

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.^[4]

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.^[4]

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.^[4]

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.^[4]

The prevalence of incontinence was 18.6%. Incontinence was reported in 12.5% of primis as compared to 26.4% in mults. 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.^[4]

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 mults. 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. Hepzibah 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 asses 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



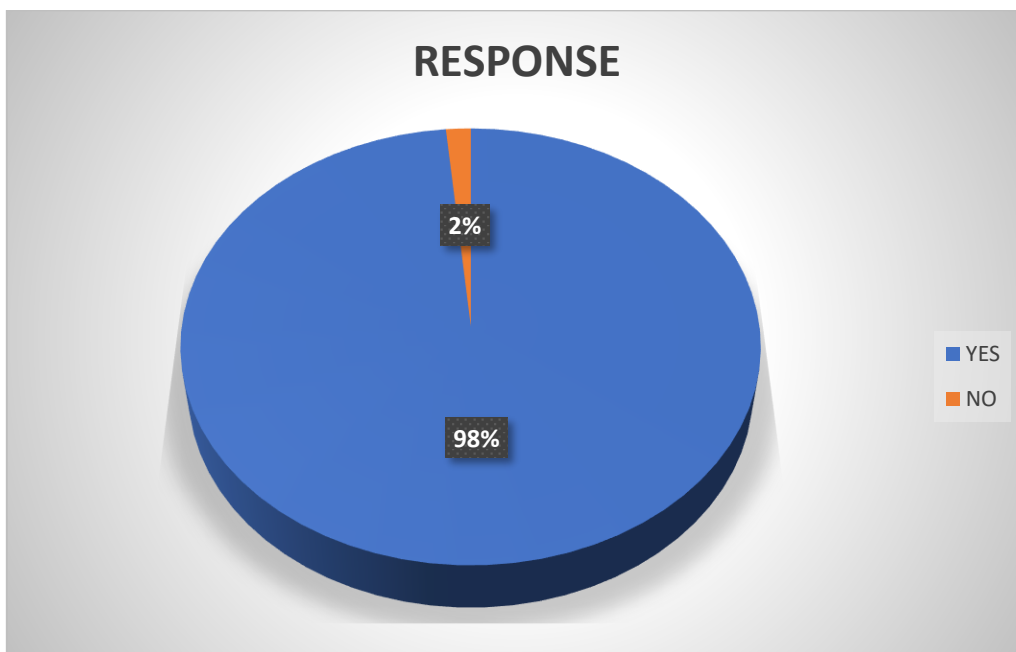


DATA ANALYSIS AND INTERPRETATION

ANTENATAL CARE QUESTIONNAIRE

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

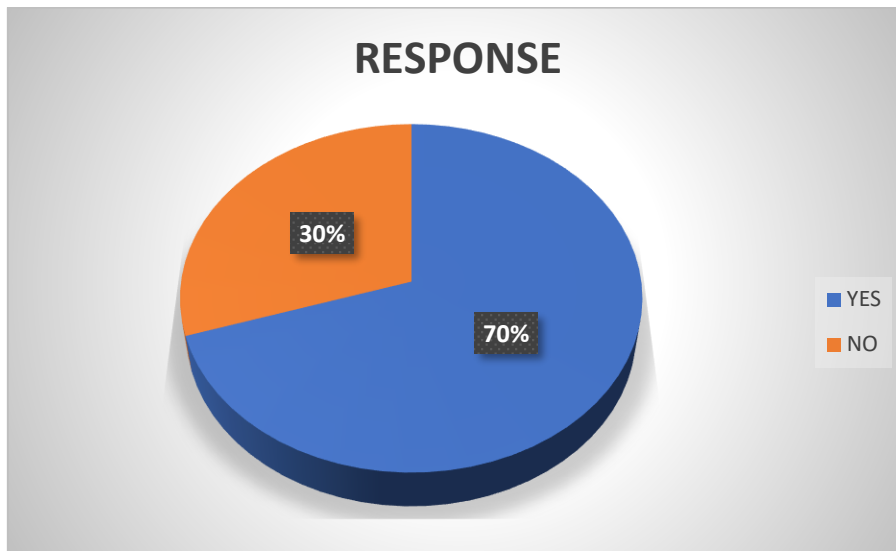
Q1	DO PREGNANT WOMEN NEED TO GO FOR ANTENATAL CHECK UP REGULARLY?	(No.of responses)	(%)
	(a)YES	264	98%
	(b)NO	1	2%



Pie chart no:1

Q2. THE FIRST ANC CHECK UP SHOULD BE DONE WITHIN THE FIRST 3 MONTHS?

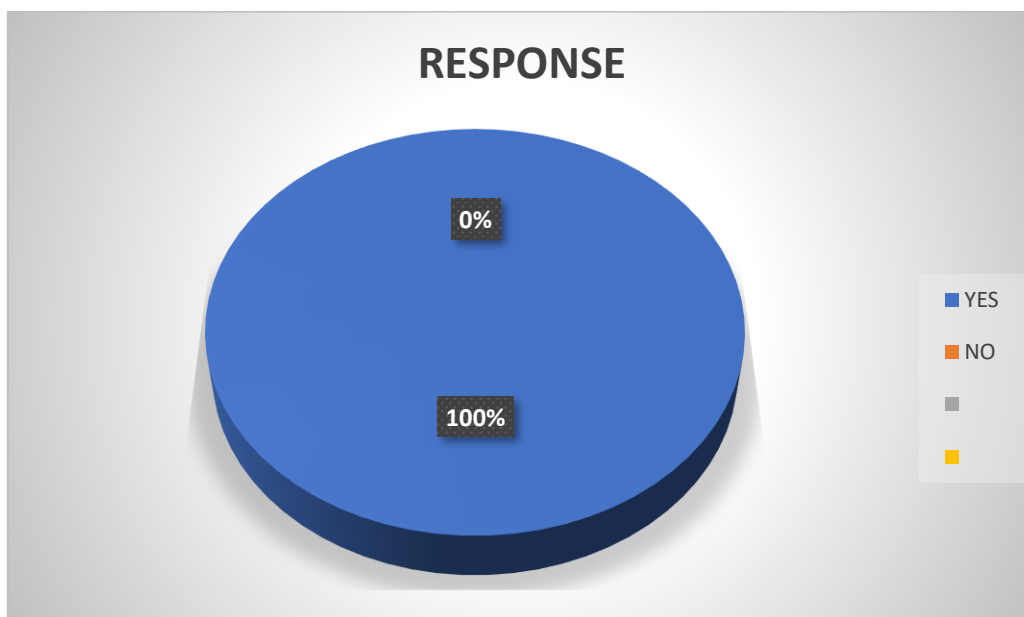
Q2	THE FIRST ANC CHECKUP SHOULD BE DONE WITHIN THE FIRST THREE MONTHS?	(No.of responses)	(%)
	(a)YES	186	70%
	(b)NO	79	30%



Pie chart no:2

Q3.IS SMOKING AND DRINKING HARMFUL FOR THE FOETUS?

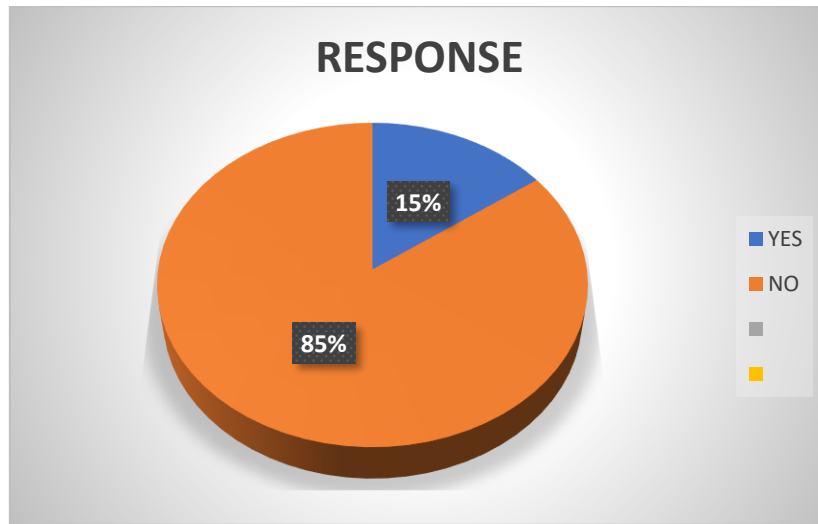
Q3	IS SMOKING AND DRINKING HARMFUL FOR THE FOETUS?	(No.of responses)	(%)
	(a)YES	265	100%
	(b)NO	0	0%



Pie chart no:3

Q4. IS IT IMPORTANT TO EXERCISE REGULARLY DURING PREGNANCY?

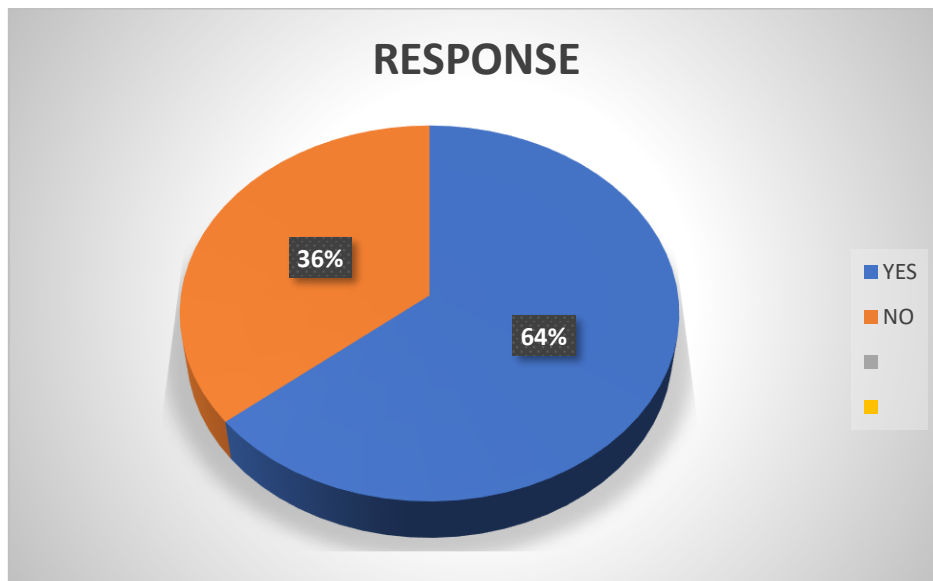
Q4	IS IT IMPORTANT TO EXERCISE REGULARLY DURING PREGNANCY?	(No.of responses)	(%)
	(a) YES	40	15%
	(b) NO	225	85%



Pie chart no:4

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

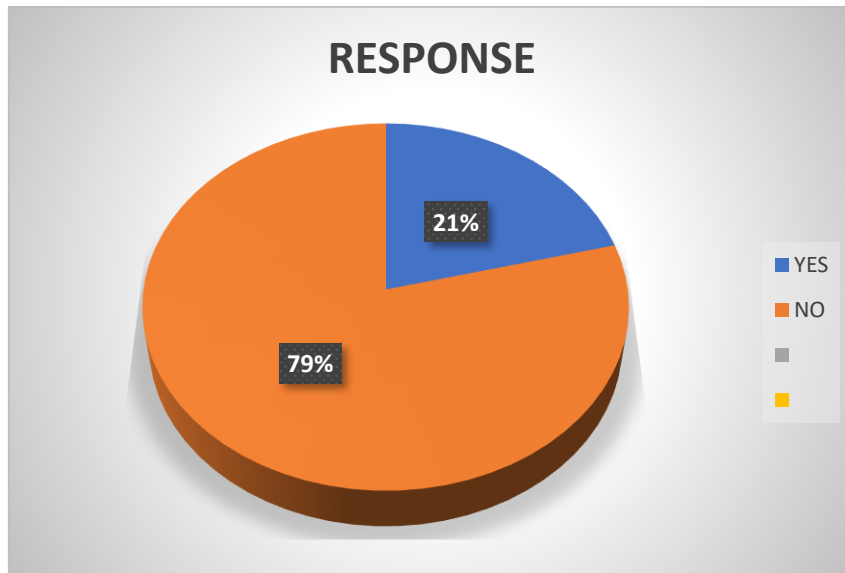
Q5	IS IT IMPORTANT TO GET YOUR BP CHECKED REGULARLY	(No.of responses)	(%)
	(a) YES	170	64%
	(b) NO	95	36%



Pie chart no:5

Q6. IS IT IMPORTANT TO GET YOUR BLOOD SUGAR LEVEL CHECKED REGULARLY?

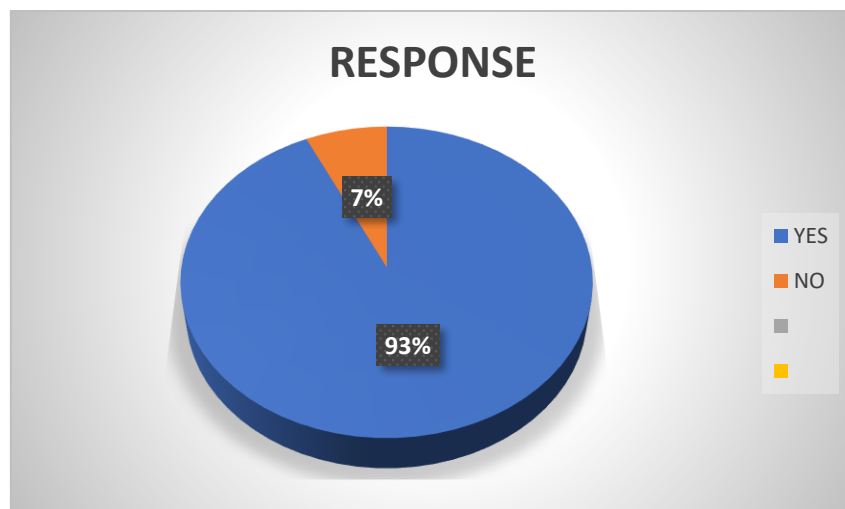
Q6	IS IT IMPORTANT TO GET YOUR BLOOD SUGAR LEVEL CHECKED REGULARLY?	(No.of responses)	(%)
	(a)YES	55	21%
	(b)NO	210	79%



Pie chart no:6

Q7. SHOULD WOMEN DELIVER BABIES IN HOSPITAL?

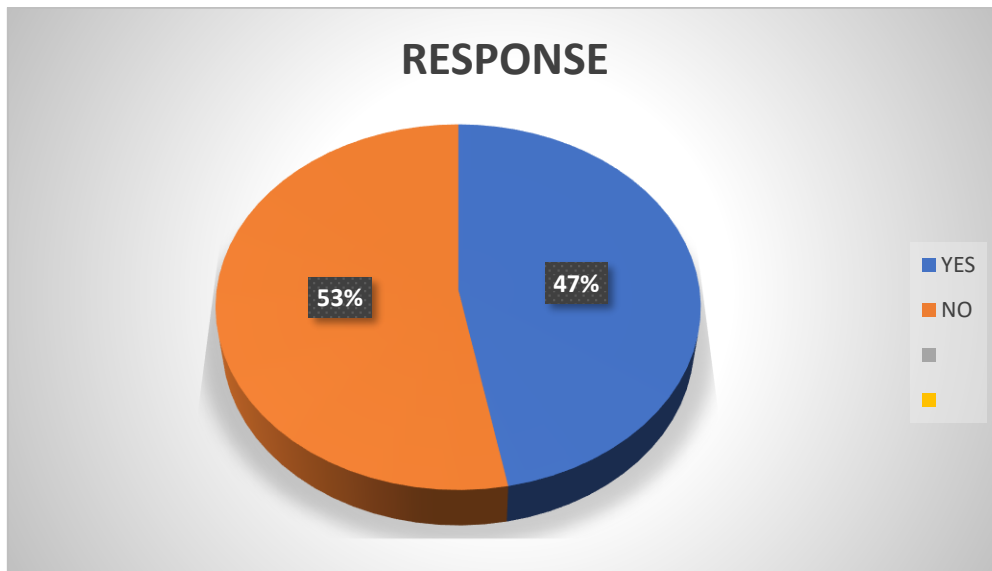
Q7	SHOULD WOMEN DELIVER BABIES IN THE HOSPITAL?	(No.of responses)	(%)
	(a)YES	248	93%
	(b)NO	17	7%



Pie chart no:7

Q8. IS IT NECESSARY TO DO AN ULTRASOUND SCAN IN PREGNANCY?

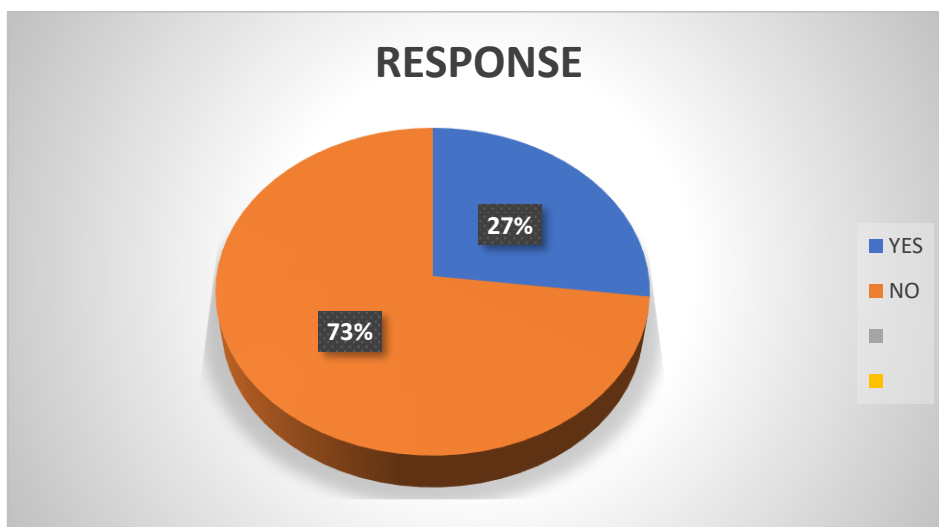
Q8	IS IT NECESSARY TO DO AN ULTRASOUND SCAN IN PREGNANCY?	(No.of responses)	(%)
	(a)YES	121	47%
	(b)NO	144	53%



Pie chart no:8

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

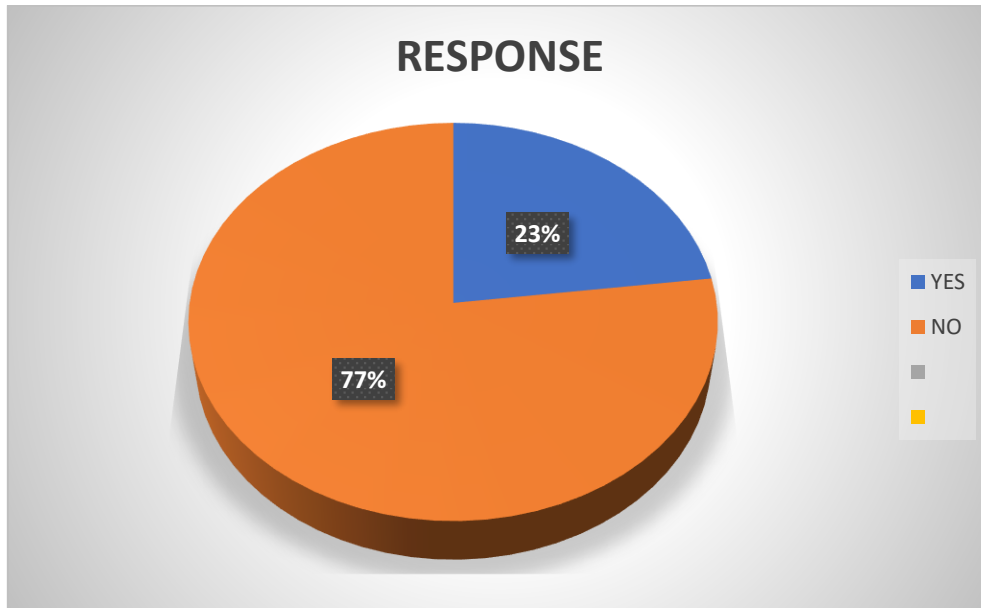
Q9	DO YOU THINK PLANNING FOR POSTPARTUM CARRE IS IMPORTANT?	(No.of responses)	(%)
	(a)YES	70	27%
	(b)NO	195	73%



Pie chart no:9

Q10. DO YOU THINK IT IS IMPORTANT TO TAKE EXTRA SUPPLEMENTS FOR NUTRITION?

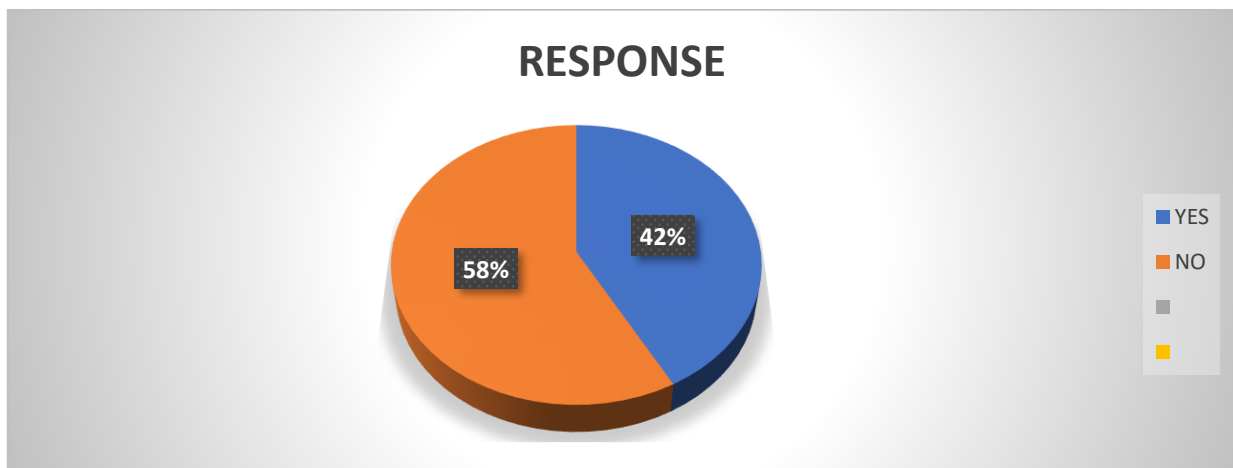
Q10	DO YOU THINK IT IS IMPORTANT TO TAKE EXTRA SUPPLEMENTS FOR NUTRITION?	(No.of responses)	(%)
	(a)YES	62	23%
	(b)NO	203	77%



Pie chart no:10

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

Q11	ARE YOU AWARE ABOUT THE SCHEMES AVAILABLE BY THE GOVERNMENT FOR YOU AND YOUR BABY?	(No.of responses)	(%)
	(a)YES	111	42%
	(b)NO	154	58%



Pie chart no:11

RESULTS FOR THE ANTENATAL QUESTIONNAIRE:

Q1	ARE YOU AWARE THAT VARIOUS BODY CHANGES HAVE TAKEN PLACE AND NEED TO BE ACKNOWLEDGED?	(No.of responses)	(%)
	(a)YES	210	79%
	(b)NO	55	21%

Result shows that 98% women agreed for regular antenatal checkups.

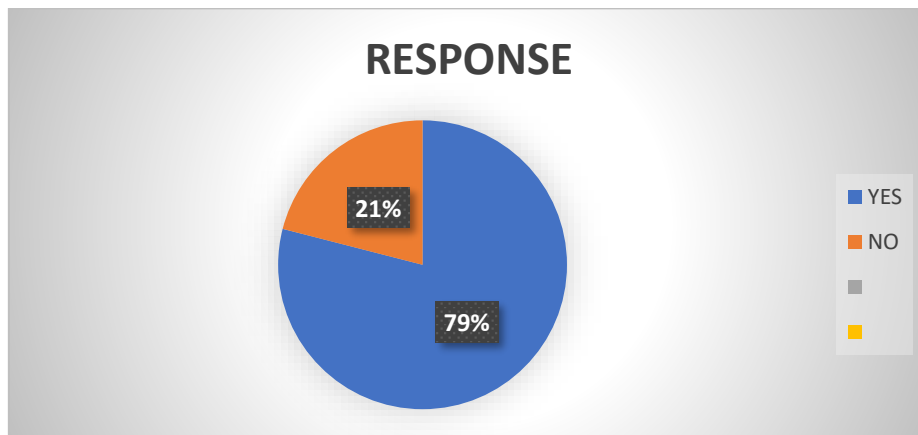
70% agreed that there should be a complete Antenatal checkup done within the first three months itself.100% women agreed that smoking and drinking is harmful for the foetus.

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?

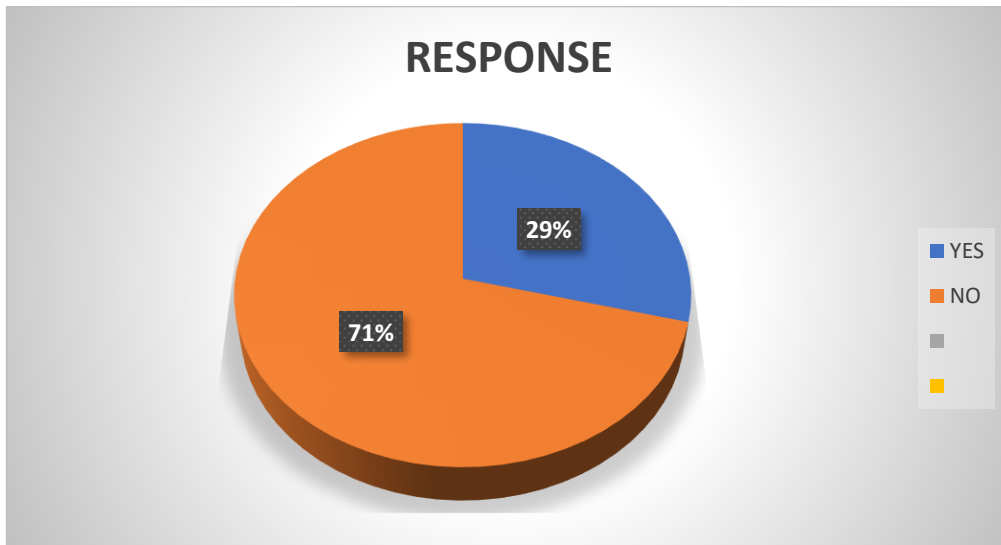
Q2	ARE YOU AWARE THAT THERE SHOULD BE ATLEAST AN 18-34MONTH GAP BETWEEN 2 PREGNANCIES?	(No.of responses)	(%)
	(a)YES	77	29%
	(b)NO	188	71%



Pie chart no:12

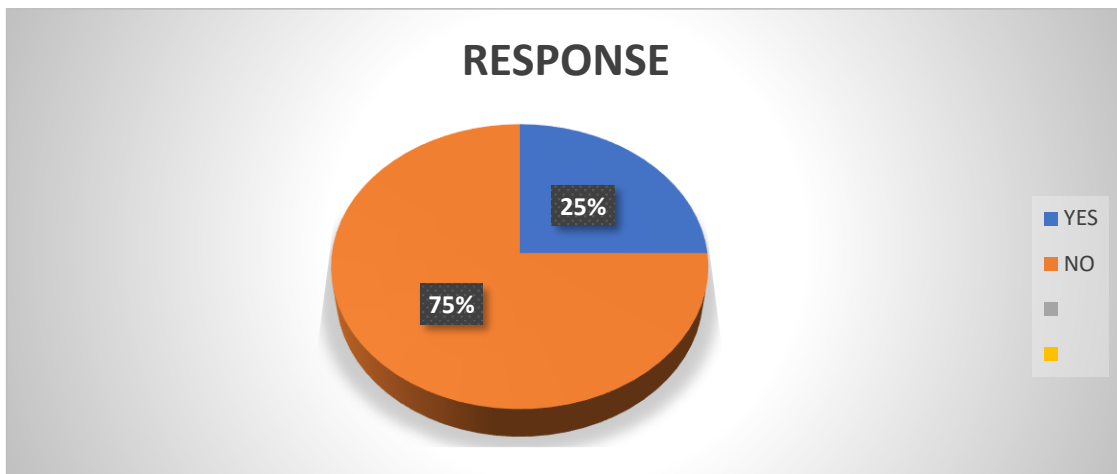
Q2.ARE YOU AWARE THAT THERE SHOULD BE AT LEAST AN 18-34 MONTH GAP BETWEEN 2 PREGNANCIES?

Q3	ARE YOU AWARE THAT YOU HAVE TO AVOID SEXUAL ACTIVITY FOR ATLEAST 4-6 WEEKS AFTER DELIVERY?	(No.of responses)	(%)
	(a)YES	65	25%
	(b) NO	200	75%



Pie chart no:13

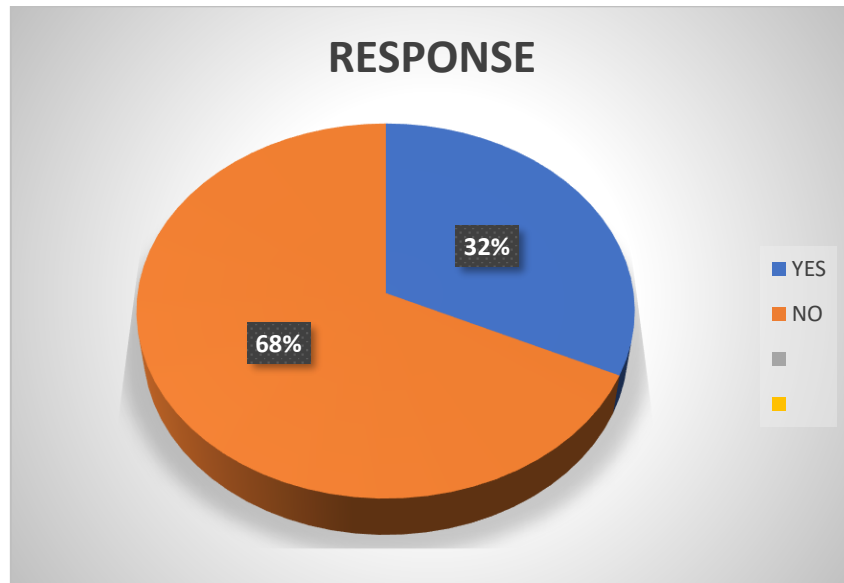
Q3. ARE YOU AWARE THAT YOU HAVE TO AVOID SEXUAL ACTIVITY FOR ATLEAST 4-6 WEEKS AFTER DELIVERY?



Pie chart no:14

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

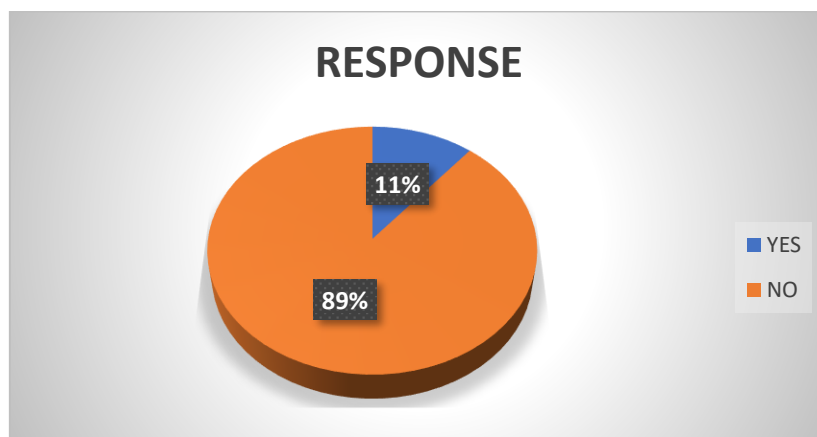
Q4	ARE YOU AWARE OF THE SUPPLEMENTS NEEDED FOR NUTRITION AND AFTER DELIVERY?	(No.of responses)	(%)
	(a)YES	86	32%
	(b)NO	179	68%



Pie chart no:15

Q5. ARE YOU AWARE OF PROPER FEEDING POSITIONS?

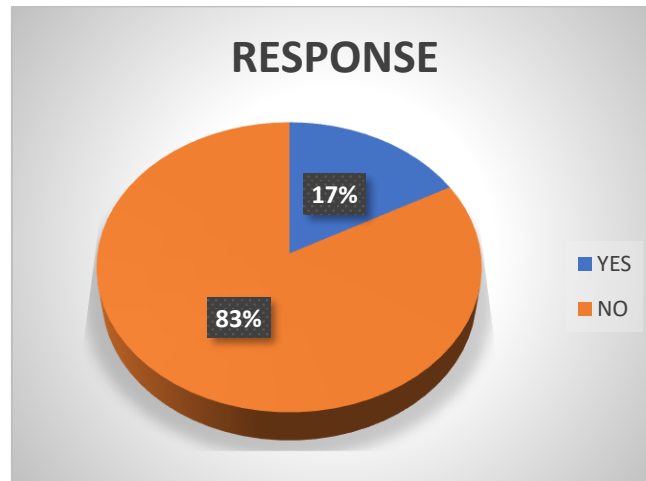
Q5	ARE YOU AWARE OF THE PROPER FEEDING POSITIONS?	(No.of responses)	(%)
	(a)YES	30	11%
	(b)NO	235	89%



Pie chart no:16

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

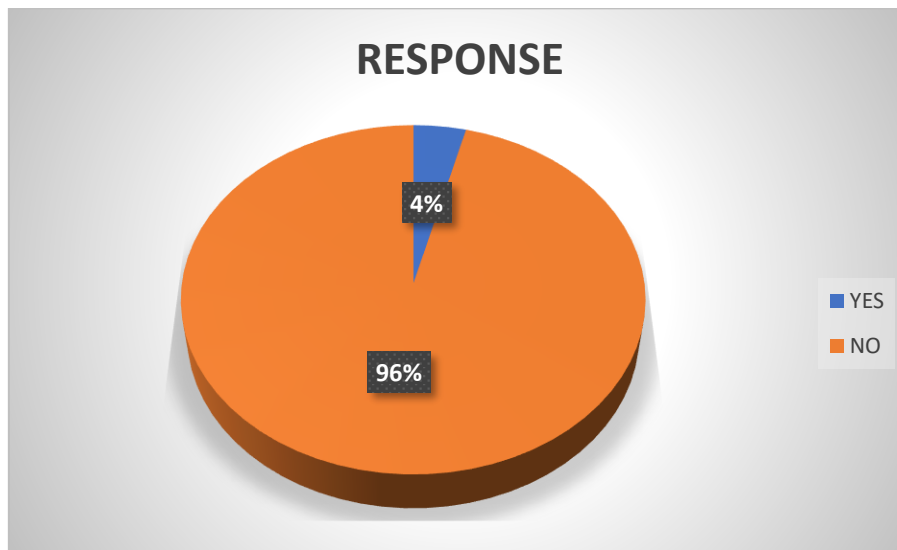
Q6	ARE YOU AWARE ABOUT THE FITNESS REGIMES WHICH MUST BE FOLLOWED AFTER PREGNANCY?	(No.of responses)	(%)
	(a)YES	45	17%
	(b)NO	220	83%



Pie chart no:17

Q7. ARE YOU AWARE THAT YOU NEED TO STRENGTHEN YOUR VAGINAL MUSCLES AFTER DELIVERY?

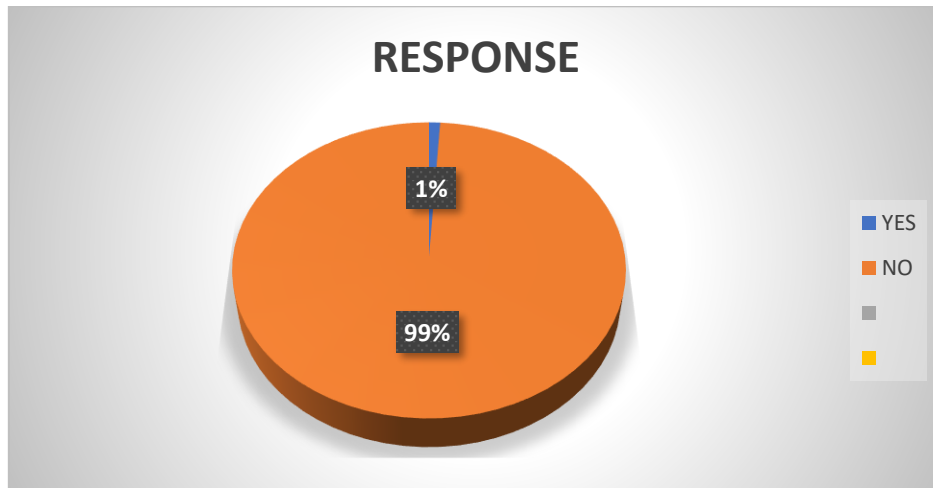
Q7	ARE YOU AWARE THAT YOU NEED TO STRENGTHEN YOUR VAGINAL MUSCLES AFTER DELIVERY?	(No.of responses)	(%)
	(a)YES	11	4%
	(b)NO	254	96%



Pie chart no:18

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

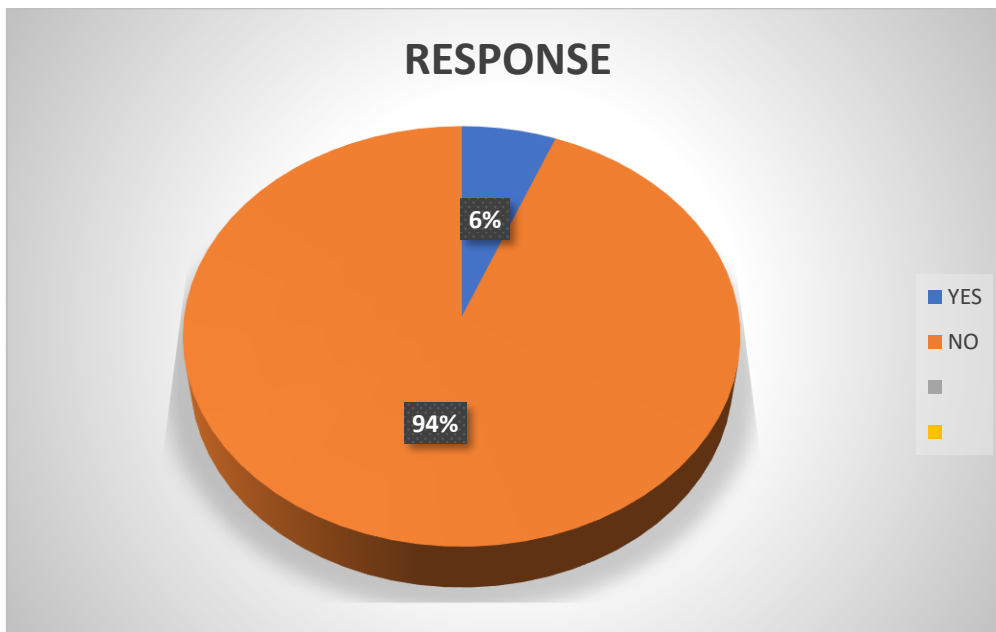
Q8	ARE YOU AWARE THAT ABDOMINAL MUSCLES BECOME LOOSE AND WEAK AND IT IS VERY IMPORTANT TO STRENGTHEN THEM?	(No.of responses)	(%)
	(a)YES	3	1%
	(b)NO	262	99%



Pie chart no:19

Q9. ARE YOU AWARE THAT IT IS IMPORTANT TO EXCLUSIVELY BREASTFEED FOR 6 MONTHS?

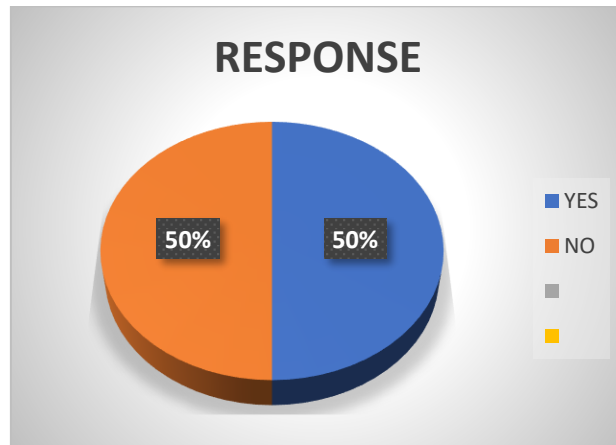
Q9	ARE YOU AWARE THAT IT IS IMPORTANT TO EXCLUSIVELY BREASTFEED FOR 6 MONTHS?	(No.of responses)	(%)
	(a)YES	17	6%
	(b)NO	248	94%



Pie chart no:20

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

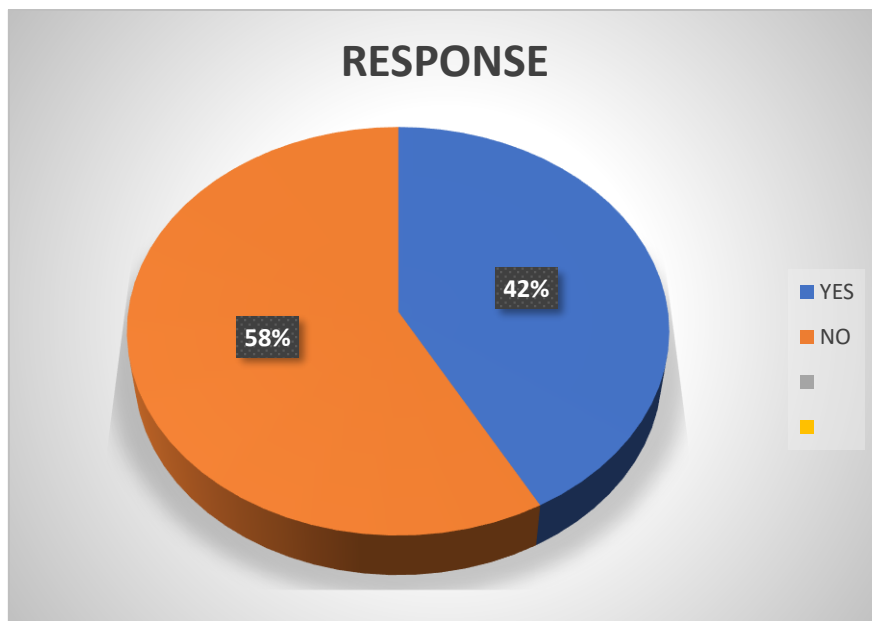
Q10	ARE YOU AWARE ABOUT THE IMMUNIZATION SCHEDULES FOR THE BABY?	(No.of responses)	(%)
	(a)YES	133	50%
	(b)NO	132	50%



Pie chart no:21

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

Q11	ARE YOU AWARE OF THE SCHEMES AVAILABLE FOR YOU AND YOUR BABY?	(No.of responses)	(%)
	(a)YES	111	42%
	(b)NO	154	58%



Pie chart no:22

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 18-34month 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.^[12] 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.^[10] 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.^[13] 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.^[6] 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.^[1] 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 .^[9]

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.

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ANNEXURE 1:-**संमतीचे पत्र**

मी _____ “पुणे शहर च्या झोपडपट्टीतील महिला मध्ये, गर्भपन आनी प्रसुती नंतर काळजी बदल जागरूकता” या प्रबंधाचा विषय म्हणून स्वेच्छेने सहभागी होण्यास तयार आहे. सर्वेक्षणाचे स्वरूप आणि कालावधी याबाबत मला माहिती देण्यात आली आहे. अभ्यासाशी संबंधित आवश्यक सर्वेक्षण करण्यास माझा कोणत्याही आक्षेप नाही.

ANNEXURE 2 A

१. नाव: -
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 प्रश्नावली

१. गर्भवती स्त्रीला पहिला महीना पासून नववा महिना पर्यंत नियमित गर्भ तपासणी गर्जे च्या आहे का?
हो नाही
२. पहिली तपासणी तिसरा महिने च्या आधी कर्णास फार महत्त्वाचे आहे का?
हो नाही
३. धूम्रपान आणि मद्यपान बाळासाठी हानिकारक आहे का?
हो नाही
४. गर्भधारणा दरम्यान नियमितपणे व्यायाम करणे महत्त्वाचे आहे का?
हो नाही
५. गरोदरपणात तुमचे बीपी/ रक्तदाब नियमित पणे तपासणे महत्त्वाचे आहे का?
हो नाही
६. तुमच्या रक्तातील साखरेची पातळी नियमितपणे तपासणे महत्त्वाचे आहे का?
हो नाही
७. महिलांनी रुग्णालयात बाळंतपण करावे?
हो नाही
८. गरोदरपणात तीनदा सोनोग्राफी करणे आवश्यक आहे का?
हो नाही
९. गरोदरपणात पोषणासाठी आवश्यक असलेल्या अतिरिक्त सप्लिमेंट्स/अन्न परिशिष्ट बदल तुम्हाला माहिती आहे का?
हो नाही
१०. प्रसूतीनंतरच्या काळजीसाठी नियोजन महत्त्वाचे आहे असे तुम्हाला वाटते का?
हो नाही
११. गर्भधारणेदरम्यान उद्धवणाच्या गुंतागुंतांबद्दल तुम्हाला माहिती आहे का?
हो नाही
१२. गर्भधारणेदरम्यान तुमच्यासाठी उपलब्ध असलेल्या योजनांबद्दल तुम्हाला माहिती आहे का?
हो नाही

प्रसूतीनंतरच्या काळजीसाठी प्रश्नावली

१. तुमच्या शरीरात होत असलेल्या बदलांबद्दल तुम्हाला माहिती आहे आणि ते मान्य करणे आवश्यक आहे?
हो नाही
२. तुम्हाला माहिती आहे का की २ गर्भधारणेमध्ये किमान १८-२३ महिन्यांचे अंतर असावे?
हो नाही
३. प्रसूतीनंतर किमान ४-६ आठवडे तुम्ही लैंगिक क्रिया टाळली पाहिजे याची तुम्हाला जाणीव आहे का?
हो नाही
४. तुम्हाला माहिती आहे का की प्रसूतीनंतर अतिरिक्त सप्लिमेंट्स/ अन्न परिशिष्ट आवश्यक आहे?
हो नाही

५. प्रसूतीनंतर तुम्हाला तुमच्या योनिमार्गाच्या स्नायूंना बळकट करण्याची गरज आहे याची

तुम्हाला जाणीव आहे का?

हो नाही

६. तुम्हाला माहिती आहे का की प्रसूतीनंतर पोटाचे स्नायू सैल आणि कमकुवत होता आणि त्यांना मजबूत करणे महत्त्वाचे आहे?

हो नाही

७. तुम्हाला माहित आहे का की केवळ 6 महिने स्तनपान करणे महत्त्वाचे आहे?

हो नाही

८. बाळाच्या लसीकरणाच्या वेळापत्रकाबद्दल तुम्हाला माहिती आहे का?

हो नाही

९. तुमच्यासाठी आणि तुमच्या बाळासाठी उपलब्ध असलेल्या योजनांबद्दल तुम्हाला माहिती आहे का?

हो नाही

१२. गर्भधारणेदरम्यान तुमच्यासाठी उपलब्ध असलेल्या योजनांबद्दल तुम्हाला माहिती आहे का?

हो नाही

परिशिष्ट 2B

प्रसवपूर्व देखभाल प्रश्नावली: -

1. गर्भवती महिलाओं को नियमित रूप से प्रसवपूर्व जांच के लिए जाने की आवश्यकता है?

हाँ नहीं

2. क्या पहले 3 महीनों के भीतर पहला एएनसी चेक-अप किया जाना चाहिए?

हाँ नहीं

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

हाँ नहीं

4. क्या गर्भावस्था के दौरान नियमित रूप से व्यायाम करना महत्वपूर्ण है?

हाँ नहीं

5. क्या नियमित रूप से अपना बीपी चेक करवाना जरूरी है?

हाँ नहीं

6. क्या अपने ब्लड शुगर लेवल की नियमित जांच करवाना जरूरी है?

हाँ नहीं

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

हाँ नहीं

8. गर्भावस्था में अल्ट्रासाउंड स्कैन करवाना जरूरी है?

हाँ नहीं

9. आपको लगता है कि प्रसवोत्तर देखभाल के लिए योजना बनाना महत्वपूर्ण है?

हाँ नहीं

10. आपको लगता है कि पोषण के लिए अतिरिक्त पूरक 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

प्रसवोत्तर देखभाल प्रश्नावली :-

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 डिलीवरी के बाद आपको कम से कम 4-6 सप्ताह 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 उचित खिला पदों के बारे में जानते हैं?

हाँ

नहीं

6. क्या आप उन फिटनेस व्यवस्थाओं के बारे में जानती हैं जिनका गर्भावस्था के बाद पालन किया जाना चाहिए?

हाँ

नहीं

7. क्या आप जानते हैं कि डिलीवरी के बाद आपको अपनी योनि की मांसपेशियों को मजबूत करने की आवश्यकता है?

हाँ

नहीं

8. क्या आप जानते हैं कि पेट की मांसपेशियां ढीली 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 कराना 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