# Antenatal Care (ANC) & Birth Preparedness Practices (BPP) among Mothers in Mahottari, District, Nepal

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**Background**

Maternal mortality remains one of the biggest public health problems in Nepal. Lack of access to basic maternal healthcare, difficult geographical terrain, poorly developed transportation and communication systems, poverty, illiteracy, women's low status in the society, political conflict, and shortage of health care professional and under utilization of currently available services are major challenges to improving maternal health in Nepal. In order to effect real improvements in maternal health, attention needs to be focused both on biomedical and social interventions. This study was carried out to assess knowledge and practices on Antenatal Care among mothers of Mahottari district.

**Methods**

This was a cross-sectional descriptive study. 400 mothers with a 3 year child and expecting mothers were interviewed for the required information with the structured interview. This study was based on probability sampling method. Performa was developed to record the required information and structured pre-tested interview schedule was used to collect information from the respondents. Data was collected by house to house survey method. All the data was entered computer software SPSS and EPI Info and analyzed regarding the objectives of the study. The results of the study were presented by tables, charts, figures and statistical tools to assure the result of the study.

**Results**

More than two third of mothers were illiterate. The source of income was agriculture followed by foreign laborer. More than three fourth of mothers had to take permission from family head. Decision maker in the family was father in law and husband. Less than fifty percent of the mothers had visited four times. Reason for not visiting four times were the lack of awareness in more than two third followed by permission not granted by family head, economical problem.

Most of mothers had knowledge of danger signs during pregnancy. In case of danger signs, two third of the mothers took to hospital followed by taking rest and some had no idea what to do during danger signs. Most of the mothers had made preparation for child birth during pregnancy. Three-fourth of the mothers had preferred for health post and hospital and rest at home for baby delivery.

**Conclusions**

The education in mothers, level of health awareness in the community, involvement in decision making, economical condition, health service compliance were some issues to improve Antenatal care visit and Birth preparedness practices and finally to reduce maternal and child mortality.

**Keywords:** antenatal care; birth preparedness practices; Mahottari district; mothers.