



Original Research Article

Knowledge and Practice regarding postnatal and new-born care among postnatal women.

Article History:

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Received: 11-11-2025

Revised: 18-11-2025

Accepted: 16-12-2025

Published: 22-12-2025

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Abstract: Introduction: Postnatal period is very important period in the life of any woman. To demonstrate safe parenthood and good life, they need specific attention during their pregnancies, deliveries, and postpartum period. A maternal death occurred almost every two minutes in 2023. Almost 95% of all maternal deaths occurred in low and lower middle-income countries in 2023. The aim of the study was to assess the knowledge and practice regarding postnatal and new-born care among postnatal women. **Purpose of the study:** The main purpose of the study was to assess knowledge and practice of postnatal women regarding postnatal and new-born care.

Methodology: Quantitative research approach and descriptive research design was used to assess the knowledge and practice regarding postnatal and new-born care among postnatal women. 110 Postnatal women were taken as a sample using total enumerative sampling technique. Data was collected using self-structured knowledge questionnaire and self-reported practice checklist using interview method. **Result:** The result shows that knowledge and practice of postnatal women regarding postnatal and new born care was 58.89% and 67.3% respectively. Postnatal women had highest knowledge score in breastfeeding & breast care and least knowledge score on common neonatal problems in new-born. Similarly in practice had highest practice score in prevention of hypothermia in newborn and least score knowledge on postnatal exercise. There was weak positive correlation between knowledge and practice of postnatal women regarding postnatal and new-born care i.e. $r=0.093$. There was association between practice score with type of family and area of residence. **Conclusion:** This study concludes that there was average knowledge and good practice regarding postnatal and new-born care among Postnatal women. There was weak correlation between knowledge and practice regarding postnatal and new- born care among postnatal women.

Keywords: Postnatal women, Knowledge, Practice, Postnatal care, New-born care

INTRODUCTION

Mothers have an inexplicable and vital role in building a healthy nation. Pregnancy, childbirth and motherhood are natural processes that bring joy to individual women and families. After delivery the women begins to experience physiological and psychological change in her body. These changes usually occur without difficulty. Around the world, it is recognized that postnatal care is crucial in maintaining and promoting the health of the woman and the new born baby. It also gives opportunity for health personnel to promote exclusive breastfeeding, personal hygiene, appropriate feeding practices, family planning counselling and other services. Postnatal care also includes provision of postnatal

calcium and iron supplementation to the mother and immunization of new-born.

OBJECTIVE

To assess knowledge and practice regarding postnatal and new-born care.

MATERIAL AND METHODS

Quantitative research approach with descriptive research design was used to assess the knowledge and practice regarding postnatal and new-born care among postnatal women at Himalayan Hospital Jollygrant Dehradun. 110 Postnatal women were taken as a sample using total enumerative sampling technique. Data was collected using self-structured

knowledge questionnaire and self-reported practice checklist using interview method.

RESULTS

Figure 1: Assessment of Knowledge score of postnatal mother regarding postnatal and new born care n=110

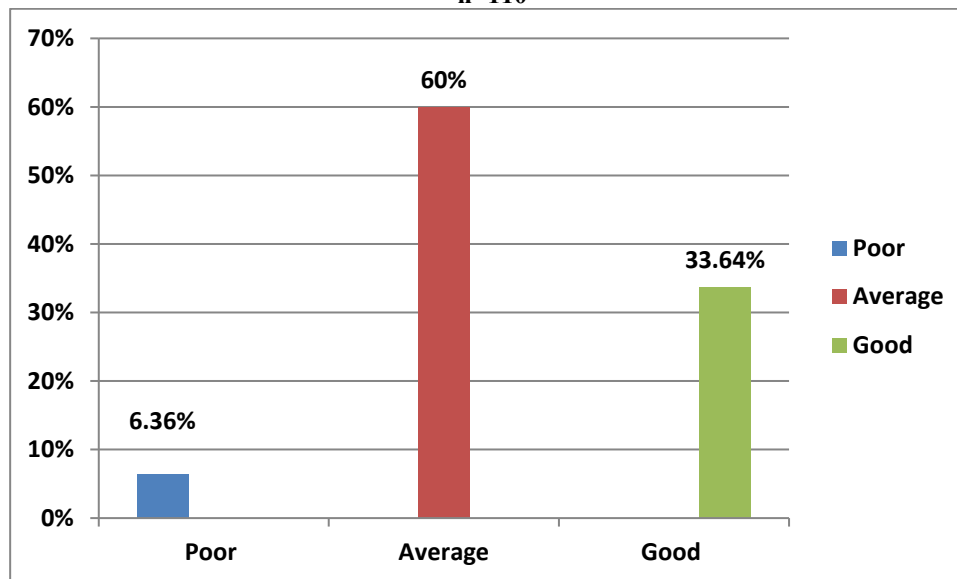


Figure 1. illustrates the knowledge score of postnatal mother regarding postnatal care and new-born care which depicts majority of the postnatal mothers (60%) had good knowledge 33.64% had good knowledge and 6.36% had poor knowledge.

Table 1: Mean, SD, Median Range of knowledge score of postnatal mother regarding postnatal and new born care n=110

Variable	Maximum score	Range of obtained score	Mean± SD	Median	Mean%
Knowledge	37	6-31	21.93±5.6	23	59.27%

Table 1, describes that the highest possible score of the knowledge questionnaire was 37, out of which the range of score came between 6-31. The mean score of knowledge was 21.93±5.6 with mean percentage of 59.27%.

Figure No. 3: Assessment of level of practice regarding Postnatal and New-born care.

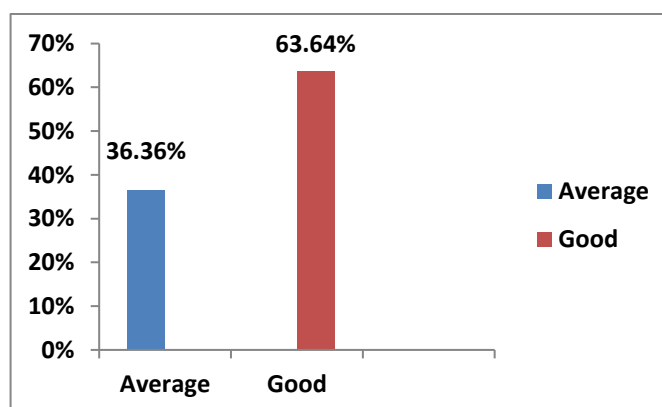


Figure No.3. illustrates the practice score of postnatal mother regarding postnatal care and new-born care which shows majority of the postnatal women (63.64%) had good practice and 36.36% had average practice score regarding postnatal and new born care.

**Table 2: Mean SD, Median, Range of self-reported practice score of postnatal mother regarding postnatal and new born care
n=110**

Variable	Maximum score	Range of obtained score	Mean± SD	Median	Mean%
Practice	30	12-27	20.49±2.89	24	68.3%

Table 2. Displays the total score of the checklist was 30 . the lowest range of score was 12 and the highest score was 27. The mean and SD of practice score was 20.49±2.89. Mean percentage for the practice score was 68.3%.

DISCUSSION

The assessment of knowledge score of postnatal mother regarding postnatal care and new-born care shows that majority of the postnatal mothers (60%) had good knowledge 33.64% had good knowledge and 6.36% had poor knowledge. This finding is supported by Selva Rani, Suresh Suja, et al. (2023) study on assessment of knowledge on postnatal care. The outcome demonstrates that: Poor knowledge score = 23.3%, 40% on average Excellent = 36.7%. Similarly assessment of practice shows majority of the postnatal women (63.64%) had good practice and 36.36% had average practice score regarding postnatal and new born care. This finding is supported by Malashree Hazarika , Dhiramani Baishya (2022) study on assessment of the practice regarding postnatal and newborn care. The result shows that 54% had good practice 44% had average practice and 2% had poor practice regarding postnatal care.

LIMITATION:

Generalization of the finding will be limited because of small sample size.

RECOMMENDATION:

Similar study can be done of community area

Similar study can be done on large sample size

Comparative research can be done between Primigravida and multigravida mothers

Source of Funding: This work was supported by financial assistance from the Himalayan College of Nursing (HCN), Swami Rama Himalayan University (SRHU).

Conflicts of interest: No conflicts of interest

Ethical Approval: Ethical approval was obtained from Ethics Committee of SRHU (SRHU/HIMS/ETHICS/2023/117)

Informed Consent: Informed consent was obtained from all the Participants.

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