

AWARENESS ON MINOR DISORDERS OF PREGNANCY AMONG PREGNANT WOMEN OF A HOSPITAL

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ABSTRACT

Background: Minor disorders of pregnancy are the common discomforts experienced during pregnancy. These disorders can be unbearable and stressful which may later affect outcomes of pregnancy. The objective of the study was to find out awareness on minor disorders of pregnancy among pregnant women attending antenatal OPD.

Methods: A descriptive cross-sectional study was conducted among 91 pregnant women in Bhaktapur hospital by using non - probability convenience sampling technique. Face to face interview technique was used to collect data by using self-developed structured questionnaire. The study was conducted between 27April 2022 to 27May,2022. Data management, analysis and interpretation was done using descriptive and inferential statistics and represented in tabulated form.

Results: The findings of this study showed that the majority (70.3%) of the respondents had an inadequate level of awareness of minor disorders of pregnancy. Inadequate awareness was present in causes of hemorrhoid, causes of varicose vein 25.3%, and causes of insomnia 44.0% during pregnancy. There was a significant association between levels of awareness on minor disorders of pregnancy with type of family ($p=0.017$).

Conclusion: Awareness on minor disorders of pregnancy among pregnant women is still inadequate, which suggests the need for effective health education program on minor disorders of pregnancy to prevent form complications arise from these disorders.

Key Words: Awareness, Minor Disorders of Pregnancy, Pregnant Women

INTRODUCTION

Pregnancy is one of the vital events in life of women which requires unique care and concern from time of conception to postnatal period.¹ Anatomical, physiological, hormonal adaptation to pregnancy leads to common physical symptoms which are known as minor disorders of pregnancy.²

Minor disorders of pregnancy affecting day to day life has a major effect on productivity and have profound impact on quality of life of pregnant women which may later affect outcomes of pregnancy.³

About 70% of women report one or more minor disorders throughout whole period of pregnancy. About 50% pregnant women worldwide suffer from low back pain at some point during pregnancy with more than 80% of these women experiencing difficulties with activities of daily living, up to 30% requiring bed rest and 10% leading to absent from work.⁴

The worldwide prevalence of heartburn during pregnancy is about 17% to 45%. The prevalence of heartburn has been found to increase from 22% in the first trimester, to 39% in the second trimester, to between 60% and 72% in the third trimester.⁵ The incidence rate of varicosities during pregnancy is approximately 1 in 22 pregnant women in USA. A study of India showed that 94% pregnant women had urinary frequency, 83.7% had nausea and vomiting, 82.6% had backache, 75% had heart burn, 73.4% had leg cramps, 71.7% had insomnia, 56.2% had constipation.⁶ A study done in Kaski, Nepal showed that 24.3% pregnant women suffered from backache followed by nausea & vomiting and heart burn.⁷

A study from India showed that 87% of antenatal mothers have inadequate level of knowledge regarding minor disorders of pregnancy.⁸ Similarly a review article of Punjab revealed that majority of the pregnant women had average or inadequate knowledge regarding minor disorders of pregnancy and their management and most of them even require hospitalization to get the condition treated.⁹

MATERIAL AND METHODS

A descriptive cross –sectional study was conducted in Bhaktapur hospital to find out awareness on minor disorders of pregnancy among pregnant women. Non-probability purposive sampling technique was used to select respondents. Face to face interview technique was adopted by using self- developed structured questionnaires. The sample size was 91 pregnant women who attended antenatal OPD of Bhaktapur hospital. Ethical approval was obtained from the research committee of Manmohan Memorial Institute of Health Sciences and permission was taken from the Hospital Director of Bhaktapur hospital. Verbal informed consent was obtained from everyone prior to data collection.

Data was analyzed by using Statistical Package for Social Science (SPSS) 26th version. Chi-square test was used to check the association between dependent and independent variables.

RESULTS

Socio-demographic Characteristics

Table 1 shows the majority (80.2%) of respondents were age group between 20-35 years. More than half of respondents (58.2%) belonged to Janajati ethnicity. All the respondents (100%) were from urban municipality. More than half (63.7%) of the respondents belong to the nuclear family. Less than half of the respondents (37.4%) had basic level education and an equal percentage of respondents (37.4%) had secondary level of education. Similarly, less than half of the respondents (40.7%) were homemakers. Likewise, less than half of the respondents (37.4%) had monthly family income Rs. 15001-25000. The majority of the respondents (61.5%) were primigravida women.

Table1: Sociodemographic Characteristics of the Respondents

n=91

Variables	Number	Percentage
Age (completed in years)		
<20 years	12	13.2
20-35years	73	80.2
>35years	6	6.6
Ethnicity		
Dalit	13	14.3
Janajati	53	58.2
Madhesi	2	2.2
Muslim	2	2.2
Brahmin/Chhetri	21	23.1
Residence		
Rural	0	0.0
Urban	91	100.0
Family Type		
Nuclear	58	63.7
Joint	33	36.3
Educational Status		
Illiterate	11	12.0
Literate	80	88.0
Educational Level		
Basic Level Education (1-8)	34	37.4
Secondary level education (9-12)	34	37.4
Higher education (Bachelor to Phd)	12	13.2
Occupation		

Agriculture	6	6.5
Business	10	11.0
Home maker	37	40.7
Service	33	36.3
Student	5	5.5
Monthly Family Income (NRs.)		
≤ 15000	31	34.0
15001-25000	34	37.4
25001-35000	22	24.2
>35000	4	4.4

Table 2: Respondents' Obstetric Information

n=91

Variables	Number	Percentage
Gravida		
Primigravida	56	61.5
Multigravida	35	38.5
Trimester of Pregnancy First		
trimester	36	39.6
Second trimester	26	28.6
Third trimester	29	31.8

Less than half of the respondents (39.6%) were of the first trimester (Table 2).

Table 3 shows that almost all the respondents (97.8%) recognized nausea and vomiting as minor disorders of pregnancy. Half of the respondents (50.6%) recognized backache as a minor disorder of pregnancy. Whereas, only 11.2% of the respondents recognized insomnia and constipation as minor disorders of pregnancy. Less than half of the respondents (44.0%) correctly answered the meaning of minor disorders of pregnancy as "Series of common symptoms seen in various trimesters of pregnancy".

Table 3: Respondents' Awareness on Information of Minor Disorders of Pregnancy

n=91

Variables	Number	Percentage
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Meaning of Minor Disorders

Severe disorders that can affect pregnant women and fetus.	21	23.0
Discomfort which doesn't affect mother and fetus	30	33.0
Series of common symptoms seen in various trimester of pregnancy#	40	44.0

Recognition of Minor Disorders *

Nausea and Vomiting	11	12.4
Heart burn	10	11.2
Constipation	16	18.0
Hemorrhoids /Piles	45	50.6
Backache	22	24.7
Leg cramps	30	33.7
Frequency of micturition	26	29.2
Varicose Veins	10	11.2
Insomnia		

Correct response#/Multiple response*

Table 4 illustrates that the majority of the respondents (79.1%) and (72.5%) had inadequate levels of awareness on nervous and circulatory system related minor disorders of pregnancy, respectively. Whereas, more than half of the respondents (54.9%) had adequate level of awareness on digestive system related minor disorders of pregnancy.

Table 4: Respondents' Level of Awareness on Various Body Systems Related Minor Disorders of Pregnancy

Various body systems	Level of awareness	
	Poor n(%)	Good n(%)
Digestive system	41(45.1)	50(54.9)
Musculoskeletal system	56(61.5)	35(38.5)
Circulatory system	66(72.5)	25(27.5)
Genitourinary system	53(58.2)	38(41.8)
Nervous system	72(79.1)	19(20.9)

Table 5: Respondents' Level of Awareness on Minor Disorders of Pregnancy

Level of Awareness	Number	Percentage
Inadequate awareness level (<50% of total score)	64	70.3
adequate awareness level (\geq 50% of total score)	27	29.7

Table 5 shows that the majority of the respondents (70.3%) had an inadequate level of awareness. However, only 29.7% had an adequate level of awareness on minor disorders of pregnancy.

Table 6 illustrates that there was a significant association between awareness level and family type of respondents ($p = 0.017$). Whereas there was no statistically significant association between level of awareness and age, ethnicity, education, occupation, monthly family income, gravida and trimester of pregnancy ($p > 0.05$)

Table 6: Association between Level of Awareness on Minor Disorders of Pregnancy and Socio-demographic, Obstetric Variables

Variables	Level of awareness		χ^2	p – value
	inadequate (%)	adequate (%)		
Age (in completed years)				
<20 years	8(66.7)	4(33.3)	0.088	0.766
\geq 20 years	56(70.9)	23(29.1)		
Ethnicity				
Janajati	35(66.0)	18(34.0)	1.120	0.289
Others	29(76.3)	9(23.7)		
Family type				
Nuclear	46(79.3)	12(20.7)	6.182	0.013
Joint	18(54.5)	15(45.5)		
Education				
Illiterate	7(63.6)	4(36.4)	0.266	0.604
Literate	57(71.3)	23(28.7)		
Occupation				
Homemaker	25(67.6)	12(32.4)	0.228	0.633
Others	39(72.2)	15(27.8)		
Monthly family income				
\leq NRs.25000	49(75.4)	16(24.6)	2.786	0.095
>NRs.25000	15(57.7)	11(42.3)		
Gravida				
Primigravida	40(71.4)	16(28.6)	0.084	0.772
Multigravida	24(68.6)	11(31.4)		
Trimester of pregnancy				
First trimester	22(61.1)	14(38.9)	2.426	0.119
Others(Second, Third trimester)	42(76.4)	13(23.6)		

Note: p - value significant at <0.05

* Fisher Exact Test

DISCUSSION

This study showed that majority of the respondents (70.3%) had inadequate level of awareness on minor disorders of pregnancy. This finding is consistent with the findings of a similar study of Iraq¹, which assessed the knowledge of minor discomforts during pregnancy among pregnant women attending maternal and pediatric hospital in Soran city. This finding contradicts to the study conducted in Saudi Arabia where majority of the pregnant women shows good level of knowledge regarding minor and common problems of pregnancy¹⁰.

The present study showed only 11.2% of the respondents recognized insomnia and constipation as minor disorders of pregnancy whereas almost all the respondents (97.8%) recognized nausea and vomiting as minor disorders of pregnancy. Findings of present study is supported by a study done in Sri Lanka where only 9.2% of the respondents recognized constipation as minor disorders of pregnancy whereas almost all of the respondents (92.9%) recognized nausea and vomiting as minor disorders of pregnancy².

This study shows that majority of respondents (80.2%) got the information regarding minor disorders from family members/relatives, majority of the respondents (67.0%) from health professionals, more than half of the respondents (59.3%) from mass media and nearly half of the respondents (45.1%) from friends. The findings contrast with the study done in Iraq where only (16%) got information from family members/relatives, followed by health professionals (10%) and mass media (28%) and majority (32%) got information from friends¹.

Present study showed that majority of the respondents (79.1%) had low level of awareness on minor disorders related to nervous system and majority of the respondents (72.5%) had low level of awareness on minor disorders related to circulatory system. The findings are similar with the study done in Karnataka, India which showed maximum knowledge deficit in minor disorders of pregnancy related to circulatory and nervous system¹¹.

In the present study, the awareness level had significant association with type of family ($p = 0.017$). The finding is consistent with the findings of similar study done in India where there was significant association

between level of awareness of pregnant women and type of family⁶. This finding contradicts to the study conducted in Sri Lanka where the knowledge level had significant association with religion ($p < 0.001$), ethnicity ($p = 0.013$), monthly income ($p < 0.001$) and educational level ($p < 0.001$)².

CONCLUSION

The study concluded that the majority of the antenatal women had an inadequate level of awareness regarding minor disorders of pregnancy. There was still a gap in awareness regarding minor disorders related to the nervous system and circulatory system during pregnancy. Family type of the pregnant women was statistically significant to the level of awareness regarding minor disorders during pregnancy. Thus, awareness program as well as health educational program might be helpful for antenatal women to raise awareness on minor disorder of pregnancy.

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