

*Study of Health Practice of Postpartum Women Living in Urban
of Nakhonratchasima and Nearby Who Received Family Health Service by Nursing
Students During Year 2005 to 2009*

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Abstract

This research study the behaviors of postpartum women composed of antenatal care, using folk-postpartum medicine, newborn feeding, and family planning. Data collection was retrospective method which operated from the registration books of maternal and newborn services belonging to department of family and community nursing. The books were used to record learning activities of third-year nursing students who gave home visits to partum women in urban and nearby area of Amphoe Mueang Nakhonratchasima between the years 2005 to 2009. These activities are a part of The Practical Family and Community Health Nursing part 1 under the bachelor of nursing. The results showed as follows,

1. The average age of postpartum women from year 2005 to 2009 was very similar. The overall 5-year average age was 27.21 years.
2. Postpartum women aged 20-25 years are most at 27.64 percent, followed by the 26-30 year age group at 27.29 and found that postpartum women younger than 20 years to 15.21 percent and more than 35 years of age up to 11.75 percent.
3. Average gestational age at first antenatal care during five years was 14.78 weeks and found to be similar each year.
4. Postpartum women used folk medicine or alcoholic herb or "Yadong" similar average 5 years as 12.64 percent and found annual rate of not less than 10 percent.
5. Rate of breastfeeding was 68.79 percent, infant formula milk was 9.47 percent for five-year average and both together was 21.74 percent and using just infant formula milk continuous decrease of 11.30 percent in year 2005 to 7.53 percent in 2008 and only 6.74 percent in 2009.
6. Contraceptive methods, through 5 year, popular methods were contraceptive injection and pills with similar using rate in each year including other methods.

Keyword : postpartum , health behavior.

Introduction

Mothers and children are susceptible to health problems. Good practices that are required to prevent such problems. Health personnel should have an understanding of the situation of mothers and children in the own service area. By practice training of nursing students, they providing home visits to postpartum women. The nursing students found characteristics

of postpartum women who make an impact on their health and the baby. The researcher would like to understand the behavior of postpartum woman for find ways to improve service and learning process of nurse.

Aims of research

To study the practice of postpartum women about gestational age at first antenatal care, using alcoholic herb, breast feeding and family planning.

Method

This research studies the behaviors of postpartum women composed of age, antenatal care, using folk alcoholic medicine , newborn feeding, and family planning. Data collection was

retrospective method which operated from the registration books of maternal and newborn services belonging to department of family and community nursing. The books were used to record behaviors of postpartum women by nursing students who gave home visits to partum women in urban and nearby area of Amphoe Mueang Nakhonratchasima since the years 2005 to 2009. This activity is a part of The Practice Family and Community Health Nursing part 1 under the bachelor of nursing.

Collecting Data

Researcher get data from post visited registered books which nursing students have record when they finished first time visited postpartum women at home. The books include characteristic of postpartum women.

Data Analysis.

Data were analyzed by using Microsoft Excel to calculate the average, the standard deviation and the percentage.

1. Maternal age and gestational age at first antenatal care calculate the mean and standard deviation.
2. What type of milk used to feed infants, drug postpartum women and contraceptive methods calculate the percentage.

Result

1. The average age of postpartum women from year 2005 to 2009 was very similar. The overall 5-year average age was 27.21 years and percentage of postpartum women under 20 years (14-19) more than 10 percent and five-year overall considering the high rate of 15.21 percent, which is higher than the threshold set by the WHO at 10 percent. Postpartum women aged 20-25 years are most at 27.64 percent, followed by the 26-30 year age group and found the postpartum women younger than 20 years to 15.21 percent and more than 35 years of age up to 11.75 percent. as shown in table 1.

Tables 1 The percentage and standard deviation of age of postpartum women (n = 1069).

Year	Percentage						Average	SD
	14-19 ys	20-25 ys	26-30 ys	31-3 ys	36-40 ys	>40 ys		
2548	11.3	26.96	25.22	18.26	14.78	3.48	27.67	6.70
2549	17.2	22.93	31.21	17.83	8.28	2.55	28.36	6.94
2550	14.44	24.81	28.89	17.78	11.11	2.96	27.60	6.81
2551	15.12	31.62	26.46	18.9	6.53	1.37	26.48	6.17
2552	17.99	31.88	24.68	17.74	5.91	1.8	25.95	6.44
Overall	15.21	27.64	27.29	18.10	9.32	2.43	27.21	7.21

2. The gestational age at first antenatal care was similar in each year at around 15 weeks and overall 5 years at 14.78 weeks as shown in Table 2.

Table 2 The average, maximum, minimum, and standard deviation of the gestational age at first antenatal care (n = 996).

Year	Average	Maximum	Minimum	SD
2548	14.24	35	4	6.71
2549	15.58	34	4	7.27
2550	15.36	34	4	7.35
2551	14.24	38	3	7.28
2552	14.46	39	4	7.42
Overall	14.78	39	3	7.21

3. Postpartum women used folk medicine which maybe contains alcoholic herb or “Yadong” similar average 5 years as 12.64 percent and found annual rate of not less than 10 percent, as shown in Table 3.

Table 3 The number and percentage of postpartum women using folk alcoholic herb (n = 1,069).

Year	All	Use	Percentage
2548	115	18	15.65
2549	156	16	10.26
2550	137	17	12.41
2551	278	30	10.79
2552	383	53	13.84
Overall	1,069	134	12.54

4. Rate of breastfeeding was 68.79 percent, infant formula milk was 9.47 percent for overall year and both together was 21.74 percent and using just infant formula milk continuous decrease of 11.30 percent in year 2005 to 7.53 percent in 2008 and only 6.74 percent in 2009 , as shown in table 4.

Table 4 : The number and percentage of infants classified by type of feeding (n = 1,069).

Year	Breast feeding		Infant Formular		Both	
	N	Percentage	N	Percentage	N	Percentage
2548	77	66.96	13	11.30	25	21.74
2549	107	68.59	17	10.90	32	20.51
2550	94	68.70	15	10.88	28	20.42
2551	194	69.90	21	7.53	63	22.57
2552	267	69.81	26	6.74	90	23.45
Overall	739	68.79	92	9.47	238	21.74

5. Contraceptive methods, through 5 year, popular methods were contraceptive injection and pills with similar using rate in each year including other methods as shown in table 5.

Table 5 The percentage of postpartum women classifies by contraceptive method (n = 1069).

Year	Not sure	Pill	DMPA	IUD	Female ligation	implants	Condom	Other
2548	10.43	20.87	29.57	0.87	27.83	3.48	3.48	3.48
2549	12.74	22.93	32.48	0.64	26.11	0.64	3.18	1.27
2550	14.60	21.90	32.12	0.73	27.00	0.00	0.73	2.92
2551	6.87	29.40	33.52	0.55	25.27	1.92	1.92	0.55
2552	1.56	40.08	24.90	0.00	26.46	1.95	3.89	1.17
Overall	9.24	27.04	30.52	0.56	26.53	1.60	2.64	1.88

Discussion

Rate of teenage pregnancy in Nakhonratchasima higher than Thailand average in 2009 and slightly higher than the standards set by the WHO. Thailand ranked first in the top 5 countries with the most teen mothers in the year 2010. It was the problem we must try to study and solve it. Average gestational age at first antenatal care was 14.78 weeks and there was some of them has first antenatal care after 12 weeks of gestational age. The delay may lead to health problems of mothers and children in the future. More than 10 percent of postpartum women used folk medicine which maybe contains alcoholic herb or "Yadong." The affect by "Yadong" was excessive uterus bleeding to postpartum hemorrhage. Moreover alcohol passes into milk which feed the baby that affect the infant brain from birth. Alcohol could cause the baby's liver malfunction in producing blood clotting factor.

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