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## RESEARCH ARTICLE

### ASSESSMENT OF KNOWLEDGE TOWARDS POSTNATAL CARE AMONG NURSING STUDENTS

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#### ABSTRACT

**Background:** Postnatal care is a critical component of maternal and new-born health. Nursing students must have adequate knowledge to deliver high-quality care to postnatal mothers. Identifying knowledge aids in planning targeted educational interventions. **Aim:** To assess the knowledge of nursing students towards postnatal care and to explore associated demographic factors. **Methods:** A descriptive cross-sectional study was conducted among nursing students using a structured knowledge questionnaire. Data were analysed using descriptive and inferential statistics. **Results:** This study is expected to reveal different levels of knowledge among nursing students. Associations between knowledge scores and demographic variables such as age, year of study, and clinical exposure may be identified. The data was analysed and conclusion was done. The present study concluded that knowledge assessment regarding postnatal care among the students shows that 51% of had moderately and 25% had adequate knowledge.

## INTRODUCTION

Nursing students play a crucial role in providing safe and effective postnatal care. However, gaps in knowledge may affect the quality of care offered to postnatal mothers. There is a need to assess the existing knowledge levels and readiness of nursing students to care for postnatal mothers, so that appropriate educational strategies can be developed. The postnatal period, often referred to as the "fourth trimester," is a critical phase for both the mother and the new-born, during this period that women are most vulnerable to complications such as postpartum haemorrhage, infections, psychological issues, and breastfeeding difficulties. Effective postnatal care helps prevent morbidity and mortality and promotes the overall well-being of the mother and infant. Nursing students, as future frontline healthcare providers, require adequate theoretical knowledge and practical skills to deliver comprehensive postnatal care. Their knowledge towards postnatal care also significantly influences the quality of care, communication, and support provided. Although nursing curricula include maternal and child health components, variations in clinical exposure, teaching quality, and student readiness may result in differences in knowledge and attitude. Assessing these factors among nursing students is essential to identify existing gaps and develop targeted training programs. Therefore, this study aims to assess the knowledge among nursing students towards postnatal mothers and examine the factors influencing them. The findings will contribute to improving maternal health education, enhancing clinical skills, and ultimately improving the postnatal care provided by future nurses. The higher rate of complications in the postpartum period among rural, illiterate and nulliparous

women may be due to ignorance, lack of experience, lack of knowledge, unhygienic practices among these women in addition to malnourishment. At present according to WHO, MMR decreases in India. Due to Adequate utilization of postnatal care can helps to reduce mortality and morbidity among mothers and their babies and also proper antenatal care.

## METHODOLOGY

Descriptive approach was selected for the study. The research design for this study was non-experimental descriptive design. 60 Samples were selected by convenient sampling method. Structured interview questionnaire was used as evaluation tool. The samples were free to express their ideas and knowledge. Then the knowledge level was assessed and pre-test evaluation was made. The data was analysed and conclusion was drawn. Descriptive statistics was used to analyse the findings.

## RESULT AND DISCUSSION

Regarding the demographic variables, most of the students 40(40%) in the age group of 18-20 years. Highest number of students 36(36%) had Higher education 24(24%) had come from rural areas.

**Table 1.** Shows that in the knowledge assessment regarding postnatal care among the students 51% has moderately adequate and 42% has adequate knowledge.

**Table 1. Frequency and percentage distribution of students according to their level of knowledge regarding postal care n = 60**

Level of knowledge	Frequency	percentage
Inadequate	04	6.6%
Moderately adequate	31	51.6 %
Adequate	25	41.6 %

## CONCLUSION

The findings may highlight the need for strengthened educational strategies and enhanced clinical training in postnatal care to improve competency among nursing students. Strengthening postnatal care education can contribute to improved maternal and neonatal outcomes. This study shows that among the 60 samples 51 had moderately adequate knowledge regarding postnatal care. Awareness was initiate among the students in nursing schools in Mysore, Karnataka, regarding postnatal care. The nursing educator can use the results of study and can improve the knowledge level of students and can create awareness regarding postnatal care. This result of the study can helps to plan qualitative studies and also bring insight that every student should require knowledge. Recommendation: The similar study can be conducted in the rural area, Comparative study can be conducted between rural and urban area and the similar study can be done on large samples there by findings can be generalized.

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