

A Study to Assess the Awareness of Prenatal Exercise among Pregnant Women in Selected PHC's of Damoh

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Abstract

A Proper Exercise regimen during prenatal care helps the mother have a safe pregnancy and delivery today more than of pregnant women are over weight or obese which is the increase risk of gestational diabetes ,preeclampsia still birth congenital anomalies etc .Therefore important to assess the awareness of Exercise and Encourage for prenatal Exercise in the patients .

In this study participants were recruited from of PHC's of Damoh district from July 2015 Aug 2015. Pregnant women's who visited OBG clinic were between the age gap of 18-35 years were included in the study with the view that they are aware of the exercise during the pregnancy Questionnaires were developed based on the previous studies. 60% of the sample didn't meet the criteria and were unaware of the Exercise in pregnancy. After obtaining the consent from them the questionnaires were given to the participants which were in the local languages which included the baseline data obstetrical history different types of exercise in pregnancy. Data was analyzed using SPSS version.

Keyword: Prenatal Exercise; Pregnancy; Obstetrics and Gynecology.

Introduction

Today in the more than a half of pregnant women are overweight or obese. Obesity carries with it an increased risk of gestational diabetes, preeclampsia, stillbirth, congenital anomalies, fetal macrosomia with increased risk of shoulder dystocia and birth injury and childhood obesity. With obesity on the rise it is becoming increasingly important that we discuss, and encourage, exercise in our pregnant patients.

Exercise during pregnancy was once thought to promote an increased risk of infertility, miscarriage and preterm delivery. As research has emerged,

however, this conservative attitude has shifted. Currently, the American College of Obstetrics and Gynecology recommends at least 30 min of moderate activity three-times a week. A 2013 study by Barakat *et al.* demonstrated that although exercise did not significantly decrease the incidence of gestational diabetes, it did decrease the risk of macrosomia, cesarean section and maternal weight gain [1]. Added benefits of exercise in pregnancy include improved mood and posture, promotion of muscle tone/endurance, improved sleep and a better ability to cope with labor [2,3].

Physical activity is very important aspect of good health. Exercise is very important irrespective of age & especially important for pregnant women as it help

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them overcome pregnant related complicated & maintain good physical fitness exercise during pregnant not only helps in maintaining musculoskeletal Fitness but also help in controlling weight maintaining blood glucose to cope with varies psychological & physical stress during pregnancy labour & improve blood circulation [4,5].

Kegels exercise is commonly followed prenatal exercise used to strengthen pelvic floor muscle which may stretch during delivery, which helps for labour[6,7,8].

In most situations, the intensity of physical activity can be assessed by heart rate. A normal target heart rate during exercise is calculated by subtracting age from 220. Generally, the greater the intensity of exercise the higher the heart rate. During pregnancy these target heart rates do not apply. In the first trimester, there is vasodilation, a decrease in preload and tachycardia, while in the third trimester women experience an expanded blood volume and an increased stroke volume. These physiologic changes in the third trimester will make it very difficult for most women to reach their target heart rate. A better way for pregnant women to judge the intensity of their exercise is merely by how hard a workout feels as they are doing it. Providers will often be questioned by patients regarding exactly what exercises are safe for them and their baby. In general, there are a large number of activities that women can participate in during pregnancy; from walking and yoga to light jogging and swimming. However, activities where there is a high potential for abdominal trauma or falls should be avoided [9].

Exercise at high altitudes should also be done with caution for pregnant women. As per studies on Obstetrics and Gynecology, exercise up to 6000 feet is safe. In elevations above this, however, there may be an increased risk to the fetus. It is important to note that these recommendations regarding exercising at high altitudes are based upon a small number of studies with very few subjects [10].

After the first trimester, pregnant women are often told to avoid supine positions for long periods of time owing to concerns that the gravid uterus may cause venous blood flow obstruction and the potential for orthostatic hypotension. While this recommendation may sound sensible, no data exist to support it. It is also recommended that pregnant women take precautions when exercising in hot, humid weather, such as wearing appropriate clothing and hydrating well.

While exercise is recommended for most pregnant women, there are some contraindications. These include incompetent cervix or cerclage, placenta

previa after 26 weeks gestation, ruptured membranes, persistent second or third trimester bleeding, history of premature labor during the pregnancy and preeclampsia.

There are also many benefits of regular exercise to the fetus. A 2010 study by Juhl *et al.* revealed a decreased incidence of both large and small for gestational age babies in women who exercise [11].

To cope with emotimal stress & labour pain forcaathing Techniques are proved to be successful [12].

Exercise also increases the placental surface area, volume and functional capacity; possibly providing a protective effect for the fetus [13].

Prenatal exercise also decrease adipose tissue growth ,increases stress tolerance & advances new behavior relaxation in the fetus [14].

Exercising while breastfeeding has also been found to be safe. Studies have shown that exercising has no negative effect on breast milk production, lactic acid levels, infant suckling or neonatal weight gain [15]. A 2007 cohort of over 587 mothers revealed that exercise did not affect the level of breastfeeding or need for supplementation, with no difference in infant weight or length [16].

Are there any long-term benefits for children of mothers who exercised during pregnancy? Studies have shown that there is no difference in height, limb length, head or chest circumference in 5-year olds. Additionally, there was no difference in physical coordination, visual-motor integration or academic readiness skills. However, children of exercising mothers were found to have decreased weight and percent body fat, along with improved oral language skills and higher IQ test scores [17].

Given the evidence supporting the benefits of exercise to both mother and baby, encouraging exercise during pregnancy is one positive step in combating the growing epidemic of sedentary lifestyle and obesity. We agree with recommendations of major medical societies that women with uncomplicated pregnancies should exercise as part of a healthy lifestyle before, during, and after pregnancy. It carries minimal risks and has demonstrated benefits for both mother and baby. Practitioners and patients will most benefit from future studies focusing on the most effective methods of counseling and successfully motivating patients to increase their physical activity.

Material & Methods

The present Study was carried out to assess the

awareness of prenatal exercise among pregnant women who came to ANC check up in OBG in selected in PHC'S Damoh using the questionnaires which were prepared for assessing the age ,literacy ,socioeconomic condition & awareness of different exercise the study pop consist of to velocity ANC mother from rural areas information collected was through questionnaires .the respondent were explained about the study & performance I.e. age . occupation,se awareness of exercise during pregnancy date was Entered & analyzed using SPSS version Frequency & % taken and as part of descriptive Statistics.

Result

The demographic variable in study are 83% of respondents were below 25 years 69 % had completed the highschool & higher secondary (+2) 30% were from middle class 70 % were from lower class 80 % were multi parous.

Table 1

Variables	Number(%)
> 25 years	83(75%)
25 and above	17(15%)
Total	100(100%)

Table 2

Education level	N(%)
High school	28(28%)
Higher secondary	41(41%)
< 4 th standard	21(21%)
No school	10(10%)
Total	100(100%)

Table 3

Socio economic Status	N(%)
Middle class	30(30%)
Lower class	70(70%)
Total	100(100%)

Table 4

Parity	N(%)
Primi parous	20(20%)
Multi parous	80(80%)
Total	100(100%)

Table 5

Occupation	N(%)
Unemployed (house wife)	57(57%)
Former	23(23%)
Daily wages	20(20%)
Total	100(100%)

Table 6

Awareness of Prenatal exercises	
Yes	15(15%)
No	85(85%)
If yes how	
Through	
Family & Friends	8(8%)
Media	2(2%)
Health care centers	5(5%)

Awareness of these exercise

Type of exercise	yes	No	Not sure	Total
Aerobics	0	90	10	100
Back care exercises	0	90	10	100
Abdominal Exercises	0	90	10	100
Pelvic muscle Exercises	0	90	10	100
Walking, Relaxation & Breathing Exercises	30	60	10	100
Muscle Strengthening	0	90	10	100
Education by Health personal	10	80	10	100

Discussion

Proper prenatal care plays a vital role in the safe motherhood .to my knowledge the Study was attempted to know the awareness of Prenatal Exercise among the pregnant women.

In my study 85% of the respondents are unawareness of the Exercise & 15 % of the respondents who were aware, were having information of Prenatal Exercise i.e. 8% from family, 2% media, 5% health care centers.

In my study the respondents were less educated i.e. 28% high school, 41% higher secondary, 21 % pre primary & 10% were illiterate When the respondents were asked about different types Exercise 90% were unaware of aerobics & 10% were not sure & none were unaware of a back care Exercise & 90% were unaware of pelvic Exercise 30 % aware of walking, Relaxation & Breathing. 90% unaware of muscle strengthening & 10% were not sure. 10 % were been Educated about awareness of walking & relaxation.

These above states that they were unaware of the Prenatal Exercise i.e. poor in knowledge As compare with other previous studies done my study finding show that the respondent lack in awareness of different exercise and benefit for ANC Health care center play a important role in educating. However only 10% were Educated by health personnel about walking and relaxation.

Performing these exercise under the supervision result in various benefits Hence there is a need to incorporate or educate every prenatal mothers with exercise during the visits.

Limitations

The overcome of study is limited to selected PHC's in rural areas of Damoh Hence the study need to validates in other setting also.

The study was limited for only a month The barrier also plays a role as high class family's utilize less upper socioeconomic.

Conclusion

The finding that conclude from the Study that the pregnant women were unaware of the ANC exercise & its benefits.

Therefore every health care setting person must play an important role In Educating the women about the exercise & benefit.

These can also be achieved by home visit by nursing personnel's, Asha worker, Aaganwadi worker & interacting of health professional and the health setting health educating etc.

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