

# A Study to Assess the Knowledge Regarding Vaginal Bleeding During Pregnancy Among Antenatal Mothers in Selected Hospitals of Pune City

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## Abstract

Vaginal bleeding in pregnancy affects up to 1 in 4 women, with about 20% occurring in the first 20 weeks.<sup>1</sup> While light spotting is often normal, heavy or continuous bleeding warrants immediate medical attention. The range varies from spotting to heavy bleeding, with duration and intensity crucial in determining significance. Early heavy bleeding may signal complications like ectopic pregnancy, while later stages may indicate conditions like placental abruption or Previa, necessitating prompt medical intervention.<sup>2</sup> Comprehensive prenatal care and education are crucial to address social barriers and ensure timely intervention. Increased awareness can reduce complications, empowering mothers to seek prompt treatment. Proactive prenatal care, including regular check-ups, facilitates early detection and management.<sup>5</sup>

**Aim of the study:** To assess the knowledge regarding vaginal bleeding during pregnancy among antenatal mothers.

**Material and Methods:** The research approach adopted for the study was quantitative approach and research design was descriptive design. It was carried out on 250 antenatal mothers. The non-probability purposive sampling technique was used to select samples. Research was conducted in selected hospitals of Pune city.

**Result:** Findings show that 78.8% antenatal mothers have Average knowledge, 16% antenatal mothers having poor knowledge and 5.2% having good knowledge about vaginal bleeding during pregnancy.

**Conclusion:** Findings show that Antenatal mothers have Average knowledge regarding Vaginal bleeding during pregnancy. Thus, educating program on vaginal bleeding in pregnancy period ought to be organized for antenatal mothers. Programme like should incorporate a comprehensive direct, competent and qualified group individual, cooperation and well defined goal and objectives.

**Keywords:** Assess, knowledge, Antenatal Mothers, Pregnancy, Vaginal Bleeding

## Introduction

Vaginal bleeding in pregnancy, is a common occurrence, influencing up to 1 in 4 women at some point amid their pregnancy journey. The Researchers demonstrate that vaginal Bleeding happens in approximately 20 percentage of affirmed pregnancies within the first 20 weeks of prenatal period.<sup>1</sup> Whereas light spotting is frequently considered normal and approximately 15percent – 25 percent women with heavy bleeding, the pregnancy ends in a miscarriage and majority occur during the first 12 week. If miscarriage does not occur immediately, problems come later in the pregnancies are possible. Like low baby birth weight, death of fetus after 20 weeks of pregnancy, low B.P resulting in shock. In case of, heavy bleeding enduring for an expanded period, particularly in the first

trimester, may indicate potential complications such as unsuccessful labour or ectopic pregnancy, placental abruption, placenta Previa, or Ectopic Pregnancy, all of which require provoke medical intervention.<sup>2</sup> Vaginal bleeding in pregnancy underscores the importance of comprehensive prenatal care and instructions. Components such as social convictions and restricted to get healthcare services may contribute to information hole among expectant mothers. Upgraded mindfulness and understanding of vaginal bleeding in pregnancy can significantly reduce prebirth complications and adverse outcomes<sup>4</sup>. By empowering expectant mothers with the information to recognize warning signs and look for medical treatment, healthcare providers can play pivotal role. Hence, efforts to assess and address these holes are required prenatal education programs, timely intervention and improving awareness. Further, proactive prebirth care, including regular check-ups, screenings and encourage early detection and management of vaginal bleeding, thereby reducing its impact on maternal and fetal health. Multidisciplinary collaboration among obstetricians, maternal fetal medicine specialists. Through this we can empower expectant mothers to navigate the complexities of antenatal bleeding with confidence and ensure the best possible outcomes for both mother and baby.<sup>5</sup>

### **Need of the Study**

According to the previous researches during the first 20 week of pregnancy 20% to 30% of women have vaginal bleeding. Many of the women who have heavy bleeding then there is problem with the pregnancy, but some individuals who have light bleeding they have a healthy pregnancy.<sup>6</sup> So vaginal bleeding in antenatal mothers during pregnancies is a significant concern. Particularly in the first trimester heavy bleeding prompt immediate therapeutic consideration. Women with heavy bleeding, the pregnancy end in a miscarriage and majority occur during the first 12 week. If miscarriage is does not occur, problems come later in the pregnancies are possible. Like low baby birth weight, death of a fetus. Vaginal bleeding during pregnancy cause complications -: like Ectopic Pregnancy occurring in 1 of 60 pregnancies, Placental Abruption 1% women have this problem, Placenta previa. It occur in 1 in 200 pregnancies.<sup>7</sup>

Understanding the level of comprehension and awareness among pregnant women regarding this common symptom is very crucial for early detection of complications. By identifying gaps in knowledge, healthcare providers can develop targeted education and support strategies to empower pregnant women to recognize the signs of vaginal bleeding and seek timely medical attentional when necessary.<sup>8</sup> Vaginal bleeding during pregnancy cause Ectopic Pregnancy Ectopic pregnancy occurring in 1 of 60 pregnancies, Placental Abruption 1percent women have this problem, Placenta previa. It occur 1 in 200 pregnancies So, passing a large amount of blood is always a concern. To know antenatal mother has knowledge regarding vaginal bleeding during pregnancy or not this research study needs to be taken under the study. The aim of the study is to assess the knowledge about vaginal bleeding during pregnancy.<sup>5</sup> vaginal bleeding during pregnancy is vital for antenatal mothers as it aids in identifying potential complications like miscarriage or placenta previa.

### **Aim of the Study**

“A study to assess the knowledge regarding vaginal bleeding during pregnancy among antenatal mothers in selected hospitals of Pune city.”

### **Methodology**

#### **Objectives**

1. To assess the knowledge regarding Vaginal bleeding during pregnancy
2. To associate the findings with selected demographic variables.

Research type:- Quantitative Research. Research design:- Non-experimental descriptive research design. Sample :- Antenatal mother's Sample size :- 250 Sampling technique:- Non-probability purposive sampling technique Tool description: Tool was constructed to identify the level of knowledge regarding Vaginal Bleeding among antenatal mother's. Self structured questionnaire was made which include two sections. Section I include 8 demographic variable questions and Section II include 25 knowledge based questions. Reliability:- For the reliability of the tool. It was conducted with 10% (25 antenatal mothers) of the total population (250 antenatal

mother’s) in Purohit hospital Split half method was used , r was found out to be 0.97. Hence the test was found to be reliable. Pilot study :- It was conducted with 25 antenatal mothers in Bharati Vidyapeeth Ayurvedic hospital and the research was sufficiently practicable to move forward With the primary data gathering.

**Result**

**Section I: Demographic Profile of the antenatal mothers**

Findings showed that majority of 41.6% participants were in 26-30 years age group and 30.8% participants were 20-25years respectively and 18% were from 31-35years and 9.6% were from 36-40 years. In Family type, Majority of 39.2%participants live in Nuclear family, 37.6% participants were live in joint family, 23.2% were live with extended family. In education Majority of participants 37.6% have done Higher secondary education, 29.6%have done graduation, 27.2% have done schooler education, 4% have done other, In Occupation Majority 49.2%having government job, 43.6% having private job, and 7.2% have doing other job. In monthly income 55.2% are Upper class, 20.8% are Upper middle class, 18.8%are middle class, 3.6% are Upper lower class, 1.6% are lower class, In Antenatal history Majority participants are 45.6% primipara, 42% are Multipara, 7.2% are Aborted. In periods of gestation Majority of participants I e is 37.6% is 4 months to 6 months, 30.8% are in 1 month to 3 months, and 26.4% are in 7 months to 9 months. In any main ailments present, Majority of participants I e 82.4% don’t have any disease condition but 18.8% have disease condition. Out of 18.8% 7.2% having Diabetes, 8.4% having Hypertension, 3.2% having UTI (urine tract infection).

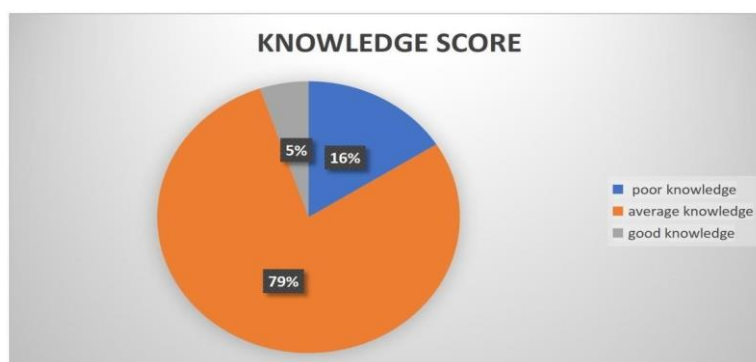
**Section II: Knowledge Score among Antenatal mother’s Regarding Vaginal Bleeding during pregnancy**

**Table 1: level of knowledge regarding vaginal bleeding during pregnancy among antenatal mothers.**

N = 250

Level of knowledge	Frequency	Percentage	Mean	SD
( 18 – 25 ) Good knowledge	13	5.2%	11.49	2.01
( 9- 17 ) Average knowledge	197	78.8%		
( 0 – 8 ) Poor knowledge	40	16%		

Data presented in above table shows that majority 78.8 % antenatal mothers were having Average knowledge, 16%antenatal mother’s were having poor knowledge and 5% antenatal mother’s having good knowledge with mean score of 11.49 and SD 2.01.



**Figure 1:Shows that ( 78.8%) of antenatal mothers have average knowledge,( 16%) antenatal mother’s having poor knowledge,( 5.2%) antenatal mother’s having Average knowledge about vaginal bleeding during pregnancy.**

Section III:

Table 2

Level of knowledge	Frequency	Percentage	Chi - square value	P value
( 18 – 25) Good knowledge	13	5.2%	13.7729	0.032
( 9- 17 ) Average knowledge	197	78.8%		
(0 – 8) Poor knowledge	40	16%		

In association P value of the age of antenatal mothers is less than 0.05 level of Significance.

Hence, there is relation between age of antenatal mothers with the level of knowledge.

**Discussion**

A related study supports this study finding. Pregnant women who visited a prenatal clinic hospitals participated in cross-sectional study which was conducted for 2 months. In total 170 antenatal women who met the requirements for inclusion were include About 20 perc of respondents said convulsion were a warning symptom, however 67.1 perc recognized bleeding per vagina as warning indicator, 50 perc responded vomiting was a danger sign, 23.50 perc thought that blurred vision is a danger. All the things considered, 54.70 perc participants have enough knowledge and they lie under score five or higher.<sup>9</sup>

The present study, was conducted to assess the knowledge of Antenatal mother’s regarding Vaginal Bleeding during pregnancy. The result shows that majority 78.8 % antenatal mothers were having Average knowledge, 16% antenatal mother’s were having poor knowledge and 5% antenatal mother’s having good knowledge with mean score of 11.49 and SD 2.01. In Association of Knowledge regarding Vaginal bleeding during pregnancy among antenatal mothers with the demographic variables. Results shows that there is no any relation between score of knowledge and demographic variables except Age at 0.05 Level of significance.

The study reveals that there is need to develop the knowledge of Antenatal mother’s regarding vaginal Bleeding during pregnancy. Knowledge of vaginal bleeding during pregnancy is vital for antenatal mothers it aids in identifying potential complications. Understanding what constitutes normal versus concerning bleeding alleviates the anxiety, empowering mothers make informed and right decisions about their prenatal care. Antenatal education on vaginal bleeding also includes guidance on preventive actions and self-care measures.<sup>8</sup> This knowledge ensures that mothers can actively participate in healthcare, potentially preventing complications and promoting a healthier and happier pregnancy journey. This research helps to enhance the prenatal care practices, reduce maternal morbidity and mortality and improve the overall wellbeing of both mothers and babies.

**Conclusion**

The present study concludes that majority 78.8 % antenatal mothers were having Average knowledge, 16% antenatal mother’s were having poor knowledge and 5% antenatal mother’s having good knowledge with mean score of 11.49 and SD 2.01.

In Association of Knowledge regarding Vaginal bleeding during pregnancy among antenatal mothers with the demographic variables. Results shows that there is no any relation between score of knowledge and demographic variables except Age at 0.05 Level of significance.

On the basis of, the study can be deduced that Antenatal mothers have knowledge regarding Vaginal bleeding during pregnancy is average. . Knowledge of vaginal bleeding during pregnancy is vital for antenatal mothers as it aids in identifying potential complications <sup>4</sup>. Hence, teaching programs on Vaginal bleeding during pregnancy

for Antenatal mothers should be organized. Such programs should include a comprehensive guide, qualified team members, effective teamwork, and well-defined objectives and goals. A similar study can be done on larger scale and different settings which may help in developing more refined and clear conclusion.<sup>10</sup>

Upgraded mindfulness and understanding of vaginal bleeding in pregnancy can significantly reduce pre birth complications and adverse outcomes. Empowering expectant mothers with the information this will be helpful for both baby and mother<sup>7</sup>.

### **Recommendation**

Similar Study can be done in larger population

### **Conflict of Interest**

The writers certify that they are not affiliated with any group or entity that has a financial or non-financial stake in the topics or resources covered in this work.

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