95
	b. No	7	5

11. (A).	If yes.(n=124) Source of information:		
	a. Family.	72	55
	b. Friends.	22	17
	c. Social media.	23	18
	d. Health care professional.	14	11

Table 2: Frequency and percentage distribution of Occurrence of minor ailments in primigravida mothers. n=130

S. No	Minor Ailments	First Trimester		Second Trimester		Third Trimester	
		f	%	f	%	f	%
1.	Digestive system.						
	• Nausea	110	84.6	79	60.76	12	9.23
	• Vomiting	93	71.5	93	71.5	7	5.38
	• Heartburn	73	56.1	73	56.1	10	7.69
	• Salivation	56	43.0	61	46.92	5	3.84
	• Pica	66	50.7	77	59.23	6	4.61
2.	Neuro System						
	• Headache	72	55.3	63	48.4	05	3.8
	• Fever.	60	46.1	65	50	08	6.1
	• Dizziness	72	55.3	78	60	12	9.2
	• Weakness	73	56.1	78	60	10	7.69
	• Fatigue	73	56.1	56	43.0	10	7.69
	• Insomnia	73	56.1	65	50	08	6.15
3.	Musculoskeletal system.						
	• Backache.	80	61.5	80	61.53	13	10
	• Leg cramps.	62	47.6	78	60	11	8.46
	• Ankle edema.	67	51.53	59	45.38	09	6.92
	• Varicose vein.	27	20.7	47	36.15	11	8.46
	• Joint paint	52	36.15	47	40	09	6.92.
4.	Gastro intestinal system.						
	• Constipation	73	56.15	74	56.9	08	6.15.
	• Urine incontinence	51	39.26	74	56.9	12	9.23
	• Hemorrhoids.	30	23.07	37	28.46	04	3.07
	• Bloating	63	48.46	42	32.30	06	4.61
	• Gingivitis	29	22.1	39	29.7	03	2.30
5.	Integumentary system.						
	• Abdominal itching	34	26.15	48	36.9	8	3.84
	• Tingling sensation.	81	62.30	71	54.6	5	2.4
6.	Respiratory system						
	• Breathing difficulty.	55	42.3	69	53.7	7	5.38
7.	Reproductive system.						
	• Breast discomfort.	73	56.15	69	53.07	9	6.92
	• Vaginal discharge.	62	47.69	60	46.15	10	7.69

Table 2: shows that prevalent minor ailments during pregnancy categorized by bodily systems. Nausea prevailed significantly in the first trimester (84.6%). Vomiting was substantial in both the first and second trimesters (71.5%). Heartburn was noteworthy during the initial and middle trimesters (56.1%). Pica, a common craving for non-food items, dominated in the second trimester (59.23%).

In terms of the neurological system, headaches were prevalent in the first trimester (55.3%). Fever showed higher occurrence in the second trimester (50%). Dizziness was more common in the second trimester (60%).

Regarding musculoskeletal issues, backache prevailed notably in the first and second trimesters (61.5% each). Leg cramps were

more prominent in the first trimester (60%). Ankle edema was noted in the first trimester (51.53%). In the gastrointestinal system, constipation was higher in the second trimester (56.9%), while urine incontinence prevailed significantly in the second trimester (56.9%). Hemorrhoids were more frequent in the second trimester (28.46%).

Within the integumentary system, abdominal itching was prevalent in the second trimester (36.9%). Tingling sensations were most common in the first trimester (62.30%). Concerning the reproductive system, breast discomfort was prominent in the first trimester (56.15%), and vaginal discharge prevailed more in the first trimester (47.69%).

Table 3: Area wise Mean, SD and mean percentage of knowledge score regarding minor ailments among primi-gravida mothers.

S.no	Area wise knowledge	Maximum score	Minimum score	Score mean	Mean \pm SD	Mean %
1	Definition of minor ailments	1	0	0.98	0.97 \pm .1501	98.46
2	Nausea vomiting	2.	0	1.33	0.61 \pm .4876	66.5
		2	0	1.29	0.70 \pm .4590	64.5
3	Backache	2	0	1.76	0.56 \pm .4976	58.66
4	Heartburn	3	0	1.16	0.62 \pm .4857	58
5	Constipation	3	0	1.76	0.62 \pm .4847	88
6	Leg cramps	3	0	1.82	0.54 \pm .5001	60.66
7	Urine incontinence	3	0	1.29	0.61 \pm .4849	64.6
8	Breast discomfort	1	0	0.51	0.61 \pm .4894	51
9	Ex. Salivation	2	0	1.20	0.51 \pm .5017	60
10	Hemorrhoids	1	0	0.67	0.64 \pm .4814	67
11	Difficulty in breathing	1	0	0.58	0.55 \pm .4986	58
12	Fatigue	1	0	0.56	0.67 \pm .4713	56
13	Vaginal discharge	2	0	1.26	0.58 \pm .4954	63
14	Dizziness	2	0	0.57	0.55 \pm .4986	57
15	Insomnia	1	0	0.62	0.54 \pm .5001	62
16	Ankle oedema	2	0	0.51	0.58 \pm .4971	51
17	Headache	1	0	0.64	0.66 \pm .4741	64
18	Abdominal itching.	1	0	0.5	0.57 \pm .4966	50
19	Tingling sensation	1	0	0.60	0.61 \pm .4876	60
20	Fever	1	0	0.66	0.51 \pm .5017	66

Table 3: presents the varying levels of knowledge among primigravida mothers regarding different minor ailments. The highest mean percentage of understanding was observed in defining minor ailments (98.46%), followed by awareness regarding constipation (88%), hemorrhoids (67%), fever (66%), nausea and vomiting (66.5% and 64.5% respectively), urine incontinence (64.6%), headache (64%), vaginal discharge (63%), insomnia (62%), leg cramps (60.66%), tingling sensation and excessive salivation (60% each), backache (58.66%), heartburn and breathing difficulty (58%), dizziness (57%), fatigue (56%), ankle edema (51%), and abdominal itching (50%). This indicates a higher knowledge level concerning the definition of minor ailments but lower awareness regarding abdominal itching among primigravida mothers.

Table 4: Mean, Median, SD, and Mean percentage of knowledge regarding minor ailments among primi mothers. n=130

Knowledge score	Total score	Obtained range of score	Median	Mean \pm SD	Mean %
Pretest	33	15-28	20	20 \pm 2.2	61.12%

Table 4 displays the knowledge assessment of primigravida mothers in the pretest, showcasing a total knowledge score of 33. The majority of mothers scored within the normal range, indicating a substantial understanding of minor ailments. Among others, the obtained scores ranged from 15 to 28, with a median score of 20 and a mean score of 20 with a standard deviation of \pm 2.2. The mean percentage of knowledge related to minor ailments was calculated to be 61.12%. Each component was assigned questions with respective options for scoring, contributing to the overall knowledge assessment.

Table 5: Frequency and percentage of self-care practice regarding minor ailments among primigravida mothers.

S.no	Self-care	Frequency (f)	Percentage (%)
1.	Nausea and vomiting.		
	a. Small amount of frequent diet.	54	41.2
	b. Lemon water (Lukewarm).	67	51.1
	c. Avoid kitchen.	65	49.6
	d. Avoid empty or heavy stomach.	69	52.7
	e. Avoid oily food.	86	65.6
	f. Doctor Consultation.	46	35.1
2.	Backache		
	a) Light exercises.	77	58.8
	b) Yoga.	69	52.7
	c) Pillow or other comfort devices etc.	81	61.8
	d) Massage with oil.	63	48.1
	e) Doctor Consultation.	29	22.1

3.	Heart burn a) Carom seeds in Luke warm water. b) Herbal tea c) Light diet d) Avoid spicy food. e) Doctor Consultation.	50 45 40 52 21	42.8 41.8 38.8 49.6 17.6
4.	Constipation a) Warm milk b) Warm water in morning. c) 6 to 8 glasses of water. d) Vitamin c sources. e) Doctor Consultation	68 66 38 35 Nil	51.9 50.4 29.0 26.7 Nil
5	Leg cramps a) Light exercises. b) Massage with oil. c) Stockings d) Avoid prolonged sitting and standing. e) Doctor Consultation.	47 47 48 53 29	35.9 35.9 36.6 40.0 22.1
6	Excessive vaginal discharge a) Cotton garments b) Regular wash. c) Doctor Consultation	45 56 26	34.4 42.7 19.8
7.	Breast discomfort a) Warm applications. b) Massage c) Correct brassiere d) Doctor Consultation.	60 27 53 13	45.8 20.7 40.5 9.9
8.	Urine incontinence a) Less intake of water. b) Doctor Consultation.	28 23	21.4 17.6
9	Excessive salivation a) Brush more often. b) Peppermint leaves c) Doctor Consultation.	30 8 0	22.9 6.1 0
10	Pica a) Sprouted cereals. b) Doctor Consultation.	66 18	50.4 13.3
11	Hemorrhoids a) Light diet b) Fiber rich diet (cereals, yogurt etc) c) Doctor Consultation.	30 9 16	29.1 6.8 12
12	Varicose vein a) Massage with oil b) Pillow support. c) Avoid heels. d) Doctor Consultation.	43 42 41 0	32.6 32.8 31.8 0
13	Difficulty in breathing a) Pillow support while sitting. b) Yoga. c) Doctor Consultation	64 54 52	48.2 40.9 39.4
14	Abdominal discomfort a) Light clothes b) Avoid prolonged sitting and standing c) Support. d) Doctor Consultation.	54 54 55 40	40.9 40.9 41.7 30.3
15	Fatigue. a) Less work /rest b) Doctor Consultation	75 9	56.8 6.8

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16	Dizziness a) Prefer lying down. b) Loose tight clothes. c) Doctor Consultation.	41 57 32	19.6 27.3 15.3
17	Tingling sensation in hands and feet a) Warm application. b) Massage c) Cold application. d) Painkillers. e) Doctor Consultation	55 32 18 33 0	26.5 15.3 8.6 15.8 0
18	Urine micturition. a) Intake of nearly 8-12 glasses of water b) Doctor Consultation.	55 20	26.3 9.6
19	Insomnia a) Avoid sleeping in day time. b) Milk before sleeping. c) Light diet. d) Keep self-busy. e) Avoid coffee at night. f) Doctor Consultation	32 60 40 17 30 16	15.3 28.7 19.1 8.1 14.1 3.3
20	Fever a) Cold application. b) Medicine c) Rest d) Doctor Consultation.	40 44 40 22	19.1 21.1 19.1 10.5
21	Abdominal itching. a) Just itch it. b) Apply mustard oil c) Doctor Consultation	58 40 31	27.8 19.1 14.85
22	Mood swings a) Keep quiet. b) Watch TV. c) Talk with other pregnant women if available. d) Doctor consultation	43 25 8 4	20.6 12.0 3.8 1.9
23	Bloating in stomach. a) Avoid empty stomach. b) Warm water. c) Avoid heavy diet. d) Antacid. e) Doctor Consultation	55 54 51 19 9	26.3 25.8 24.4 9.6 4.3
24	Ankle edema a) Massage with oil b) Warm application. c) Pain killers d) Dr. Consultation.	27 24 23 12	12.9 11.5 11.0 5.7
25	Joint pain a) Calcium b) Pain relievers c) Doctor Consultation.	60 30 16	28.7 14.4 7.7
26	Headache a) Rest b) Medicine c) Oil massage d) Doctor consultation	45 39 27 11	21.5 18.7 12.9 5.8

Table 6: Association between levels of knowledge regarding Minor ailments with their selected demographic variables among primi gravida mothers.**n=130**

S.No	Demographic variables	Level of knowledge		Chi -square
		At and above median (20)	Below median (20)	
1	Age in years. a) 18-25. b) 26-32 and above	46 16	30 32	0.0054
2.	Educational status a) Secondary and below. b) Intermediate and above.	35 20	45 30	0.7178
3	Occupation a) Home maker b) Others	50 20	50 10	0.145
4	Religion a) Hindu. b) Muslim and others	45 25	29 31	0.1240
5.	Place of residence a) Rural b) urban	50 40	30 10	0.0120
6	Monthly income a) 5,000-50,000 b) 51,0001-1,00000	45 15	30 12	0.1240
7	Dietary pattern a) Vegetarian b) Non vegetarian and others	45 35	20 30	0.0120
8	Type of family a) Joint/extended b) Nuclear	53 26	28 23	0.0167
9	Age at marriage a) 18-24 b) 26-35	52 26	28 23	0.0123
10	Trimester a) First b) Second c) Third	34 25 20	15 20 16	0.1080
11	Prior information a) Yes b) No	88 33	35 4	0.1012

df₁=3.84 at the level of P<0.05

Table 6: depicts that there is no significant association between the level of knowledge regarding minor ailments among primigravida mothers and various demographic variables. These variables encompassed age in years, educational status, occupation, religion, place of residence, monthly income, trimester, and prior knowledge regarding minor ailments. Consequently, the null hypothesis was accepted, affirming the lack of significant associations between these factors and the level of knowledge about minor ailments among primigravida mothers.

DISCUSSION:

Occurrence regarding the minor ailments among primi mothers:

In this study, the predominant minor ailments among primigravida mothers were noted to be Nausea (84%), followed by Vomiting (71.5%), backache (70%), and heartburn (69%). These were among the most commonly encountered

discomforts which was supported by a cross-sectional study conducted by **Bala M**, it was revealed that 77% experienced Nausea and vomiting during pregnancy. Additionally, backache (60%), fatigue (67%), and heartburn/regurgitation (23%) were prevalent. Another study conducted by **Samarakoon SKSN, Mohamed FFH, Wijerathna KMSM, Kisokanth G** reported increased Nausea and Vomiting as the most common health problems among pregnant women. Approximately 94% of mothers exhibited inadequate knowledge, with the majority 75% employing various home remedies to alleviate their symptoms, such as consuming small and frequent meals (88%) to manage nausea and vomiting.

Self-care practices regarding minor ailments among primi mothers:

This study observed various self-care practices adopted by primigravida mothers to manage minor ailments during pregnancy. For instance, strategies such as avoiding spicy foods for nausea and vomiting (65.6%) and utilizing pillows for

backache (61.8%) were commonly employed. Heartburn was managed through the avoidance of spicy foods (49.6%), while warm milk was preferred for constipation (51.9%). Mothers also opted for various self-care methods like avoiding prolonged sitting for leg cramps (40.0%), regular washing for excessive vaginal discharge (42.7%), and using warm applications for breast discomfort (45.8%). Interestingly, a study by **Bala M.** highlighted that 90% of mothers relied on home remedies, with 77% using self-prepared formulations.

Association between levels of knowledge with their demographic variables:

The chi-square analysis revealed no significant association at a level of $P < 0.05$, indicating that there's no substantial association between the level of knowledge about minor ailments among primigravida mothers and various demographic factors, aligning with the outcomes of a study by **Nitanjali Patil, Jyoti Salunkhe** that similarly found no association between knowledge levels and demographic variables ($P < 0.05$). **Bala. M** conducted a comparable study which also concluded a lack of association between knowledge levels and selected demographic variables.

CONCLUSION:

The study reveals that primigravida mothers face various minor discomforts during pregnancy, with nausea, backache, and vomiting being most common. While their understanding of minor ailments varies, self-care practices involve diverse home remedies. Interestingly, demographic factors like age or education don't significantly influence their knowledge. In essence, this study accentuates the importance of tailored

education and support programs for primigravida mothers, ensuring they receive comprehensive information and guidance to manage minor ailments during pregnancy. These findings emphasize the necessity of universalized care and information dissemination, ensuring every expecting mother has access to adequate knowledge and support to alleviate discomfort and enhance their pregnancy experience.

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