

## Assessment of Knowledge and Attitude Towards Labor Analgesia among Pregnant Woman in MNR Medical College and Hospital

Pramod Pundlikrao Khanapurkar<sup>1</sup>, Nenavath Sudheer Kumar Naik<sup>2</sup>

<sup>1</sup>Associate Professor, <sup>2</sup>Assistant Professor, Department of Anesthesia, MNR Medical College and Hospital, Sangareddy, Telangana, 502285, India.

### Abstract

*Introduction:* Pain during labor is one of the major determinants of women's child birth experience. Epidural labor analgesia is the gold standard method now-a-days, with no harmful effects to the neonate but, beneficial effects has been observed. High acceptance rate of labor analgesia is observed in Developed countries, therefore, their data focuses on overall birth experience. *Materials and Methods:* Descriptive study was carried out on 120 expectant mothers attending the antenatal OPD of MNR Medical College and Hospital, Hyderabad over a period of 6 months. After taking informed consent 120 expectant mothers were selected by convenience sampling technique. Knowledge was assessed using structured questionnaire. Attitude was assessed using 3 point Likert scale consisted of 20 statements. *Results:* Majority of expectant mothers, 62 (52%) belongs to age-group of 28-31 years, 38 (32%) in age-group of 24-27 years, 10 (8%) in age-group of 20-23 years and other 10 (8%) in age-group of 32-35 years. Gravida distribution of expectant mothers, 66 (55%) had gravida one, 46 (38%) had gravida second and few 8 (7%) had gravida three. *Conclusion:* Most of expectant mothers had average level of knowledge but majority of had positive attitude. Most of the Indian parturient still suffer from the agony of labor pains due to lack of awareness, lack of availability or knowledge of availability of labor analgesia service. The awareness level needs to be improved.

**Keywords:** Labor pain; Epidural labor analgesia; Pregnant women.

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### Introduction

Labor pain is one of the major determinants of women's childbirth experience. Epidural labor analgesia is the gold standard method,<sup>1,2</sup> with no evidence of harm to the neonate<sup>3,4</sup> but, beneficial effects has been observed.<sup>5,6</sup> Developed countries have high acceptance rate of labor analgesia,<sup>7</sup> therefore, their data focuses on overall birth

experience.<sup>8</sup> In India, some information has been already documented to benefit the pregnant women about the use of analgesia in delivery. The very fact that, childbirth can be achieved without pain may seem absurd to many.<sup>9</sup> Culture, up bringing and ethnicity can influence the attitude towards pain.<sup>10</sup> Maternal request for pain relief suffices the indication for labor analgesia according to American Society of Anesthesiologists.<sup>11</sup>

**Corresponding Author:** Nenavath Sudheer Kumar Naik, Assistant Professor, Department of Anesthesia, MNR Medical College and Hospital, Sangareddy, Telangana, 502285, India.

**E-mail:** pramodkhanapurkar@gmail.com

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Women who received labor analgesia were highly satisfied with experience of childbirth.<sup>12</sup> This survey, assessed the awareness and acceptance about labor analgesia among antenatal women and attempted to point out the reasons for impediment for not receiving analgesia.<sup>13</sup>

**Materials and Methods**

This study was carried out on 120 expectant mothers attending the antenatal OPD of MNR Medical College and Hospital, Hyderabad over a period of 6 months. Informed consent was taken and 120 expectant mothers were selected by convenience sampling technique. Knowledge was assessed using structured questionnaire. Attitude was assessed using 3 point Likert scale consisted of 20 statements.

**Inclusion Criteria**

Expectant mothers who were in third trimester of pregnancy attending antenatal OPD of MNR Medical College and Hospital, Hyderabad, Telangana. Statistical analysis was done using Stata 11 software. Chi square test was used to assess statistical significance. A *p* - value < 0.05 was considered significant.

**Results**

Majority of expectant mothers, 62 (52%) belonged to age group of 28–31 years, 38 (32%) in age group of 24–27 years, 10 (8%) in age-group of 20–23 years and other 10 (8%) in age-group of 32–35 years. Distribution of expectant mothers according to gravida, 66 (55%) subjects had gravida one, 46 (38%) had gravida second and few 8 (7%) had gravida three (Fig. 1).

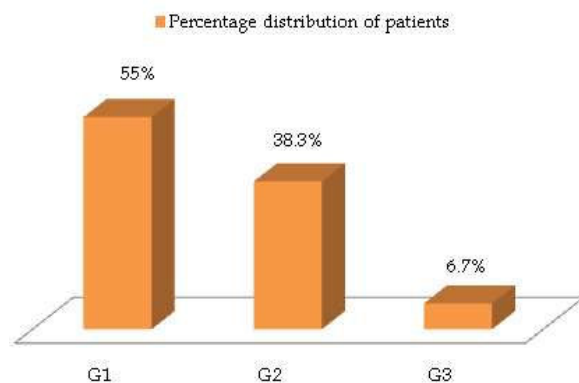


Fig. 1: Percentage distribution of patients according to Gravida

Figure 2 shows that 56 (46.7%) expectant mothers had below average level of knowledge, 42 (35%) had average level of knowledge and 22 (18.3%) had good level of knowledge regarding epidural analgesia. 96.7% had positive attitude and only 3.3% had negative attitude towards epidural analgesia.

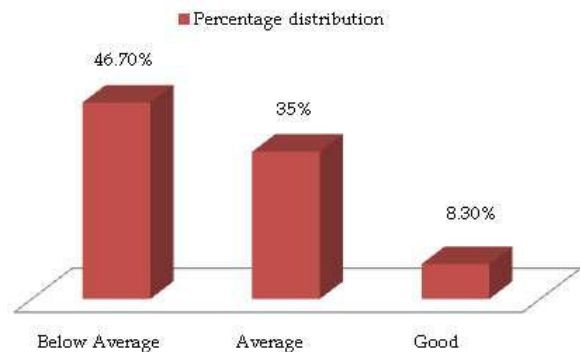


Fig. 2: Reveals the percentage distribution of expectant mothers as per their level of knowledge regarding epidural analgesia

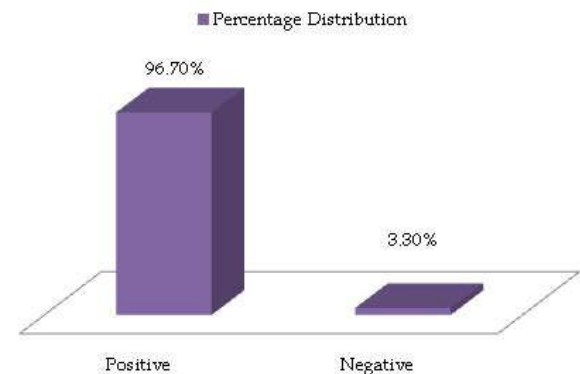


Fig. 3: Reveals that 96.70% had positive attitude i.e., showed willingness to opt epidural analgesia and only 3.30% had negative attitude towards epidural analgesia.

The correlation was statistically tested (*r* = 0.609) and found to be significant (*p* = 0.001). There was moderate positive correlation between knowledge with attitude. Hence, it can be concluded that there was positive effect of knowledge on attitude regarding epidural analgesia among expectant mothers. There was significant association of knowledge and attitude with education, occupation, habitat, previous knowledge regarding epidural analgesia, period of gestations at (*p* < 0.05) (Fig. 3).

**Discussion**

In the present study, knowledge and attitude regarding epidural analgesia among expectant mothers was assessed. The findings revealed that out of 120 expectant mothers, 56 (46.7%) expectant mothers had below average, 42 (35%) had average

and 22 (18.3%) had good level of knowledge regarding epidural analgesia. Similar study conducted by Kapadia Shital, Parmar Kartikeya, Solanki Nilesh and Patadia Kavita showed that 95% patients were totally unaware of the concept of labor analgesia.<sup>6</sup> 96.7% had positive attitude *i.e.*, showed willingness to opt epidural analgesia during delivery and only 3.3% had negative attitude towards epidural analgesia. Similar study conducted by Shidhaye RV, Galande Mandar, Bangal VB and Smita Joshi results showed that 69% expressed their firm willingness to get delivered without labor pains and out of them 26% were very much eager for it, 25% showed inclination for painless labor by saying that they may like it, while only 6% were not at all interested.<sup>5</sup> Moderate positive correlation ( $r = 0.609$ ) between knowledge and attitude. A similar study conducted by Hanem F Mohamed in Riyadh showed that there was a significant moderate correlation between parity and knowledge ( $r = 0.40, p = 0.000$ ), income ( $r = 0.39, p = 0.001$ ), education ( $r = 0.31, p = 0.000$ ) and attitude ( $r = 0.31, 0.000$ ).<sup>4</sup> There was significant association of knowledge and attitude with education, occupation, habitat, previous heard about epidural analgesia ( $p < 0.05$ ). A study conducted by Minhas MR, Rehana, Afshan Gauhar, Raheel Hafsa in Karachi revealed that there was significant association of knowledge and attitude with level of education and attended antenatal classes.<sup>7</sup>

## Conclusion

From this study. we are concluding that most of expectant mothers had average level of knowledge but majority of had positive attitude. Most of the Indian parturient still suffer from the agony of labor pains due to lack of awareness, lack of availability or knowledge of availability of labor analgesia service. The awareness levels in women needs to be improved. For this purpose, evidence based information on epidural analgesia should be provided during antenatal period to improve knowledge and attitude regarding epidural analgesia.

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