Awareness of ANC and PNC Care Among Women of Urban Slum in Pune, Maharashtra by A Self-Made Questionnaire

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INTRODUCTION
In India, the maternal mortality ratio has been maintained at a higher level since long. It was reported that the national MMR among Indian women is 130 per 100,000 live births (SRS2014-16) which in itself is very high compared to the international scenario.¹

Promotion of maternal and child health must be reflected through Antenatal care and Postnatal care. Lack of care during this period can result in death or disability. The maternal health status of Indian women was noted to be lower as compared to other developed countries.

Slums have been recognised as neglected communities characterised by deteriorated housing, overcrowded, poor environmental managements with wide spectrum of adverse health conditions such as under nutrition, delivery related complications, postpartum morbidity, and limited access to health care services.²

It is estimated that, on an average the slum areas of a city that contain about 20 percent of its population will have about 50 percent of all its disease.³

There have been limited efforts to study health of individuals especially women living in slums. Study by Hazarika I in 2010 revealed that 74 percent of non-slum women receive 3 or more ANC check-ups whereas only 55 percent women of the slums receive check-ups. Similarly, disparity exists in seeking institutional deliveries.³

These intra urban disparities are probably the outcome of factors such as employment patterns, literacy levels, availability of health services, traditional customs, gender status, etc. All of this will affect the knowledge which this study opts to assess its influence on reproductive and child health behaviour among the urban slum women.³

The prevalence of incontinence was 18.6%. Incontinence was reported in 12.5% of primis as compared to 26.4% in multis. The incidence of incontinence rose as age advanced. Sixteen percent developed incontinence following LSCS whenever 19.8% developed incontinence after normal delivery.¹

Slums have been recognized as neglected communities characterized by deteriorated housing, overcrowded, poor environmental managements with wide spectrum of adverse health conditions such as under nutrition, delivery-related complications, postpartum morbidity, and limited access to health care services.³

The World Health Organization (WHO) reported that in 2015 around 830 women died every day from problems in pregnancy and childbirth. Only 5 of the women who died lived-in high-income countries, the rest of the women lived-in low-income countries. The maternal health status of Indian women was noted
to be lower as compared to other developed countries. Promotion of maternal and child health has been
one of the most important components of the Family Welfare Program of the Government of India. For
sustainable growth and development of country, there is a need to improve MCH Care in the country. Safe
motherhood by providing good antenatal care (ANC) and postnatal care (PNC) is very important to reduce
maternal mortality ratio and infant mortality rate.[4]

Exercise is safe for both the mother and fetus during pregnancy and recent research support the
recommendation to initiate or continue exercise in most pregnancies. The benefits included maintenance
of aerobic and musculoskeletal fitness levels, prevention of excessive maternal weight gain, facilitation
of labor, help for gestational glucose control and improve psychological adjustment to changes of
pregnancy and more rapid postnatal recovery. Risk of caesarean section can be reduced if pregnant woman
perform structured physical exercise. There are few barriers like fatigue, lack of time and pregnancy
discomforts to physical activity during pregnancy. Aim of the study is to assess the knowledge of
antenatal and postnatal exercises among the rural ante natal and postnatal women.[3]

According to the American College of Obstetricians and Gynecologists (ACOG) and the American
College of Sports Medicine (ACSM), a pregnant women without obstetric or medical problems are
encouraged to engage in at least 30 minutes of moderate exercise a day (i.e.,) avoiding exercises
with risk of abdominal trauma.1,5 In the combined CDC-ACSM recommendations for
physical activity and health, moderate exercise is defined as exercise of 3-4 METS or any
activity that is equivalent in difficulty to brisk walking.[3]

Exercise during pregnancy is considered to be a havoc among Indian women due to cultural and
familial issues. Some women do not feel motivated to exercise despite being aware of the possible
benefits that physical exercise could offer to their health and the health of the baby.

knowledge about exercise during antenatal and postnatal period is not adequate mainly due to lack of
information. Awareness and education must be improved on antenatal & postnatal exercises.[3]

NEED OF STUDY
Antenatal care and postnatal care are a crucial part of a woman’s life, it is very important for a woman to
have appropriate knowledge about antenatal and postnatal care in order to prevent complications.
Hence, this study provides with the information about the level of awareness present among the women
of reproductive age and will determine the need of spreading further awareness.

It allowed to assess whether the females have a knowledge about regular exercising and maintaining
physical fitness in this period.

It also allowed us to understand whether there is a need of spreading awareness about antenatal and
postnatal care among women of the urban slums.

AIM
To check for the awareness of antenatal and postnatal care among women of the urban slum in Pune.

OBJECTIVE
1. To find out awareness of antenatal care using a self-made questionnaire.
2. To find out awareness of postnatal care using a self-made questionnaire.
REVIEW OF LITERATURE

1. TV Chitra & Seetha Panicker conducted a study on “Child Birth, Pregnancy and Pelvic Floor Dysfunction” Published on 17 January 2012. The aim of the study was to assess the prevalence of incontinence. Incontinence was reported in 12.5% of primi’s as compared to 26.4% in multis. The incidence of incontinence rose as age advanced. Sixteen percent developed incontinence following LSCS whenever 19.8% developed incontinence after normal delivery. This study concluded that pelvic floor dysfunction occurs commonly following childbirth, with increasing parity urinary incontinence particularly stress incontinence was more common. No significant reduction in incidence of incontinence following LSCS was noted in this study.

2. Barun Bhai Patel, Pranaya Gurmeet, Dattatreya Ramkrishna, Kapil H. Pandya, Ajoy Mahen, Neha Singh conducted “A study on knowledge and practices of antenatal care among pregnant women attending antenatal clinic at a Tertiary Care Hospital of Pune, Maharashtra Departments of Community Medicine and Obstetrics and Gynaecology, AFMC, Pune, Maharashtra, India” published on May-June 2016. The aim of this study was to assess the knowledge of antenatal females and the practices they follow during pregnancy by the means of a questionnaire. This study concluded that still higher proportion of (41.9%) of pregnant women has inadequate knowledge, and about one-third of study participant have poorly practice ANC care. Their knowledge on certain aspects of ANC were still poor especially regarding the importance of early antenatal check-up, health screening and complications related to diabetes and hypertension in pregnancy. Specific intervention program needs to be planned and conducted to improve their maternal health practices and eventually improve the health status.

3. S. Rajalakshmi, Dr. Hepzhibah Kirubamani conducted a study on “Awareness about Antenatal and Postnatal Exercises amongst Rural Pregnant Women” published in November - December 2018. The aim of this study was to assess the knowledge of antenatal and postnatal exercises among the rural ante natal and postnatal women, To determine the source of information and how many of the rural antenatal women practice antenatal and postnatal exercise. This study concluded that the results from the current study suggest that knowledge about exercise during antenatal and postnatal period is not adequate mainly due to lack of information. Awareness and education must be improved on antenatal & postnatal exercises.

4. Ritika Bharti, Sherin Raj T.P Conducted a study on “Awareness on ANC and PNC Services among Women of Urban Slum in Delhi” published on June 2019. The purpose of this study was to assess awareness towards antenatal and postnatal care services among women (age 15-49) years residing in urban slum of Delhi. The findings reveals that low level of awareness on ANC, PNC and new born care among illiterate women in Delhi slum. The awareness on PNC and new born care was very low compared to awareness on ANC. More than half (60%) of the women had knowledge about danger signs of pregnancy. This study concluded that the emphasis has to be laid on education on postnatal care services and danger signs of new born, so that complications can be detected at early stage to avoid mortality among mothers and children.

METHODOLOGY

1. Study Design- Observational study
2. Study setup- From urban slums of Pune.
3. Sampling technique- Convenient sampling.
4. Sample size -265 Females.
5. Study duration- 6 months

OUTCOME MEASURE:
Self -made structured questionnaire approved and validated by guides and experts.

MATERIALS REQUIRED:
1. Pen/Pencil
2. Paper(questionnaire)

INCLUSION CRITERIA:
1. Pregnant Women of reproductive age (18-45)
2. Women who have recently delivered
3. Women who belong to urban slum.
4. Women who are planning for a baby.

EXCLUSION CRITERIA:
1. Women who are not willing for participation.
2. Women who don’t belong to urban slum.

RESEARCH QUESTION
Are the women of urban slums in Pune aware about Antenatal and Postnatal care?

PROCEDURE
1. Permission from ethical committee was taken.
2. A Questionnaire was designed and validated with the help of guides, physiotherapists and gynaecologists.
3. Consent from participants was taken Participants were selected as per our inclusion criteria.
4. Survey was performed using questionnaire, and questions were asked in their comfortable language (Marathi, Hindi).

IMAGES
SUBJECTS FILLING THE QUESTIONNAIRE
DATA ANALYSIS AND INTERPRETATION
ANTENATAL CARE QUESTIONNAIRE

Q1. DO PREGNANT WOMEN NEED TO GO FOR ANTENATAL CHECK UP REGULARLY?

<table>
<thead>
<tr>
<th>Q1</th>
<th>DO PREGNANT WOMEN NEED TO GO FOR ANTENATAL CHECK UP REGULARLY?</th>
<th>(No. of responses)</th>
<th>(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a)</td>
<td>YES</td>
<td>264</td>
<td>98%</td>
</tr>
<tr>
<td>(b)</td>
<td>NO</td>
<td>1</td>
<td>2%</td>
</tr>
</tbody>
</table>

Pie chart no: 1
Q2. THE FIRST ANC CHECK UP SHOULD BE DONE WITHIN THE FIRST 3 MONTHS?

<table>
<thead>
<tr>
<th></th>
<th>THE FIRST ANC CHECKUP SHOULD BE DONE WITHIN THE FIRST THREE MONTHS?</th>
<th>(No.of responses)</th>
<th>(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a)</td>
<td>YES</td>
<td>186</td>
<td>70%</td>
</tr>
<tr>
<td>(b)</td>
<td>NO</td>
<td>79</td>
<td>30%</td>
</tr>
</tbody>
</table>

Q3. IS SMOKING AND DRINKING HARMFUL FOR THE FOETUS?

<table>
<thead>
<tr>
<th></th>
<th>IS SMOKING AND DRINKING HARMFUL FOR THE FOETUS?</th>
<th>(No.of responses)</th>
<th>(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a)</td>
<td>YES</td>
<td>265</td>
<td>100%</td>
</tr>
<tr>
<td>(b)</td>
<td>NO</td>
<td>0</td>
<td>0%</td>
</tr>
</tbody>
</table>

Pie chart no:2

Pie chart no:3
Q4. IS IT IMPORTANT TO EXERCISE REGULARLY DURING PREGNANCY?

<table>
<thead>
<tr>
<th>Q4 IS IT IMPORTANT TO EXERCISE REGULARLY DURING PREGNANCY?</th>
<th>(No.of responses)</th>
<th>(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a) YES</td>
<td>40</td>
<td>15%</td>
</tr>
<tr>
<td>(b) NO</td>
<td>225</td>
<td>85%</td>
</tr>
</tbody>
</table>

**RESPONSE**

Pie chart no: 4

Q5. IS IT IMPORTANT TO GET YOUR BLOOD PRESSURE CHECKED REGULARLY?

<table>
<thead>
<tr>
<th>Q5 IS IT IMPORTANT TO GET YOUR BP CHECKED REGULARLY</th>
<th>(No.of responses)</th>
<th>(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a) YES</td>
<td>170</td>
<td>64%</td>
</tr>
<tr>
<td>(b) NO</td>
<td>95</td>
<td>36%</td>
</tr>
</tbody>
</table>

**RESPONSE**

Pie chart no: 5
Q6. IS IT IMPORTANT TO GET YOUR BLOOD SUGAR LEVEL CHECKED REGULARLY?

<table>
<thead>
<tr>
<th>Q6</th>
<th>IS IT IMPORTANT TO GET YOUR BLOOD SUGAR LEVEL CHECKED REGULARLY?</th>
<th>(No.of responses)</th>
<th>(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a) YES</td>
<td>55</td>
<td>21%</td>
<td></td>
</tr>
<tr>
<td>(b) NO</td>
<td>210</td>
<td>79%</td>
<td></td>
</tr>
</tbody>
</table>

Pie chart no: 6

Q7. SHOULD WOMEN DELIVER BABIES IN HOSPITAL?

<table>
<thead>
<tr>
<th>Q7</th>
<th>SHOULD WOMEN DELIVER BABIES IN THE HOSPITAL?</th>
<th>(No.of responses)</th>
<th>(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a) YES</td>
<td>248</td>
<td>93%</td>
<td></td>
</tr>
<tr>
<td>(b) NO</td>
<td>17</td>
<td>7%</td>
<td></td>
</tr>
</tbody>
</table>

Pie chart no: 7
Q8. IS IT NECESSARY TO DO AN ULTRASOUND SCAN IN PREGNANCY?

<table>
<thead>
<tr>
<th>Q8</th>
<th>IS IT NECESSARY TO DO AN ULTRASOUND SCAN IN PREGNANCY?</th>
<th>(No. of responses)</th>
<th>(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a)YES</td>
<td>121</td>
<td>47%</td>
<td></td>
</tr>
<tr>
<td>(b)NO</td>
<td>144</td>
<td>53%</td>
<td></td>
</tr>
</tbody>
</table>

**RESPONSE**

Pie chart no:8

Q9. DO YOU THINK PLANNING FOR POSTPARTUM CARE IS IMPORTANT?

<table>
<thead>
<tr>
<th>Q9</th>
<th>DO YOU THINK PLANNING FOR POSTPARTUM CARE IS IMPORTANT?</th>
<th>(No. of responses)</th>
<th>(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a)YES</td>
<td>70</td>
<td>27%</td>
<td></td>
</tr>
<tr>
<td>(b)NO</td>
<td>195</td>
<td>73%</td>
<td></td>
</tr>
</tbody>
</table>

**RESPONSE**

Pie chart no:9
Q10. DO YOU THINK IT IS IMPORTANT TO TAKE EXTRA SUPPLEMENTS FOR NUTRITION?

<table>
<thead>
<tr>
<th>Q10</th>
<th>DO YOU THINK IT IS IMPORTANT TO TAKE EXTRA SUPPLEMENTS FOR NUTRITION?</th>
<th>(No. of responses)</th>
<th>(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a) YES</td>
<td></td>
<td>62</td>
<td>23%</td>
</tr>
<tr>
<td>(b) NO</td>
<td></td>
<td>203</td>
<td>77%</td>
</tr>
</tbody>
</table>

Q11. ARE YOU AWARE ABOUT THE SCHEMES AVAILABLE FOR YOU AND YOUR BABY?

<table>
<thead>
<tr>
<th>Q11</th>
<th>ARE YOU AWARE ABOUT THE SCHEMES AVAILABLE BY THE GOVERNMENT FOR YOU AND YOUR BABY?</th>
<th>(No. of responses)</th>
<th>(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a) YES</td>
<td></td>
<td>111</td>
<td>42%</td>
</tr>
<tr>
<td>(b) NO</td>
<td></td>
<td>154</td>
<td>58%</td>
</tr>
</tbody>
</table>

Pie chart no: 10

Pie chart no: 11
RESULTS FOR THE ANTENATAL QUESTIONNAIRE:

<table>
<thead>
<tr>
<th>Q1</th>
<th>ARE YOU AWARE THAT VARIOUS BODY CHANGES HAVE TAKEN PLACE AND NEED TO BE ACKNOWLEDGED?</th>
<th>(No.of responses)</th>
<th>(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a)YES</td>
<td>210</td>
<td>79%</td>
<td></td>
</tr>
<tr>
<td>(b)NO</td>
<td>55</td>
<td>21%</td>
<td></td>
</tr>
</tbody>
</table>

Result shows that 98% women agreed for regular antenatal checkups. 70% agreed that there should be a complete Antenatal checkup done within the first three months itself. 100% women agreed that smoking and drinking is harmful for the foetus. Only 15% women agreed that it is important to exercise in pregnancy. 36% women disagreed to regular BP checkups and 79% disagreed for regular BSL checkups. 7% women didn’t opt for institutional delivery and 53% women disagreed for ultrasonography. 73% women disagreed to plan for postpartum care. 77% disagreed to take extra supplements for nutrition.

POSTNATAL CARE QUESTIONNAIRE

Q1. ARE YOU AWARE THAT VARIOUS BODY CHANGES HAVE TAKEN PLACE AND NEED TO BE ACKNOWLEDGED?

<table>
<thead>
<tr>
<th>Q2</th>
<th>ARE YOU AWARE THAT THERE SHOULD BE AT LEAST AN 18-34 MONTH GAP BETWEEN 2 PREGNANCIES?</th>
<th>(No.of responses)</th>
<th>(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a)YES</td>
<td>77</td>
<td>29%</td>
<td></td>
</tr>
<tr>
<td>(b)NO</td>
<td>188</td>
<td>71%</td>
<td></td>
</tr>
</tbody>
</table>

Q2. ARE YOU AWARE THAT THERE SHOULD BE AT LEAST AN 18-34 MONTH GAP BETWEEN 2 PREGNANCIES?

Q3. ARE YOU AWARE THAT YOU HAVE TO AVOID SEXUAL ACTIVITY FOR AT LEAST 4-6 WEEKS AFTER DELIVERY?

<table>
<thead>
<tr>
<th>Q3</th>
<th>ARE YOU AWARE THAT YOU HAVE TO AVOID SEXUAL ACTIVITY FOR AT LEAST 4-6 WEEKS AFTER DELIVERY?</th>
<th>(No.of responses)</th>
<th>(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a)YES</td>
<td>65</td>
<td>25%</td>
<td></td>
</tr>
<tr>
<td>(b)NO</td>
<td>200</td>
<td>75%</td>
<td></td>
</tr>
</tbody>
</table>
Q3. ARE YOU AWARE THAT YOU HAVE TO AVOID SEXUAL ACTIVITY FOR AT LEAST 4-6 WEEKS AFTER DELIVERY?

Q4. ARE YOU AWARE OF THE SUPPLEMENTS NEEDED FOR NUTRITION AND AFTER DELIVERY?

<table>
<thead>
<tr>
<th>Q4</th>
<th>ARE YOU AWARE OF THE SUPPLEMENTS NEEDED FOR NUTRITION AND AFTER DELIVERY?</th>
<th>(No. of responses)</th>
<th>(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a) YES</td>
<td></td>
<td>86</td>
<td>32%</td>
</tr>
<tr>
<td>(b) NO</td>
<td></td>
<td>179</td>
<td>68%</td>
</tr>
</tbody>
</table>
Q5. ARE YOU AWARE OF PROPER FEEDING POSITIONS?

<table>
<thead>
<tr>
<th>Q5</th>
<th>ARE YOU AWARE OF THE PROPER FEEDING POSITIONS?</th>
<th>(No.of responses)</th>
<th>(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a)YES</td>
<td></td>
<td>30</td>
<td>11%</td>
</tr>
<tr>
<td>(b)NO</td>
<td></td>
<td>235</td>
<td>89%</td>
</tr>
</tbody>
</table>

Q6. ARE YOU AWARE OF THE FITNESS REGIMES THAT MUST BE FOLLOWED AFTER PREGNANCY?

<table>
<thead>
<tr>
<th>Q6</th>
<th>ARE YOU AWARE ABOUT THE FITNESS REGIMES WHICH MUST BE FOLLOWED AFTER PREGNANCY?</th>
<th>(No.of responses)</th>
<th>(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a)YES</td>
<td></td>
<td>45</td>
<td>17%</td>
</tr>
<tr>
<td>(b)NO</td>
<td></td>
<td>220</td>
<td>83%</td>
</tr>
</tbody>
</table>
Q7. ARE YOU AWARE THAT YOU NEED TO STRENGTHEN YOUR VAGINAL MUSCLES AFTER DELIVERY?

<table>
<thead>
<tr>
<th>Q7</th>
<th>ARE YOU AWARE THAT YOU NEED TO STRENGTHEN YOUR VAGINAL MUSCLES AFTER DELIVERY?</th>
<th>(No.of responses)</th>
<th>(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a)YES</td>
<td></td>
<td>11</td>
<td>4%</td>
</tr>
<tr>
<td>(b)NO</td>
<td></td>
<td>254</td>
<td>96%</td>
</tr>
</tbody>
</table>

Pie chart no:17

Q8. ARE YOU AWARE THAT ABDOMINAL MUSCLES BECOME LOOSE AND WEAK AND IT IS VERY IMPORTANT TO STRENGTHEN THEM?

<table>
<thead>
<tr>
<th>Q8</th>
<th>ARE YOU AWARE THAT ABDOMINAL MUSCLES BECOME LOOSE AND WEAK AND IT IS VERY IMPORTANT TO STRENGTHEN THEM?</th>
<th>(No.of responses)</th>
<th>(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a)YES</td>
<td></td>
<td>3</td>
<td>1%</td>
</tr>
<tr>
<td>(b)NO</td>
<td></td>
<td>262</td>
<td>99%</td>
</tr>
</tbody>
</table>

Pie chart no:18
Q9. ARE YOU AWARE THAT IT IS IMPORTANT TO EXCLUSIVELY BREASTFEED FOR 6 MONTHS?

<table>
<thead>
<tr>
<th></th>
<th>ARE YOU AWARE THAT IT IS IMPORTANT TO EXCLUSIVELY BREASTFEED FOR 6 MONTHS?</th>
<th>(No.of responses)</th>
<th>(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a)</td>
<td>YES</td>
<td>17</td>
<td>6%</td>
</tr>
<tr>
<td>(b)</td>
<td>NO</td>
<td>248</td>
<td>94%</td>
</tr>
</tbody>
</table>

Q10. ARE YOU AWARE ABOUT THE IMMUNISATION SCHEDULES FOR THE BABY?

<table>
<thead>
<tr>
<th></th>
<th>ARE YOU AWARE ABOUT THE IMMUNIZATION SCHEDULES FOR THE BABY?</th>
<th>(No.of responses)</th>
<th>(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a)</td>
<td>YES</td>
<td>133</td>
<td>50%</td>
</tr>
<tr>
<td>(b)</td>
<td>NO</td>
<td>132</td>
<td>50%</td>
</tr>
</tbody>
</table>
Q11. ARE YOU AWARE ABOUT THE SCHEMES AVAILABLE FOR YOU AND YOUR BABY?

<table>
<thead>
<tr>
<th></th>
<th>ARE YOU AWARE OF THE SCHEMES AVAILABLE FOR YOU AND YOUR BABY?</th>
<th>(No.of responses)</th>
<th>(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a)</td>
<td>YES</td>
<td>111</td>
<td>42%</td>
</tr>
<tr>
<td>(b)</td>
<td>NO</td>
<td>154</td>
<td>58%</td>
</tr>
</tbody>
</table>

RESULTS FOR THE POSTNATAL QUESTIONNAIRE:

Result for the postnatal care questionnaire shows that only 79% women were aware of the changes that have taken place in the body. Only 29% women agreed to keep an 18-34 month gap between 2 pregnancies. 75% women did not know that they need to avoid sexual activity for some time after delivery. 68% women were not aware that they need proper supplements and nutrition even after delivery. 89% weren’t aware of the feeding positions. Only 17% knew about keeping themselves fit. 96% women did not know that the vaginal muscles become weak and need to be strengthened. Only 50% women knew about the immunization.
DISCUSSION
This study was conducted to assess the awareness towards antenatal and postnatal care services among women of urban slum in Pune. In the slum, the majority of participants belonged to the Hindu religion followed by Islam. Religion brings a gambit of cultures and practices pertaining to pregnancy, nutrition, and diet in pregnancy and child bearing. Along with various myths which are different for different religions.\(^1\) Education is the key factor for improving quality of maternal health care and even access to and utilization of ANC,PNC services. Keeping in mind , low socioeconomic status doesn’t allow these women to gain appropriate information thereby causing lack of knowledge and information.\(^2\) In this study (7%) participants did not prefer delivery at hospitals because of rude hospital staff behavior. In this study, knowledge regarding postnatal care was low as compared to awareness on antenatal care among the slum women. It was found that only 32% women were aware of the fact that they should follow a healthy diet plan along with supplements even after delivery. Majority(71%) of women were unaware about the spacing between pregnancies.\(^3\) The early neonatal period is the most crucial time when effective postnatal care can affect the health of mothers and newborn significantly. Hence it is very important to exclusively breastfeed for 6 months. In this study it was reported that about 94% women didn’t choose to exclusively breastfeed for 6 months and chose to feed their baby other commodities as well.\(^4\) In a survey conducted by UNICEF (2009) around three fifths of mothers knew about all the four vaccines that need to be given to the child within the first year of life. In this study 50% women knew about the immunization schedules.\(^5\) In this study only 42% women were aware that there are programmes/schemes for women. On asking them , the primary source of awareness came from Anganwadi centers , Politicians , NGO’s.\(^6\) Only 15-17% women agreed to exercising/walking whereas other women disagreed as there are myths which prevail suggesting that exercise are harmful for the foetus.\(^7\)

CONCLUSION
This study concludes that that there is a lack of awareness about ANC and PNC care among women of urban slum in Pune. Awareness of Postnatal care was less as compared to Antenatal care thereby concluding that women lack awareness of postnatal care as compared to antenatal care.

LIMITATIONS
1. This study was not able to address whether the lack of knowledge was due to age or education level.
2. The respondents may not always be completely truthful with their answers, while many respondents may answer how they think society would deem most acceptable.

CLINICAL IMPLICATIONS
1. More awareness should be created about ANC and PNC care among women of Urban slums.
2. This study can also be conducted in rural areas in order to understand their level of awareness.

FUTURE SCOPE OF STUDY
1. By understanding the awareness levels, it will be easier to understand which topics need to be covered for spreading awareness.
2. A study can be done in order to understand the myths that prevail.
REFERENCES


ANNEXURE 1:
संस्थाचे पत्र

मी ______________________ “पुणे शहर च्या स्थायीतिल महिला मध्ये, गर्भवती असता म्हणून काही जागरूकता” या प्रबंधाचा विषय म्हणून स्यांनी सहाय्य करण्यास मागण्याचे मांडत. काही म्हणजेच, भागांत शेवटीजे लागते. स्कूलांच्या स्वतःं काही आपल्याच्या स्वयंपालक म्हणून जगाच्या स्वतंत्रतेच्या भारतात अभ्यास करण्यास माझ्या कोणत्याही आक्षेप नाही.

ANNEXURE 2 A

१. पत्र: -
२. वय: -
३. लिंग: -
४. पत्ता: -
५. फोन नंबर: -

ANNEXURE 2B

Antenatal care questionnaire: -

1. Do pregnant women need to go for antenatal check-up regularly?
   YES ☐ NO ☐

2. Should the first ANC check-up be done within first 3 months?
   YES ☐ NO ☐

3. Is smoking and drinking harmful for foetus?
   YES ☐ NO ☐

4. Is it important to exercise regularly during pregnancy?
   YES ☐ NO ☐

5. Is it important to get your BP checked regularly?
   YES ☐ NO ☐
6. Is it important to get your blood sugar level checked regularly?
   YES ☐ NO ☐

7. Should women deliver babies in the hospital?
   YES ☐ NO ☐

8. Is it necessary to do an ultrasound scan in pregnancy?
   YES ☐ NO ☐

9. Do you think planning for postpartum care is important?
   YES ☐ NO ☐

10. Do you think it is important to take extra supplements for nutrition?
    YES ☐ NO ☐

11. Are you aware about the schemes available by the government for you and your baby?
    YES ☐ NO ☐

12. Are you aware about the schemes available by the government for you and your baby?
    YES ☐ NO ☐

**Postnatal care questionnaire:**

1. Are you aware that various body changes have taken place and need to be acknowledged?
   YES ☐ NO ☐

2. Are you aware that there should be at least an 18-34 month gap between 2 pregnancies?
   YES ☐ NO ☐

3. Are you aware that you have to avoid sexual activity for at least 4-6 weeks after delivery?
   YES ☐ NO ☐

4. Are you aware of the supplements needed for nutrition after delivery?
   YES ☐ NO ☐

5. Are you aware of proper feeding positions?
   YES ☐ NO ☐

6. Are you aware about the fitness regimes which must be followed after pregnancy?
   YES ☐ NO ☐

7. Are you aware that you need to strengthen your vaginal muscles after delivery?
   YES ☐ NO ☐

8. Are you aware that abdominal muscles become loose and weak and it is very important to strengthen them?
   YES ☐ NO ☐

9. Are you aware that it is important to exclusively breast feed for 6 months?
   YES ☐ NO ☐

10. Are you aware about the immunization schedules of the baby?
    YES ☐ NO ☐
11. Are you aware of the schemes available for you and your baby?

YES ☐       NO ☐

ANNEXURE 2B
प्रसूतीपूर्व काळजीसाठी प्रश्नार्ली

१. गर्भवती शक्तिता पहिला महिना पासून नववा महिना पर्यंत नियमित गर्भ तपासणी गरजेची चयन आहे का?

हो ☐ नाही ☐

२. पहिली तपासणी दिसरा महिने च्या आयती कणास फार महत्त्वाचे आहे का?

हो ☐ नाही ☐

३. रूधिरपान आणि मध्यानाच्या यंत्रजीवनी हानिकारक आहे का?

हो ☐ नाही ☐

४. गर्भधारण दरम्यान नियमितपणे व्यायाम करणे महत्त्वाचे आहे का?

हो ☐ नाही ☐

५. संसाधन तुमच्या वीपी/ रक्तदान नियमितपणे तपासणी महत्त्वाचे आहे का?

हो ☐ नाही ☐

६. संसाधन रूग्णाल्यात बाळांतपणे करतात?

हो ☐ नाही ☐

७. महिलांनी रुग्णाळयात बाळांतपणे करतात?

हो ☐ नाही ☐

८. गर्भधारणात तीनव्या सोनोग्राफी करणे आवश्यक आहे का?

हो ☐ नाही ☐

९. गर्भधारणात पोषणाच्या आवश्यक असलेल्या अतिरिक्तच रस्सी एवढत बाळांतपणे करतात?

हो ☐ नाही ☐

१०. प्रसूतीपूर्व व्या घरात ४-६ आठव्या ते च्या तपासणी गरजेच्या चयन आहे का?

हो ☐ नाही ☐

११. प्रसूतीपूर्व व्या घरात ४-६ आठव्या ते च्या तपासणी गरजेच्या चयन आहे का?

हो ☐ नाही ☐

प्रसूतीपूर्व व्या घरात ४-६ आठव्या ते च्या तपासणी गरजेच्या चयन आहे का?

हो ☐ नाही ☐

प्रसूतीपूर्व व्या घरात ४-६ आठव्या ते च्या तपासणी गरजेच्या चयन आहे का?

हो ☐ नाही ☐

प्रसूतीपूर्व व्या घरात ४-६ आठव्या ते च्या तपासणी गरजेच्या चयन आहे का?

हो ☐ नाही ☐
5. प्रसूतीनंतर तुम्हाला तुमच्या योनिमार्गाच्या स्नायूंना बळकट करण्याची गरज आहे याची
तुम्हाला जाणीि आहे का?
हो ☐ नाही ☐

6. तुम्हाला माहिती आहे का की प्रसूतीनंतर पोटाचे स्नायूं सैल आणि कमकुंत होता आणि त्यांना जरूरत करणे महत्त्वावर महसूस आहे?
हो ☐ नाही ☐

7. तुम्हाला माहिती आहे का की केवळ 6 महिने स्तनपान करणे महत्त्वावर महसूस आहे?
हो ☐ नाही ☐

8. बाळाच्या लसीकरणाच्या वेळाप्रकारे तुम्हाला माहिती आहे का?
हो ☐ नाही ☐

9. प्रसूतीनंतर तुम्हाला तुमच्या योनिमार्गाच्या स्नायूंना बळकट करण्याची गरज आहे याची
तुम्हाला जाणीि आहे का?
हो ☐ नाही ☐

10. तुम्हाला माहिती आहे का की प्रसूतीनंतर पोटाचे स्नायूं सैल आणि कमकुंत होता आणि त्यांना जरूरत करणे महत्त्वावर महसूस आहे?
हो ☐ नाही ☐

11. तुम्हाला माहिती आहे का की केवळ 6 महिने स्तनपान करणे महत्त्वावर महसूस आहे?
हो ☐ नाही ☐

12. तुम्हाला माहिती आहे का की बाळाच्या लसीकरणाच्या वेळाप्रकारे तुम्हाला माहिती आहे का?
हो ☐ नाही ☐

13. तुम्हाला माहिती आहे का की केवळ 6 महिने स्तनपान करणे महत्त्वावर महसूस आहे?
हो ☐ नाही ☐

14. तुम्हाला माहिती आहे का की बाळाच्या लसीकरणाच्या वेळाप्रकारे तुम्हाला माहिती आहे का?
हो ☐ नाही ☐

परिलक्षित 2B

प्रस्तावित देखभाल प्रश्नार्ती -

1. गर्भवती महालांच्या को निर्मित रूप से प्रस्तावित जांच के लिए, जाने की आवश्यकता है?
हाँ ☐ नहीं ☐

2. क्या पहले 3 महीनों के भीतर पहला एप्सी चेक-अप किया जाना चाहिए?
हाँ ☐ नहीं ☐

3. क्या धूम्रपान और शराब पीना भ्रूण के लिए हानिकारक है?
हाँ ☐ नहीं ☐

4. क्या गर्भवती के दौरान निर्मित रूप से व्यायाम करना महत्वपूर्ण है?
हाँ ☐ नहीं ☐

5. क्या निर्मित रूप से अपना बीपी चेक करना जरूरी है?
हाँ ☐ नहीं ☐

6. क्या अपने ब्लड शुगर लेवल की निर्मित जांच करना जरूरी है?
हाँ ☐ नहीं ☐

7. क्या महिलाओं को अस्पताल में बच्चों को जन्म देना चाहिए?
हाँ ☐ नहीं ☐

8. गर्भवती में एल्ट्रॉस्कैन डॉक्टर करना जरूरी है?
हाँ ☐ नहीं ☐

9. आपका लगता है कि प्रसूतीनंतर देखभाल के लिए योजना बनाना महत्वपूर्ण है?
हाँ ☐ नहीं ☐

10. आपका लगता है कि पोषण के लिए अतिरिक्त फ़ूड लेना महत्वपूर्ण है?
हाँ ☐ नहीं ☐

11. क्या आप सरकार द्वारा आपके और आपके बच्चे के लिए उपलब्ध योजनाओं के बारे में जानते हैं?
हाँ ☐ नहीं ☐
12. क्या आप अपने और अपने बच्चे के लिए सरकार द्वारा उपलब्ध योजनाओं के बारे में जानते हैं?
   हाँ ☐    नहीं ☐

प्रश्नोत्तर देखभाल प्रश्नार्ली :-

1. क्या आप जानते हैं कि शरीर में विभिन्न परिवर्तन हुए हैं और उन्हें स्वीकार करने की आवश्यकता है?
   हाँ ☐    नहीं ☐

2. क्या आप जानते हैं कि 2 गर्भधारण के बीच कम से कम 18-34 महीने का अंतर होना चाहिए?
   हाँ ☐    नहीं ☐

3. क्या आप जानते हैं कि हिलीवरी के बाद आपको कम से कम 4-6 साल तक यौन गतिविधि से बचना है?
   हाँ ☐    नहीं ☐

4. क्या आप प्रसव के बाद पोषण के लिए आवश्यक पूरक के बारे में जानते हैं?
   हाँ ☐    नहीं ☐

5. क्या आप उदित खिलाप पदों के बारे में जानते हैं?
   हाँ ☐    नहीं ☐

6. क्या आप उन फिटनेस व्यवस्थाओं के बारे में जानती हैं जिनका गर्भधारण के बाद पत्तन किया जाना चाहिए?
   हाँ ☐    नहीं ☐

7. क्या आप जानते हैं कि हिलीवरी के बाद आपको अपनी योग्य की मांसपेशियों को मजबूत करने की आवश्यकता है?
   हाँ ☐    नहीं ☐

8. क्या आप जानते हैं कि पेट की मांसपेशियों ही से और कमजोर हो जाती हैं और उन्हें मजबूत बनाना बहुत जरूरी है?
   हाँ ☐    नहीं ☐

9. क्या आप जानते हैं कि 6 महीने तक विशेष रूप से स्तनपान करना महत्वपूर्ण है?
   हाँ ☐    नहीं ☐

10. क्या आप बच्चे के टीकाकरण कार्यक्रम के बारे में जानते हैं?
    हाँ ☐    नहीं ☐

11. क्या आप अपने और अपने बच्चे के लिए उपलब्ध योजनाओं से अवगत हैं?
    हाँ ☐    नहीं ☐

MASTER CHART