

Research Article

Assess the knowledge of fetal movements count among antenatal mothers in RGGWCH, Puducherry

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Abstract

A woman is the first and foremost a person and, when she bears a child, becomes a mother. Pregnancy is a blessing and the birth of the baby is a momentous occasion. A fetal movement that can be felt by the mother (quickening) occurs at approximately 18 to 20 weeks of pregnancy and peaks in intensity at 28 to 38 weeks. A healthy fetus moves with a degree of consistency, or at least 10 times a day. In contrast, a fetus not receiving enough nutrients because of placental insufficiency has greatly decreased movements. Based on this, asking a woman to observe and record the number of movements the fetus is making offers a gross assessment of fetal well-being.

Objectives: The objectives of the study are to assess the level of mother's knowledge on fetal movement count.

Methodology: The research approach is Quantitative and the design is descriptive Non-experimental design. The convenient sampling technique was used to select the sample for the present study. The total sample size was 30 mothers. Permission was obtained from the concerned authority and consent was obtained from the mothers. Mothers were given a thread to put knots as per the no. of foetal movement felt by them. This was asked for two days. Other information was collected with the help of a questionnaire.

Result: The result showed that majority (50%) of the antenatal mothers are having poor knowledge of fetal movements count. 36.7% of them had the average knowledge and only 13.3% of the normal antenatal mothers had good knowledge on fetal movements count. And also the study shows that there is significant association found with level of knowledge and selected demographic variables such as age and gravida.

Keyword: Antenatal Mothers, Fetal Movements count, kick chart.

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1. Introduction

A woman is the first and foremost a person and, when she bears a child, becomes a mother. Pregnancy is a blessing and the birth of the baby is a momentous occasion [1-3]. Pregnancy is one of the life most performed experiences childbirth is an excellent event with meaning for actual physiological process. It is believed that giving birth to an offspring is the most beautiful experience for women. However across the world 4 million of women get pregnancy and childbirth, remain a rather life taking risk [4-5]. Fetal movement that can be felt by the mother (quickening) occurs at approximately 18 to 20 weeks of pregnancy and peaks in intensity at 28 to 38 weeks [6-7]. A healthy fetus moves with a degree of consistency, or at least 10 times a day. In contrast, a fetus not receiving enough nutrients because of placental insufficiency has greatly decreased movements [8]. Based on this, asking a woman to

observe and record the number of movements the fetus is making offers a gross assessment of fetal well-being [9].

Objectives:

- To assess the level of knowledge of mothers' regarding fetal movements count
- To associate the level of knowledge with the selected demographic variables.

2. Research methodology

Quantitative research approach and descriptive research design were selected for this study. The study was conducted among antenatal mothers who all are admitted to antenatal ward in a selected hospital of Puducherry. Mothers who fulfilled the inclusion criteria were

selected for this study with convenient sampling technique. Total 30 mothers were selected after getting their consent.

Sampling criteria:

Inclusion criteria:

- Normal antenatal mothers who all perceive the fetal movements
- 2nd and 3rd trimester
- Present during the time of data collection
- willing to participate in the study

Exclusion criteria:

- High-risk antenatal mothers

Data collection procedure:

The data was collected from the antenatal mothers by using questionnaire and kick chart that is each mother had given a thread and asked them to put knots as and when they feel their fetal movement. The mothers were asked to practice kick chart for continuous 2 days.

Plan for data analysis- After collection of the data it is planned to enter in the X-cel sheet and given coding for easy analysis. The descriptive and inferential analysis

will be used to analyze the demographic variables, knowledge of mothers and association (10) etc.

3. Results and findings

The result of the study shows that in relation to the demographic variables of the mother's majority of the mothers 16 (53.3%) belonged to the age group of 21-25years. 14(46.7%) mothers belonged to the age group of 26-30years, the majority of the mothers 12(40%) had degree education. 10(33.3%) mothers had secondary education. 8(26.7%) mothers had middle school and majority of the 20(66.7%) mothers were prime-gravida. 10(33.3%) mothers were second gravida.

The knowledge of mothers on fetal movement counts highlights that 21(70%) mothers perceived first fetal movement at 21 weeks of gestation but only 7(23.3%) mothers had the practice to monitor fetal movement.

Regarding the factors affecting fetal movement count and knowledge about Kick chart, only 14(46.7%) and 10(33.3%) mothers answered correctly which indicates that mothers need to be educated regarding fetal movement count, which is important to early recognition of any abnormality.(Fig no-1).

Majority 15(50%) mothers had poor knowledge of fetal movements count.36.7% of them had the average knowledge and only 13.3% of the mothers are had good knowledge of fetal movements count.

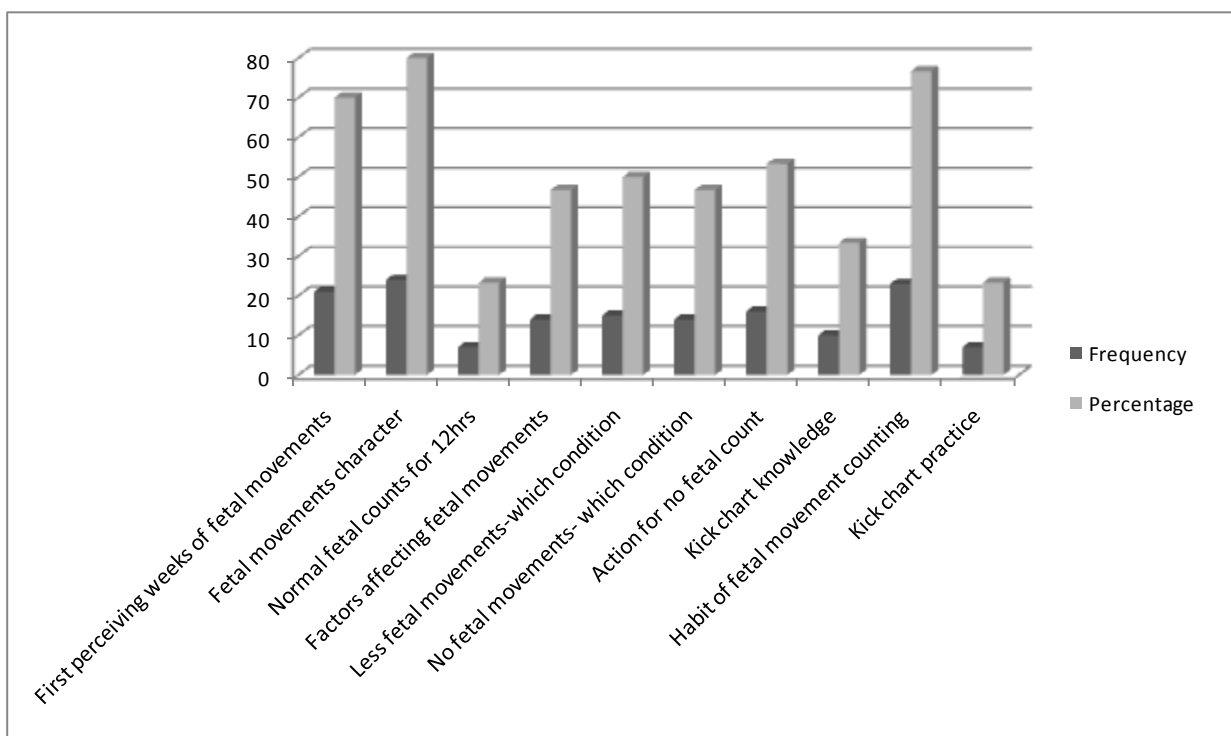


Figure No1: Percentage distribution of knowledge on mothers regarding fetal movement count

Table No 1: Association of level of knowledge of mothers with the selected variables

Variables	Chi-square value (.05)	df	Significant/ non-significant
Age	4.303	2	Significant
Education	2.776	4	Non-significant
Gravida	4.303	2	Significant

The above table on association of level of knowledge with selected demographic variables showed that the variables age and gravida had significant association

4. Discussion

The findings of this study in relation to demographic variables- age group of the subjects, the majority of sample 16 (53.3%) belonged to the age group of 21-25years. With regards to education majority of sample, 12(40%) had degree education. 20(66.7%) mothers were first gravida.

The majority (50%) of the antenatal mothers had poor knowledge on fetal movements count.36.7% of them had the average knowledge and only 13.3% of the normal antenatal mothers had good knowledge on fetal movement's count. There is a significant association found with level of knowledge with the variables such as age and gravida.

The study findings similar to the findings of the study conducted by BN Olagbuji, 2014 on Maternal understanding of fetal movement in third trimester: A means for fetal monitoring and reducing stillbirth showed that Majority of women (87.6%) either had no knowledge of normal parameters of fetal activity or did not recall being told that movement frequency and strength should increase in the third trimester [11].

Further study findings also similar to the study conducted by M S Maputle, M T Mothiba, 2006 on Mothers knowledge of fetal movements monitoring during pregnancy in relation to perinatal outcome presented that there was limited information on the importance of fetal movement monitoring in relation to perinatal outcome was displayed [12].

Conclusion

Over the years, maternal perception of fetal movement has become recognized as a valuable tool for early detection of fetal compromise. Foetal movement is a reliable sign of fetal well-being (Bennett & Brown, 1999:232). Despite being a useful method of attaining clinical fetal monitoring, fetal movement is probably under-utilized. Fetal movement, a sign of life, is widely considered as an indicator of fetal health status. Therefore, perceived alteration in regular fetal movement after the age of viability may signify impending adverse perinatal outcome. So it gives insight that the foetal movement count is of great importance and it should be known to all mothers to detect fetal

wellbeing. Hence all the health personnel must educate the mothers in the antenatal clinic regarding the importance of fetal movement count.

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