



Knowledge And Practice Of Postnatal Mother's Regarding Newborn And Post Cesarean Care: A Systemetic Review

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Abstract

Both mother and child require specialized care and direction throughout the postnatal period, which is a delicate time. Maternal and newborn morbidity and mortality continue to be public health concerns worldwide, especially in low- and middle-income nations. Research indicates that kangaroo mother care, exclusive breastfeeding, early postnatal care, and proper post- cesarean management are essential for survival and healing.

Aims: To find knowledge effecting postpartum mothers' knowledge and behaviour of infant and post-cesarean care, as well as to organize a step -by -step evaluation and examine these behavioral practices.

Method: Whole process was according to PRISMA guidelines to conduct a step- by- step evaluation. These terms were used and followed to search databases such as PubMed, Google Scholar, Scopus, and ScienceDirect: "postnatal mothers," "newborn care," "cesarean care," "breastfeeding," and "kangaroo mother care." Included were 15 peer-reviewed papers that were released between 2006 and 2024.

Conclusion: The results show that maternal knowledge varies depending on socio demographics, education, and use of health services. There are deficiencies in early postnatal service use, kangaroo mother care for preterm newborns, and breastfeeding initiation following cesarean section. Improving postnatal outcomes requires focused health education, nursing interventions, and support at the policy level.

Keywords: Breastfeeding, kangaroo mother care, cesarean section, postnatal care, newborn care, and maternal knowledge

Introduction

Both mother and child need expert care and direction throughout the postnatal period, which is a delicate time. Maternal and newborn morbidity and mortality continue to be public health concerns worldwide, especially in low- and middle-income nations. According to research, kangaroo mother care, early postnatal care, exclusive breastfeeding, and proper post-cesarean management are essential for survival .

However, the best results are impeded by low awareness and poor use of postnatal services. Research conducted in Tanzania, India, and Ethiopia

reveals disparities in mothers' understanding of postpartum care, nursing techniques, and newborn care (Kumar & Mundhra, 2021; Chamhene, & Moshi, 2023). Therefore, it is crucial to comprehend maternal knowledge and practice in order to enhance nursing care, create interventions, and influence policy.

Statement of Problem:

A sizable portion of postpartum moms still lack sufficient information and do not follow advised practices regarding baby care and post-cesarean treatment, despite evidence-based standards. Poor

breastfeeding outcomes, postponed recovery, preventable complications, and elevated newborn risk are all caused by this knowledge gap.

Objective:

1. Identify factors influencing postpartum mothers' knowledge and practices;
2. Conduct a systematic review of studies evaluating postpartum mothers' knowledge and practices regarding newborn and post-cesarean care; and
3. Make recommendations for enhancing postpartum care through nursing practice and policy interventions.

Materials and Methods:

Design: Systematic review using PRISMA principles.

1. Searched databases included Google Scholar, ScienceDirect, PubMed, and Scopus.
2. Keywords: postpartum mothers, marsupial mother care, breastfeeding, cesarean sections, postnatal mothers, and infant care.

Inclusion Criteria:

1. Studies published between 2006–2024.
2. Articles focusing on maternal knowledge, practice, and utilization of postnatal or newborn care services.

Exclusion Criteria:

1. Studies published before 2006.
2. Articles which are not focusing on maternal knowledge, practice, and utilization of postnatal or care services.

Discussion :

The review highlights wide variations in maternal knowledge and practice:

1. Understanding Newborn Care: Research indicates a moderate level of knowledge regarding breastfeeding, cord care, and thermal care (Leta, 2022; Ahmed et al., 2019).
2. Poor initiation of breastfeeding after cesarean section is caused by pain, delayed mobility, and sociocultural barriers (Chertok, 2006; Kumar & Mundhra, 2021).
3. Kangaroo Mother Care: Due to a lack of knowledge and training for healthcare professionals, adoption is still low despite its

demonstrated advantages (Chamhene & Moshi, 2023; Gebeyehu, 2022).

4. Postnatal Service Utilization: Due to socioeconomic barriers, education, and rural settings, less than 40% of mothers receive early postnatal services (Abeta, 2018; Yimer, 2024).
5. Post-Cesarean Pain & Care: Pain delays the start of newborn care and reduces maternal independence (Sell, 2012). Support from nurses is essential for healing.

Determinants: Maternal practices were significantly impacted by education, marital status, parity, history of cesarean sections, and service accessibility.

Conclusion :

Gaps in maternal knowledge and practice regarding newborn and post-cesarean care are revealed by this systematic review. Many mothers underuse postnatal care, delay breastfeeding initiation, and are unaware of kangaroo mother care, even in spite of awareness campaigns. Improving access to postnatal services, guaranteeing continuity of care, and bolstering nursing-led education are essential for enhancing maternal and newborn outcomes.

Recommendations :

1. Nursing Practice: Educate postpartum women on pain management following cesarean sections, early breastfeeding, and critical newborn care.
2. Community Involvement: Boost education campaigns about newborn care and kangaroo mother care.
3. Policy: Include home-based follow-up care and structured postnatal counseling in maternal health initiatives.
4. Research: Interventional strategies for enhancing postnatal practices and maternal knowledge should be assessed in future studies.

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Sr. No.	Author & Year	Title of Study	Methods Measurements	Results
1.	Leta M. (2022)	Level of knowledge toward essential newborn care practices among postnatal mothers in governmental hospitals of Harar Town, Eastern Ethiopia	Hospital-based cross-sectional study using structured questionnaires.	5% of mothers had good knowledge of essential newborn care. Knowledge associated with maternal education, ANC visits, and place of delivery.
2.	Abota TL, Atenafu NT (2018)	Postnatal Care Utilization and Associated Factors among Married Women in Bench-Maji Zone, Southwest Ethiopia	Community-based cross-sectional study with structured questionnaires.	52.6% of women utilized postnatal care. Factors: maternal education, ANC visits, institutional delivery, and awareness of postnatal care.
3.	Chamhene, N., & Moshi, F. V. (2023)	Level of Knowledge on Kangaroo Mother Care and Its Associated Factors Among Postnatal Mothers with Preterm Babies in Central Tanzania	Hospital-based cross-sectional study with structured interviews.	51.6% of mothers had adequate knowledge of KMC. Factors: maternal education, counseling at health facilities, and ANC visits.
4.	Uno, K., Mayama, M., Yoshihara, M., Takeda, T., Tano, S., Suzuki, T.,	Reasons for previous Cesarean deliveries impact a woman's independent decision of delivery mode and the success of trial of labour after Cesarean	Observational hospital-based study in Japan using medical records and maternal interviews.	Women's choice of delivery mode was influenced by reasons for prior Cesarean. TOLAC success higher when prior CS was for non-recurrent reasons (e.g., breech).

	Kishigami, Y., & Oguchi, H. (2020)			
5.	Kumar, R., & Mundhra, R. (2021)	A Cross-Sectional Study of Knowledge, Attitude, and Practice toward Breastfeeding among Postnatal Mothers Delivering at a Tertiary Care Centre in Garhwal, India	Hospital-based cross-sectional study using semi-structured KAP questionnaires.	Most mothers had good knowledge and positive attitudes toward breastfeeding, but exclusive breastfeeding practice was lower.
6.	Chertok, I. R. (2006)	Breast-feeding initiation among post-Caesarean women of the Negev, Israel	Hospital-based observational study using interviews and hospital records.	Cesarean delivery delayed breastfeeding initiation due to post-surgical pain, late skin-to-skin contact, and hospital routines.
7.	Minuye Birhane, B., Alebachew Bayih, W., Chanie, M., Awoke, G., Simegn, A., Asnakew, S., Mamuye, M., Yeshambel, A., Muche, T., Demis, A., Munye, T.,	Home based postpartum care and determinants in Ethiopia: A multilevel analysis	National cross-sectional survey; multilevel logistic regression.	Home-based postpartum care utilization was low. Determinants: maternal education, wealth, ANC visits, place of delivery.

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	E. S., Mengesha Yalew, Z., & Mesfin Belay, D. (2022)			
8.	Yimer, T. S., Ferede, W. Y., & Sisay, F. A. (2024)	Utilization of early postnatal care services and associated factors among mothers in South Gondar Zone, Ethiopia	Community-based cross-sectional study using structured questionnaires.	Early postnatal care utilization was suboptimal. Factors: education, institutional delivery, counseling during ANC, awareness of PNC.
9.	Wallenborn, J. T., Graves, W. C., & Masho, S. W. (2017)	Breastfeeding Initiation in Mothers with Repeat Cesarean Section: The Impact of Marital Status.	Retrospective cohort study using birth certificate and survey data.	Married women with repeat Cesarean had higher breastfeeding initiation rates than unmarried women.
10.	Chertok, I. R. (2006)	Breast-feeding initiation among post-Caesarean women of the Negev, Israel.	Hospital-based observational study using interviews and hospital records.	Cesarean birth caused delayed initiation of breastfeeding due to surgical pain, late skin-to-skin contact, and hospital practices.
11.	Gebeyehu, N. A., Gelaw, K. A., Azeze, G. A., Admass, B. A., Lake, E. A., & Adela, G. A. (2022)	Knowledge, attitude and practice towards kangaroo mother care among postnatal women in Ethiopia: Systematic review and meta-analysis.	Systematic review and meta-analysis of Ethiopian studies.	Pooled results: Knowledge 64%, Attitude 61%, Practice 42%. Determinants: maternal education, counseling.

12.	Ahmed, S., Majumder, S., Monia, Z. N., & Bhuiyan, S. U. (2019)	Assessment of Postnatal Mothers' Knowledge of Newborn Care Practices: A Cross-sectional Study.	Hospital-based cross-sectional study using structured questionnaires.	Many mothers had limited knowledge on thermal care, cord care, and breastfeeding.
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13.	Sell, S. E., Beresford, P. C., Dias, H. H. Z. R., Garcia, O. R. Z., & Santos, E. K. A. D. (2012)	Looks and knowledge: experiences of mothers and nursing staff regarding post-caesarean section pain	Qualitative descriptive study using interviews.	Mothers reported significant post-CS pain; nurses stressed better education/support for pain management.
14.	Sayed Mosaad, F., Ragb Abo Shabana, K., & Metwaly Mohamad, S. (2022)	Evaluate knowledge & practice of nurses regarding care of women with cesarean section.	Cross-sectional survey among nurses using structured questionnaires.	Nurses had moderate knowledge and practice; recommended training and updated guidelines.
15.	Timilsina, S., & Dhakal, R. (2015)	Knowledge on postnatal care among postnatal mothers	Hospital-based cross-sectional study in Nepal using questionnaires.	Mothers' knowledge on postnatal care was low. Factors: education, ANC visits, counseling.