

CHAPTER-IV

POST NATAL AND NEWBORN CARE

This chapter provides information on various aspects of postnatal care, initiation of breastfeeding, pre-lacteal feed given and bathing of the newborn baby. Postnatal follow up visits, problems faced by both the mothers as well as babies within first 6 weeks of delivery, type of problems faced and whether ASHA had referred them to any health facility for treatment have also been dealt with in this chapter. Besides, information has also been presented on vaccination of newborn baby against BCG and Polio 0 dose and the family planning advice received by mothers at the health facilities before their discharge.

4.1 Initiation of Breastfeeding

The first milk of the mother is the most appropriate food for the baby during the initial days as it contains a concentration of protein and other nutrient the body needs. The anti-infection substances that it contains protect the baby against various infections, reduces the morbidity and mortality. Under the RCH programme, Govt. of India recommends infants should be breastfed from birth to age of 6 months. All the mothers were, therefore, asked about the time of initiation of breastfeeding after birth. Analysis reveals that 27 percent of the babies in the state were breastfed within an hour of their birth. Slightly higher proportion of mothers had reported so in urban areas (30 percent) as compared to rural areas (26 percent) (**Table-4.1**).

Table-4.1 Percent distribution of women by duration of initiation of breastfeeding after delivery according to place of residence

Duration of initiation of breastfeeding	Urban Slum	Rural	Total
Immediately/within one hour	29.8	25.9	27.2
Within one day	33.0	31.6	32.0
1-3 days	29.5	33.4	32.2
3+ days	5.6	7.0	6.6
Not breastfed	1.6	0.8	1.0
NA/Still birth	0.5	1.3	1.0
Total Percent	100.0	100.0	100.0
Number of women	3925	7816	11741

4.2 Pre-lacteal feed given before initiation of breastfeeding

Table 4.2 shows the percent of mothers who gave the child something before the initiation of breastfeeding. More than half of the mothers had given something to the baby before the initiation of breastfeeding (54 percent). It means that more than 50 percent of the babies were given some pre-lacteal feed. Majority of the mothers had given milk (other than their own). Nearly 18 percent babies were fed with tea before they were given colostrums. Honey was mentioned by 16 percent while solution prepared with ajwain, and Jaggery and in some cases sonth was fed to 13 percent

babies. Increasing efforts, though, have been made under the mother and child health care programmes, yet people are bound by age old traditions and notional beliefs.

Table 4.2 Percent of women who gave the child anything before initiation of breastfeeding

Particulars	Urban Slum	Rural	Total
Gave anything before giving her milk			
Yes	52.3	55.6	54.1
No	47.7	44.4	45.9
Total Percent	100.0	100.0	100.0
Number of women			
Type of feed given before breastfeeding*			
Milk (Other the mother's milk)	67.7	77.1	74.1
Plain water	11.5	7.5	8.8
Sugar/Glucose solution	5.2	4.9	4.9
Gripe Water	0.4	0.2	0.2
Infant Formula	14.3	5.0	8.0
Tea	17.7	18.1	17.9
Honey	19.0	14.4	15.9
Janam Ghutti	6.8	10.8	9.5
Others (Ajwain, Jaggery,sonth water)	12.2	13.6	13.1
Number of women who gave something before breastfeeding	2053	4297	6350

*Percent would exceed 100 due to multiple responses

4.3 Time of bathing the baby after delivery

It is recommended that the baby should not be given bath at least for 6 days after birth to protect him from infections such as hyperthermia and catching cold and fever. All mothers were asked about the time of bathing the baby after birth during the last delivery. As the analysis indicates, nearly one-fifth of the women had given bath within an hour of delivery both in urban slum and rural areas. In case of another 36 percent respondents' child was given bath within first 3 days' with hardly any differentials between urban and rural areas. Almost three in every ten mothers delayed giving bath to their babies by at least 3 days or more with slightly higher percent of mothers doing so in urban slums (32 percent) than those in rural areas (28 percent).

Table-4.3 Percent of women by time duration of bathing of child after delivery

Time duration of bathing after delivery	Urban Slum	Rural	Total
Immediately/within one hour	19.9	18.4	18.9
Within one day	9.4	14.4	12.7
1-3 days	35.9	36.7	36.5
3+ days	32.4	28.5	29.8
Not bathed	0.1	0.0	0.1
Don't /recall Don't know	1.8	0.6	1.0
Still birth	0.5	1.2	1.0
Total Percent	100.0	100.0	100.0
Number of women	3925	7816	11741

4.4 Administration of BCG and Polio 0 dose before discharge from hospital

All the mothers who had delivered at a health facility were asked whether the child was given BCG and Polio 0 dose before they were discharged from the hospital. Analysis of data has been carried out by deliveries taking place at Govt. health facilities and Pvt./NGO facilities. Analysis has been presented in table 4.4. Significantly higher proportions of children who were delivered in a Govt. facility were given doses of BCG and Polio 0 dose. If one looks at the analysis by urban -rural breakup it can be easily deciphered that nearly 76 percent of children who were delivered in Govt. facilities were given BCG and Polio 0 dose as against only 54 percent of their counterparts in rural areas. Overall, 54 percent of the children who were delivered in Govt. and Pvt. Health facilities were given BCG and Polio 0 dose. It may, however, be inferred from the analysis that the compliance in this context was much better in case of Govt. health outlets than their counterparts offering delivery services in Pvt. Sector. Discussions during the study have revealed that many nursing homes providing delivery services especially in smaller towns were working sans basic infrastructure hence the lower coverage.

Table- 4.4 Percent of women by vaccination of child against BCG and Polio 0 Dose before discharge from health facilities after delivery

Dose given	Govt. Facility			Pvt. Facility			All		
	Urban Slum	Rural	Total	Urban Slum	Rural	Total	Urban Slum	Rural	Total
BCG Vaccine									
Yes	75.9	53.9	59.4	47.1	43.2	45.2	59.9	50.8	54.0
No	23.5	45.0	39.7	52.4	54.8	53.6	39.6	47.8	45.0
DK/NA	0.6	1.1	0.9	0.5	2.1	1.2	0.5	1.3	1.1
Polio 0 Dose									
Yes	76.3	54.6	60.0	46.8	42.8	44.8	59.9	51.2	54.2
No	23.1	44.3	39.0	52.7	55.2	53.3	39.6	47.4	44.7
DK/NA	0.6	1.1	0.9	0.5	2.1	1.2	0.5	1.3	1.1
Total %	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
N*	1233	3713	4946	1540	1512	3052	2773	5225	7998

*Number of women who delivered in Govt. and Pvt. Health facilities

4.5 Postnatal care visits

First six weeks after delivery are very crucial for both the mother as well as the newborn baby. Postnatal follow up visits are, therefore, considered as an important determinant of the quality of mother and child health care services. All the mothers were enquired about postnatal visits within first 6 weeks of delivery. Analysis has been presented in table 4.5. Overall, 40 percent of the mothers were visited by ASHA or health workers within 6 weeks of their last delivery. Almost half of the mothers reported PNC visits in rural areas (49 percent) as compared to only a little more than one-fifth in urban slums (22 percent). Among those who reported receiving PNC visits, 55 percent were visited once by ASHA or health worker while slightly more than one-fourth were visited twice. More than three PNC visits were reported by

around one-fifth of the mothers. Proportion of mothers who reported receiving three or more visits in rural areas (20 percent) was almost double to those reporting so in urban slums (10 percent).

Table- 4.5 Percent of women by follow up visits and number of PNC visits by ASHA or any health worker within 6 weeks of delivery

Particulars	Urban Slum	Rural	Total
Any Health worker or ASHA visited			
Yes	22.5	48.7	40.0
No	77.5	51.3	60.0
Total Percent	100.0	100.0	100.0
Number of women	3925	7816	11741
Number of visits			
1 visit	71.2	51.3	55.0
2 visits	18.5	27.7	26.0
3 + visits	10.0	20.4	18.5
Don't know/missing	0.3	0.6	0.5
Total Percent	100.0	100.0	100.0
Number of women who received PNC visit	885	3806	4691

4.5.1 Type of advice/services received during PNC visits

Analysis shows that majority of the mothers had reported receiving advice on 'immunization of child' (74 percent). Eighty percent of the mothers in urban slums had received such an advice as compared to 72 percent mothers in rural areas. Nearly half of them were also given advice on 'timely immunization of child' during PNC visits. Advice on 'Colostrums feeding' was received by only one fifth of the mothers. The corresponding figure was just about half in urban slums. Other important aspects on which advice was received in varying proportions included 'nutritional supplement of child (18 percent) and sanitation (17 percent). As the analysis infers, there was urgent need to improve the postnatal care follow up visits in both urban slums and rural areas. Strategies need to be developed with particular focus on urban slums where fewer post natal visits were reported by mothers after the last delivery. While PNC visits were better in rural areas there was need to ensure compliance of three mandatory PNC visits by ASHA and other health workers (Table 4.6).

Table-4.6 Percent of women by type of advice/services received during PNC visits by ASHA or any health worker within 6 weeks of delivery

Advice/service received*	Urban Slum	Rural	Total
Colostrums feeding	11.3	22.5	20.4
To keep baby warm after delivery	4.2	7.0	6.5
Immunization of child	80.6	72.2	73.8
Timely immunization of child	41.4	50.7	48.9
Nutritional supplement of child	14.5	18.9	18.0
Sanitation	14.0	17.2	16.6
Family planning advice/service	2.5	3.3	3.1
Total Percent	100.0	100.0	100.0
Number of women who received PNC visit	885	3806	4691

*Percent would exceed 100 due to multiple responses

4.5.2 Type of complications faced by mothers during postnatal period

Table 4.7 presents the percent of mothers who faced any complications and type of complications faced during the postnatal period. About 17 percent of mothers reported facing some complication within 6 weeks of delivery. No significant difference was observed between mothers belonging to urban slum and rural areas in this context. Among the mothers who reported about the complications, overall 64 percent reported about 'high fever'. A slightly higher percentage of mothers mentioned about 'high fever' in rural areas (67 percent) than those belonging to urban slum (59 percent). Almost an identical proportion of mothers both in urban slum and rural areas reported experiencing 'pain in lower abdomen' (24 percent each). Almost one-tenth each mentioned about 'excessive bleeding' and 'body convulsions'.

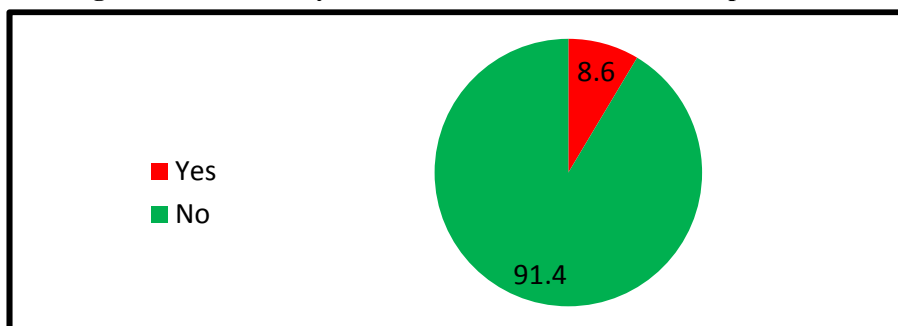
Table- 4.7 Percent of women by type of health complications faced within 6 weeks of delivery

Particulars	Urban Slum	Rural	Total
Faced any health problem			
Yes	15.9	17.3	16.8
No	84.1	82.7	83.2
Total Percent	100.0	100.0	100.0
Number of women	3925	7816	11741
Type of problems faced*			
High fever	59.5	66.7	64.4
Pain in lower abdomen	23.8	23.7	23.8
Foul secretion from vagina	2.6	3.5	3.2
Excessive bleeding	9.3	8.9	9.0
Body convulsion	8.8	10.6	10.0
Severe headache	7.4	8.9	8.4
Others	8.3	9.4	9.1
Total Percent	100.0	100.0	100.0
Number of women who faced problem	625	1353	1978

*Percent would exceed 100 due to multiple responses

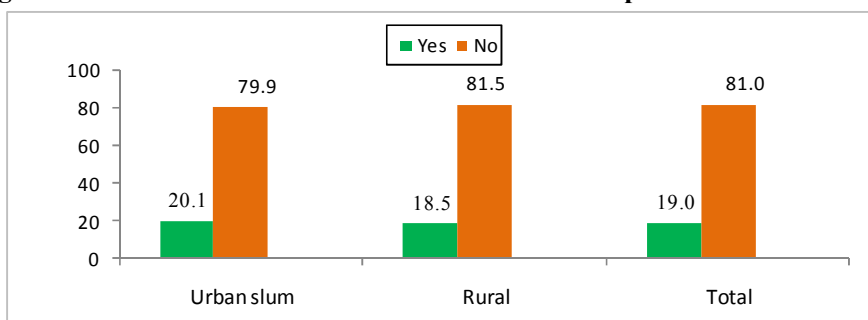
4.5.3 Referral by ASHA for complications faced by mothers

Referral of mothers and children facing any complications after delivery to health facilities was one of the important functions of ASHA under NRHM. All those who had faced some complications were asked whether they were referred by ASHA to any health facility for treatment of the problem. Figure 4.1 shows the percentage of mothers who were referred by ASHA. As can be seen in the figure, less than one-tenth (9 percent) of the mothers who experienced any complication within the postnatal period were referred by ASHA for the treatment at some Govt. health facility in rural areas.

Figure 4.1 Referral by ASHA of mothers who faced complications

4.5.4 Type of complications faced by child within 6 weeks of delivery

All mothers were also asked whether the child had faced any complication within six weeks of delivery. Nearly one-fifth of the mothers reported that the child faced some problem during first six weeks after the delivery. Almost a similar proportion of mothers had stated so both in urban slums and rural areas (**Figure 4.2**). Further analysis by the type of complication faced revealed that 50 percent of the children developed ‘fever’ with corresponding figure for urban slum and rural areas being 42 and 54 percent respectively. More than one-third of the children had experienced ‘breathing problem’. Nearly one-fourth of the mothers whose child faced problems mentioned that the child was ‘unable to breastfed’. No significant difference was observed with almost an equal percentage of them reporting so both in urban slums and rural areas (**Table 4.8**)

Figure 4.2 Percent of mothers whose child faced health problem within 6 weeks**Table- 4.8 Percent of women by type of health complications faced by child within 6 weeks of delivery according to place of residence**

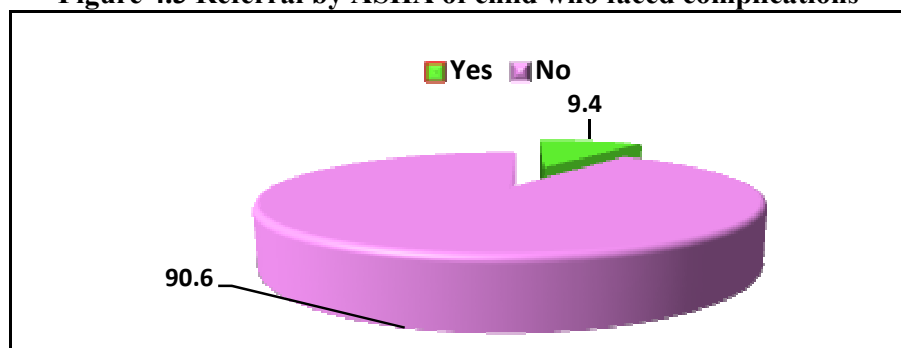
Type of problems faced*	Urban slum	Rural	Total
Unable to breastfed	23.7	24.9	24.5
Difficulty in breathing	32.6	35.7	34.6
Lethargic/semi-unconscious	6.7	5.8	6.1
Fever	42.2	54.2	50.0
Cool in touching	2.9	2.5	2.6
Others	9.2	10.6	10.2
Total Percent	100.0	100.0	100.0
Number of women whose child faced problem	789	1446	2235

*Percent would exceed 100 due to multiple responses

4.5.5 Referral by ASHA for complications faced by child

As the data in figure 4.3 indicates, slightly less than one-tenth of the children were referred to the health facilities for the treatment of the problems faced by them. Lower proportion of referrals by ASHA may be partly due to the fact that the mothers had refrained from reporting the problem to ASHA due to ignorance.

Figure 4.3 Referral by ASHA of child who faced complications



4.6 Family planning advice received during stay at the health facility

All mothers who had reported institutional deliveries were asked if any family planning advice or service was received at the facility after the delivery. A slightly less than one-fifth of the mothers who had delivered in Govt. and private health facilities were reported to have received family planning advice. Mothers who reported receiving any advice were further enquired about the services received. A little more than one-fifth have had received some family planning method (**Table 4.9**).

Table- 4.9 Percent of women who received family planning advice after delivery at the health facility

Particulars	Urban Slum	Rural	Total
Received any family planning advice			
Yes	18.6	18.9	18.7
No	81.4	81.1	81.3
Total Percent	100.0	100.0	100.0
Number of women who delivered in hospital (Govt./Pvt.)	2773	5225	7998
Whether received any FP method			
Yes	20.4	21.5	21.1
No	79.6	78.5	78.9
Total Percent	100.0	100.0	100.0
Number of women who received FP advice	515	984	1499