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INTERNATIONAL JOURNAL OF ADVANCED RESEARCH (IJAR)

Article DOI: 10.21474/IJAR01/17274

DOI URL: <http://dx.doi.org/10.21474/IJAR01/17274>



RESEARCH ARTICLE

RESPECTFUL MATERNITY CARE AND THEIR POSTPARTUM EFFECTS IN WOMEN

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Manuscript Info

Manuscript History

Received: 20 May 2023

Final Accepted: 24 June 2023

Published: July 2023

Abstract

Aim: To recognise the benefits of Respectful Maternity Care during labor and encouraging the practice of the same.

Design: Cross Sectional Study

Methodology :

Sample Size : 100 patients

Inclusion Criteria : Antenatal patients in Active Phase of Labor proceeding for Normal Vaginal Delivery

Procedure : The study is a questionnaire based study. The study population will be antenatal patients admitted in a Tertiary Care Hospital. After getting informed consent, the procedure will be explained thoroughly to the participants and only the participants who are willing to take part in the study will be selected. The participants were observed in the labor ward and the post natal ward during their stay in the hospital. They were asked to answer a questionnaire postnatally. The questionnaire contains questions related to the WHO recommendations of the Respectful Maternity Care which includes topics like dignity, privacy and confidentiality, ensuring freedom from harm and mistreatment, and enabling informed choice and continuous support during labour and childbirth. This study is completely a non invasive study.

Study Duration: 4 Months

Results: The study population included 100 participants admitted for labor in a tertiary care hospital where they received proper Respectful Maternity Care both antenatally and Postnatally. It was observed that women who were treated with proper RMC had more bonding with their babies and were able to breastfeed more effectively. The participants did not have common complaints of post partum depression, hesitancy to breastfeed, insomnia, lack hesitancy to Breast feed and reduced incidence of Traumatic Deliveries.

Conclusion: Providing Respectful Maternity Care to antenatal patients has more positive outcomes in both antenatal and postnatal periods of a patient. It reduces common post partum ailments and promotes maternal and neonatal well being by reducing maternal and neonatal morbidity and mortality rate.

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Introduction:-

Respectful Maternity Care (RMC) is a basic human right that every antenatal women must be provided with. Respectful maternity care is recommended by the World Health Organization and refers to care that maintains dignity, privacy, confidentiality, ensures freedom from harm and mistreatment, and enables informed choice and continuous support during labour and childbirth. (1)

Antenatal period is a very crucial period for the well being of both the mother and child and hence it's highly necessary to provide proper physical , medical , psychological and social care to them.

Respectful maternity care (RMC) has been promoted in recent years due to the importance of ethical, psychological, social, and cultural aspects of childbirth among different populations.(2). Recommendations from the World Health Organization (WHO) in 2018 emphasized the quality of interaction between women and their health care providers and considered good interactions as a prerequisite for positive outcomes of childbirth.(3)

In many hospitals, antenatal patients are subjected to physical and verbal abuse. This includes usage of harsh / inappropriate / unparliamentary language towards them , pinching / beating or other forms of physical violence , medical negligence and other unprofessional acts.

Disrespect and Abuse (D&A) of a pregnant women affects her both physically and mentally . Many reviewed studies suggest that fear of D&A is a powerful deterrent for skilled birth care and a healthy labor. D&A has more risk of bringing unfavourable pregnancy outcomes. Traumatic childbirth experience can have many negative effects, including poor mother-baby bond, unwillingness to breastfeed , Post Traumatic Stress Disorder, and poor quality of life. (4).

The importance of Respectful Maternity Care has been recognised by the WHO and is being emphasised in many developed and developing countries. There are so many barriers that prevent RMC from reaching the patients . Some of them include psychology of the health care provider , socio economic status of the patients , level of health care facility visited , approachability to health care facilities, denial / negligent attitude of the health care provider , etc. This study aims in studying the positive post natal benefits of RMC and encouraging the practice of RMC to improve the maternity care provided over the health care institutions.

Procedure :

The study is a questionnaire based study. The study population will be antenatal patients admitted in a Tertiary Care Hospital. After getting informed consent , the procedure will be explained thoroughly to the participants and only the participants who are willing to take part in the study will be selected. The participants were observed in the labor ward and the post natal ward during their stay in the hospital .They were asked to answer a questionnaire postnatally . The questionnaire contains questions related to the WHO recommendations of the Respectful maternity Care which includes topics like dignity, privacy and confidentiality, ensuring freedom from harm and mistreatment, and enabling informed choice and continuous support during labour and childbirth. This study is completely a non invasive study.

Sample Size:

100 patients

Inclusion Criteria:

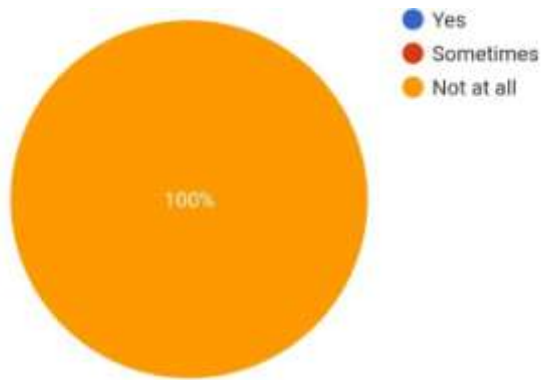
Antenatal patients in Active Phase of Labor proceeding for Normal Vaginal Delivery

Ethical Considerations:

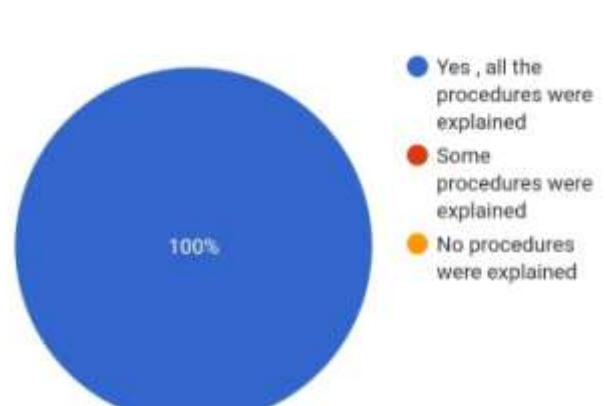
Information obtained for the purpose of study will be completely kept confidential. None of the study participants will be harmed in any manner. The decision to withdraw from the study will be completely upto the participants, the required care will not be withdrawn.

Results:-

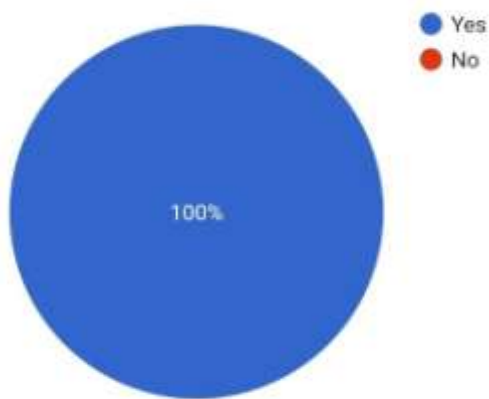
The results of the questionnaire are as follows:



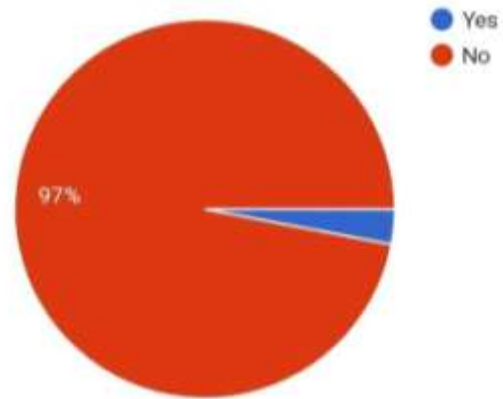
Patients subjected to physical / verbal abuse



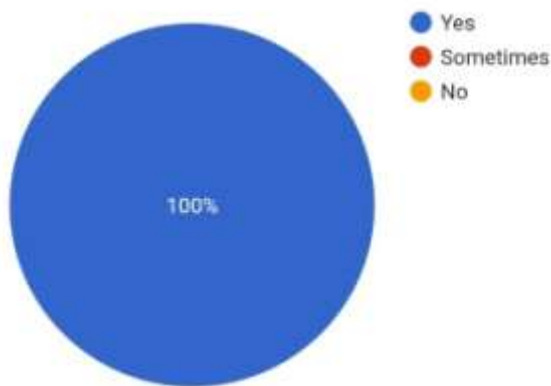
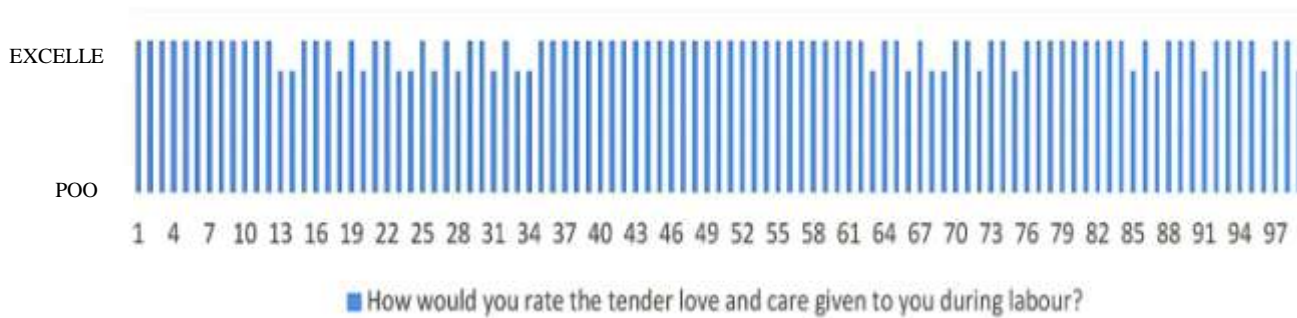
Patients to whom all procedures were explained



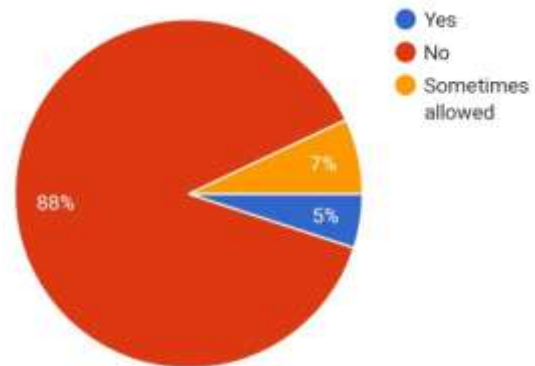
Patients to whom informed consents were obtained



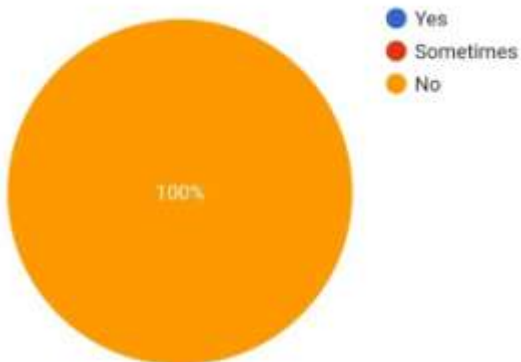
Patients to whom epidural analgesia was given during labor

RATE THE TENDER LOVE AND CARE PROVIDED DURING THE ANTENAL PERIOD:

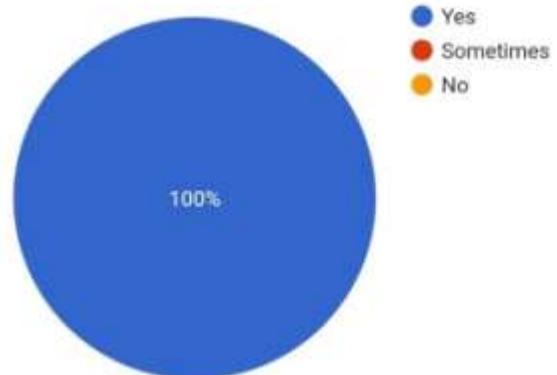
Patients for whom continuous maternal and fetal monitoring was carried out



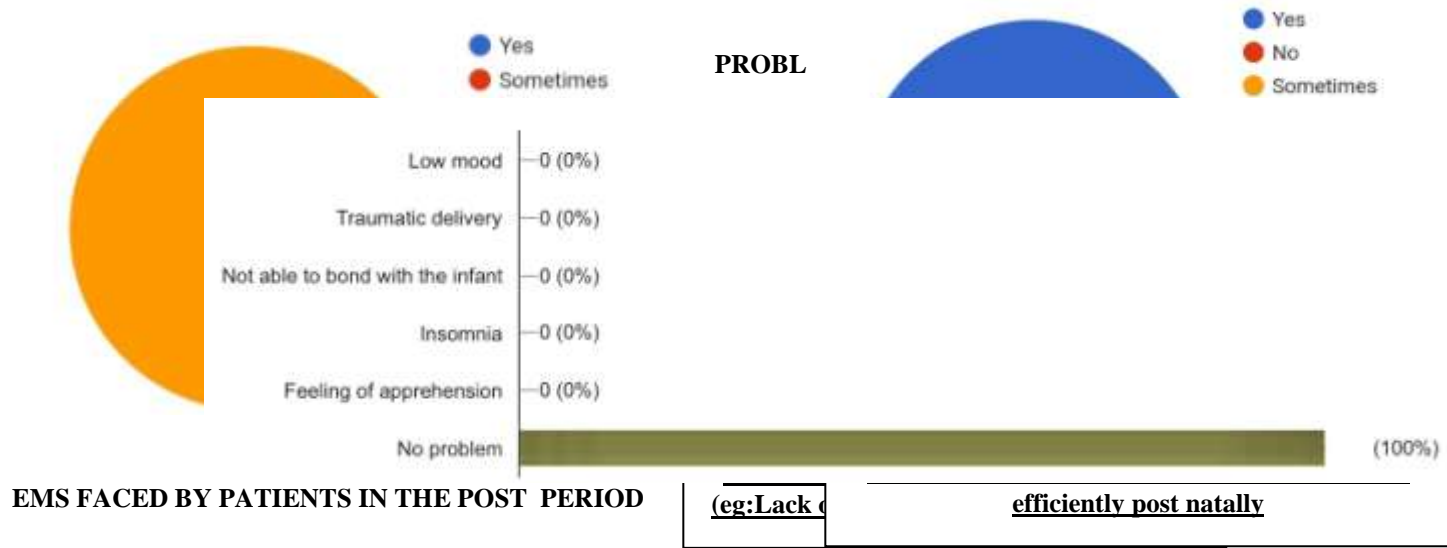
Patients for whom attenders were allowed to stay besides them



Patients for whom medicines or interventions were given without consent



Presence of pediatrician during the delivery of the baby (intrapartum)

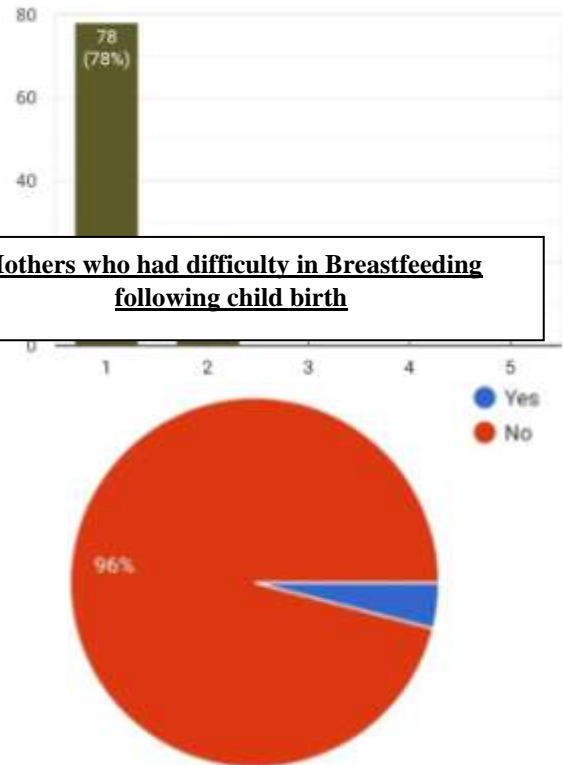


POO

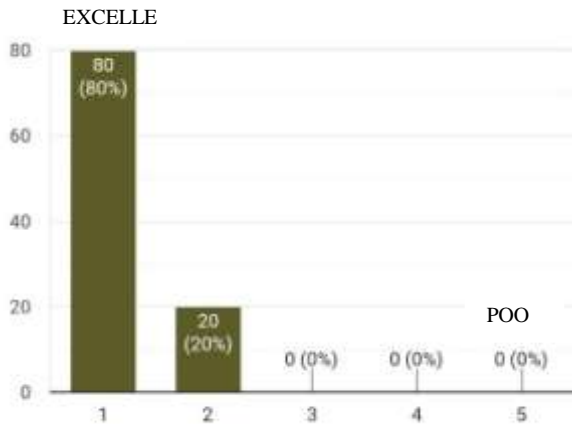
Rate the tender love and care given to you during labour

EXCELLE
EXCELLE

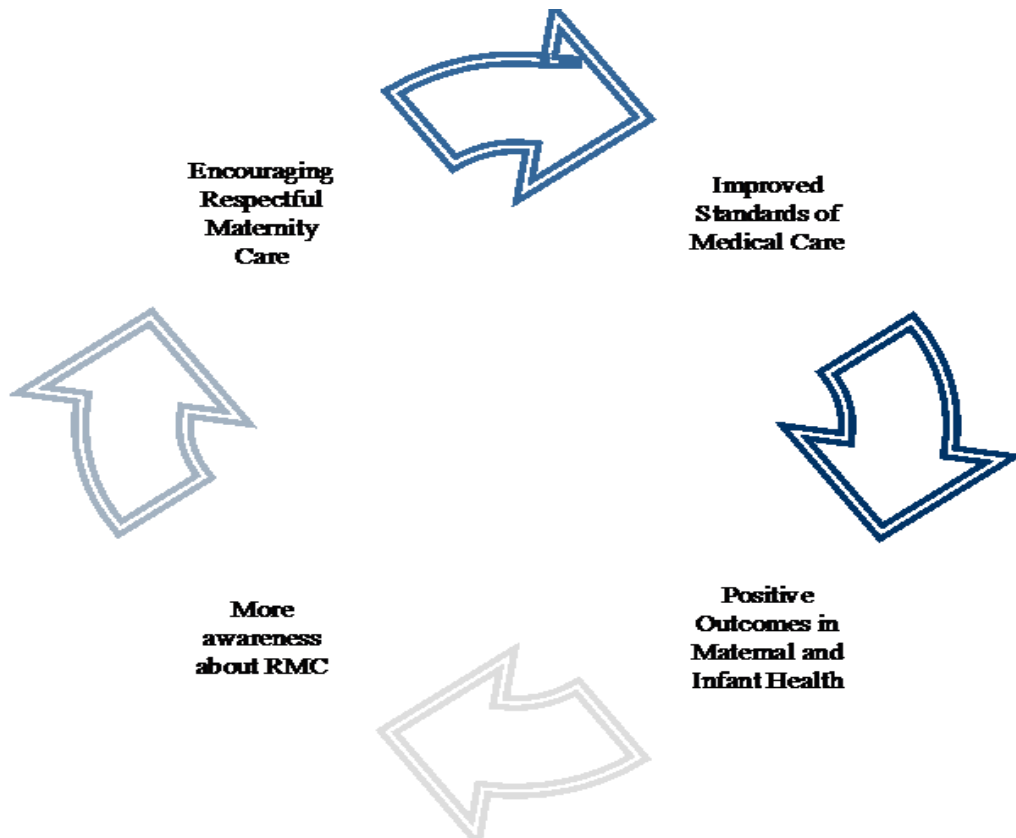
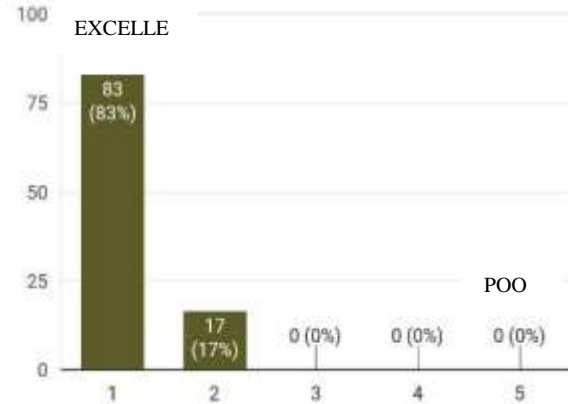
Mothers who had difficulty in Breastfeeding following child birth



Rate the overall medical care provided to you during the intrapartum period



Rate the overall experience of child birth w.r.t. the antepartum and intrapartum care provided to you



Discussion:-

The study population included 100 participants admitted for labor in a tertiary care hospital where they received proper Respectful Maternity Care both antenatally and Postnatally. It was observed that women who were treated with proper RMC had more Self Confidence and Optimistic approach towards Labor. They had more bonding with their babies and were able to breastfeed effectively. Providing RMC helps develop a good Rapport between the doctor and patient which is highly essential to change the pessimistic / hesitant attitude towards labor and postpartum period among the women. This gives a proper psychological support to the patient which in turn reflects in both antenatal and postnatal period. Antenatally, this stimulates positive feedback thereby increases maternal efforts during labor. In addition to it, women provided with RMC are less prone for postpartum psychological

disorders like postpartum depression, insomnia, decreased bonding with their babies and breast feeding difficulties. Providing high skilled RMC also reduces the incidence of traumatic deliveries. Apart from all the above mentioned benefits, to get Respectful Care during their Maternity Period is every woman's right. In many health care institutions Disrespect and Abuse (D&A) of the patients is still practiced in form of Physical abuse / Verbal abuse / professional Misconduct like Lack of confidentiality, Negligence are being practiced. These factors have a long term effect on the mother and child. The mother might develop Psychological disorders like Post Partum Depression, Post Traumatic Stress Disorder, Anxiety, Insomnia, Poor care towards the baby which in turn will cause Poor weight gain, NICU admission, Sepsis and other problems in the newborn. Hence by avoiding D&A and by providing RMC Maternal and Neonatal Morbidity and Mortality is being reduced grossly.

Conclusion:-

Providing Respectful Maternity Care to antenatal patients has more positive outcomes in both antenatal and postnatal periods of a patient. It reduces common post partum ailments and promotes maternal and infant's well being by reducing maternal and neonatal morbidity and mortality rate.

Reference:-

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4. Respectful maternity care and its relationship with childbirth experience in Iranian women: a prospective cohort study; Khadije Hajizadeh, Maryam Vaezi, Shahla Meedya, Sakineh Mohammad Alizadeh Charandabi and Mojgan Mirghafourvand.