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BOOK OF ABSTRACTS



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KNOWLEDGE ON MINOR DISCOMFORTS AND THEIR SELF-MANAGEMENT AMONG PREGNANT MOTHERS ATTENDING TO SELECTED ANTENATAL CLINICS IN BATTICALOA

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Background: Physiological, anatomical, psychological, biochemical and immunological adaptations occurs in pregnancy and as a result, the mother face many minor discomforts. The wellbeing of pregnant mothers is threatened due to these minor discomforts which lead to unnecessary hospitalization and medication.

Objective: To assess the knowledge on minor discomforts and their self-management among pregnant mothers attending to selected antenatal clinics (ANC) in Batticaloa MOH area.

Method: A cross sectional descriptive study was conducted in Puliyantheevu, Manjanthoduvai, Kallady veloor, and Karuveppankerny ANCs of Batticaloa MOH area. All registered mothers attending to the selected ANCs were (n=238) included in the study. Data were collected using a pre-tested interviewer administered questionnaire. Descriptive and inferential statistics were performed in SPSS V 20.

Results: Half of the study participants (54.6%) were in the age group of 20–29 years and 62% were primi gravidae. Around 62.2% were in their 3rd trimester. Most of them (93%) had experienced nausea and vomiting and nearly 41% of participants had experienced backache during their pregnancy. About 75% of them mentioned that home remedies are the best way to manage minor discomforts. The mean knowledge score was 12.16 (\pm 14.64). Majority of the participants (94.1%) scored less than 50% on minor discomforts and their self-management. Knowledge score was significantly associated with participant's ethnicity, religion, monthly income, educational level and their parity ($p < 0.05$).

Conclusions: The prevalence of minor discomforts among pregnant mothers in this study was high. Participants had an unsatisfactory level of overall knowledge related to minor discomforts and their self-management. Awareness programmes are needed to address the gaps in pregnant mothers' knowledge.

Keywords: Antenatal mothers, Minor discomforts, Knowledge