



A Study To Assess The Effectiveness Of Orientation Programme Regarding Home-Based Post-Natal Care Among Asha's Of Sub-District Hospital Magam, Kashmir

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Abstract

Aim of the Study: The study was conducted with the aim to improve the knowledge of ASHA's regarding home-based postnatal care, thereby preventing the postnatal complication among women and thus reduce the maternal morbidity and mortality.

Title of the study:“A Study to assess the Effectiveness of Orientation Programme regarding Home-based Postnatal Care among ASHA's of Sub-district Hospital, Magam, Kashmir”

Objectives:

1. To assess the pre-test knowledge regarding home based post-natal care among ASHA's of Sub –District Hospital, Magam, Kashmir.
2. To assess the post-test knowledge regarding home based postnatal care among ASHA's of Sub –District Hospital, Magam, Kashmir.
3. To evaluate the effectiveness of orientation programme by comparing the pre-test and post-test knowledge scores regarding home based postnatal care among ASHA's of Sub-District Hospital, Magam, Kashmir.
4. To assess the pre-test skill regarding hand washing technique and measuring temperature of new-born among ASHA's of Sub –District Hospital, Magam, Kashmir.
5. To assess the post-test skill regarding hand washing technique and measuring temperature of new-born among ASHA's of Sub –District Hospital, Magam, Kashmir.
6. To evaluate the effectiveness of orientation programme by comparing the pre-test and post-test skill scores regarding regarding hand washing technique and measuring temperature of new-born among ASHA's of Sub – District Hospital, Magam, Kashmir.
7. To find the association between pretest knowledge scores with selected demographic variables of ASHA's (age, education qualification, and professional experience).
8. To find the association between pretest skill scores with selected demographic variables of ASHA's (age, education qualification, and professional experience).

Methodology:

A pre-experimental approach with one group pre-test post-test design was adopted in order to evaluate the effectiveness of orientation programme regarding home-based postnatal care among ASHA's of Sub-District Hospital Magam Budgam Kashmir”. Total enumerative sampling technique was used for selection of 60 ASHA's from accessible population. The prepared tool (structured interview schedule) and intervention (Orientation programme) were validated by a panel of experts. Pre-testing of the tool and Intervention was done to check them for the clarity and feasibility. Pilot study was conducted on ASHA's other than the study sample to find the feasibility of the study. The main study was conducted from 15 th Mar to 11 th April. Pre-test was

done on a group of 6 ASHA's per day followed by intervention (Orientation programme) on the same day. Post test was conducted on day 7. The data obtained was analyzed by both descriptive (Frequency, percentage mean, Median, Standard Deviation) and inferential statistics (paired t-test for comparison of pre-test and post-test mean knowledge scores and Chi-square test to find the association between pre-test knowledge scores and the selected demographic variables of staff nurses).

Results: The knowledge level of ASHA's regarding home-based postnatal care among ASHA's of Sub-District Hospital Magam Budgam Kashmir showed that among the total sample (n=60), majority of the study subjects 80% had moderate knowledge, 15% had adequate knowledge and 5% had inadequate knowledge regarding home-based postnatal care among ASHA's, while as in the post-test, majority of subjects 3% of the study subjects had adequate knowledge, whereas 1.7% of the study subjects had moderate knowledge and none of the study subjects had inadequate knowledge regarding home-based postnatal care among ASHA's. The mean post test knowledge scores (46.87 ± 3.820) of the subjects regarding home-based post-natal care was found to be significantly higher than that of the mean pre-test knowledge scores (27.37 ± 6.203). And in the pre test, among the total sample (n=60), maximum number of the study subjects 56.7% had moderate knowledge, 40% had inadequate knowledge and 3.3% had adequate knowledge regarding hand washing technique and measuring temperature and after orientation programme majority (70%) of the study subjects had adequate knowledge, whereas 26.7% of the study subjects had moderate knowledge and 3.3% study subjects had inadequate knowledge regarding hand washing technique and measuring temperature of newborn babies. The mean post test skill scores (12.53 ± 3.197) of the subjects regarding hand washing technique and measuring temperature of newborn was found to be significantly higher than that of the mean pre-test knowledge scores (6.13 ± 2.087). This indicated that the orientation programme (OP) was significantly effective in improving the knowledge among subjects regarding home-based postnatal care. There is significance association between the pre knowledge score and demographic variables (professional experience). There is no significance association between the pre knowledge scores and other demographic variables (age, educational qualification). There is significance association between the pre-skill scores and demographic variables (age). There is no significance association between the pre-skill scores and other demographic variables (educational qualification and professional experience).

Conclusion

The findings of the study revealed that the ASHA's were not possessing adequate knowledge regarding home-based postnatal care. Significant association between the demographic variables like professional experience and significant association between the demographic variables like age was found with the pre-test knowledge and skill scores. The orientation programme was found to be effective in improving the knowledge regarding home-based postnatal care. Therefore, the study concluded that implementing an orientation programme is effective in increasing the level of knowledge of ASHA's regarding home-based postnatal care so that they may be the best care givers and able to prevent the occurrence of postnatal complications and overall reduce the maternal and neonatal morbidity and mortality.

Keywords: ASHA's, Knowledge, Pre-test, Post-test, postnatal complications, Orientation programme.

Introduction

Statement of the problem: A Study to assess the Effectiveness of Orientation Programme regarding Home-based Postnatal Care among ASHA's of Sub-district Hospital, Magam, Kashmir

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postnatal care among ASHA's of Sub-District Hospital, Magam, Kashmir.

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7. To find the association between pretest skill scores with selected demographic variables of ASHA's (age, education qualification, and professional experience).

In India, the Accredited Social Health Activist program under the National Rural Health Mission (NRHM), now called National Health Mission (NHM), is seen to be following the long tradition of Indian Community Health Workers (CHWs). The concept of community health workers dates back to the pre independence era and the freedom struggle in India when in the 1940s the National Health Sub-Committee of the National Planning Committee of the Indian National Congress recommended a "community health worker (Sokhey)" for every 1,000 village population. Later, in 1977 the Village Health Guide 1. The Accredited Social Health Activist (ASHA) program is a key component of the (now) National Health Mission (NHM). National Rural Health Mission (NRHM) and National Urban Health Mission (NUHM) are the two Sub-missions of the NHM.²

Need For The Study

Maternal morbidity and mortality rates remain unacceptably high across the developing world. Every minute, a woman dies from complications related to childbirth or pregnancy. Complications of pregnancy and childbirth are a leading cause of death

and disability among women of reproductive age (ages 15 to 44) in developing countries. While most maternal deaths are preventable, poor health services and scarce resources limit women's access to life-saving, high-quality care. During the period of pregnancy and child birth, the body of a mother undergoes several changes, which takes time to get back to the pre- pregnancy stage. After childbirth it is essential for the mother to take care of herself so that she can enjoy with her new baby and rest of the family. Taking care of the baby and feeding the baby is very tiring and requires energy. So the postnatal care of the mother is very important especially for those who undergo cesarean section. The quality of Home based postnatal care provided to women and families in the first days and weeks after birth can have a significant impact on their experience of the transition to parenthood. First time parents often have very limited experience of the physical and emotional demands of their new roles and responsibilities which can be quite a challenge. Research repeatedly shows more negative comments from service users in relation to hospital postnatal services than about any other aspect of maternity care. It shows that all mothers should be able to access good quality postnatal support in their home. The investigator selected this study as ASHA's are lacking the skills and knowledge regarding home-based postnatal care. As investigator has personally found that postnatal mothers are coming to the hospital with minor postnatal ailments eg breast problems such as breast engorgement, cracked nipples, retracted nipples, constipation, pain on incisional areas etc. ASHA's knowledge is one of the crucial aspects of health system to improve the coverage of community based maternal and essential newborn care practices at the household level. Thus ASHA's need to improve their knowledge level. Thus the evaluator selected the orientation program regarding home- based postnatal care to improve the knowledge of ASHA's.

Review Of Literature:

This chapter deals with a review of selected books, journals, web resources, newsletters and the International Nursing Index related to the present study. The literature reviewed for the present study is grouped under the following headings

1. Literature review related to Post-natal care:
2. Literature review related to New-born care

3. Literature review related to Home-based postnatal care
4. Literature review related to Effectiveness of STP on ASHAs

Literature Review Related To Post-Natalcare.

Shaw, Levitt, Wong, Kaczorowski (June 2007) conducted a study to assess the effectiveness of postpartum support to improve maternal parenting, mental health, quality of life, and physical health. This review examined the published evidence of the effectiveness of postpartum support programs to improve maternal knowledge, attitudes, and skills related to parenting, maternal mental health, maternal quality of life, and maternal physical health. Randomized controlled trial evidence was found to endorse universal provision of postpartum support to improve parenting, maternal mental health, maternal quality of life, or maternal physical health. There is some evidence that high-risk populations may benefit from postpartum support.

Literature Review Related To New-Born Care

Singhal , Mathur , Singh . (1999) conducted a study on neonatal morbidity and mortality in a ICDS urban slums: A community wide prospective survey was conducted in the urban slums of Gorakhpur to elicit about India's high rate of neonatal mortality to successfully reduce IMR to 60/1000 more information regarding determinant factors of neonatal morbidity and mortality, especially in urban slums.. Higher mortality rates were observed in institutional deliveries and overall majority of mortality occur in the home. The study concludes that the proper training of traditional dias and paramedical workers would minimize the extent of these deaths.

Literature Related To Home Based Postnatal Care

Vidya ,Kisa .(2005) conducted a study on effectiveness of early mother-baby close contact over the duration of exclusive breast feeding on 92 lactating mother-infant pairs in the first 6 months of birth.. They were followed-up to 6 months for various perinatal factors determining the duration of exclusive breast feeding early postpartum mother-baby skin-to-skin contact had a powerful influence (P<0.001) over the duration of exclusive breast feeding up to 4 to 6 months and was found to be more significant that early initiation of breast feeding

(P<0.05). Mode of delivery did not have any significant effect (P<0.5) over the duration of exclusive breast feeding. The study concluded that Mother-baby skin-to-skin contact and early initiation of breast feeding to all vaginal as well as caesarian deliveries promote breast feeding.

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Literature Related To Effectiveness Of Training Programmes

P Stalin, Krishnan,Rai and Agarwa (2009) . conducted a study on 33 ASHA's involvement in newborn care at Primary Health Centre (PHC) Haryana . All the ASHA of Primary Health Centre were trained in providing newborn care by community physicians at Civil Hospital. This was followed by two refresher training at three months interval and supportive supervision. The study showed that the knowledge did not increase immediately after training. This could be attributed to the induction trainings under routine program and working experience for more than 2 years. In addition, this could be due to shorter duration of training. Three months after training, there was significant increase in the knowledge of ASHAs. This could be attributed to learning by doing and indicates the need for practical training for ASHAs.

Research Approach: The research approach is an umbrella that covers the basic procedure for conducting research .In view of the nature of the problem selected and the objectives to be achieved,

qualitative approach was considered appropriate for the present study. Quantitative approach is an applied form of research that involves how a specific programme, practice and procedure is working. Quantitative research approach is conducted to determine how well a programme be implemented and how well it will accomplish its purpose. Evaluation is undertaken with the aim of providing answers to questions about the effectiveness of programme under consideration.

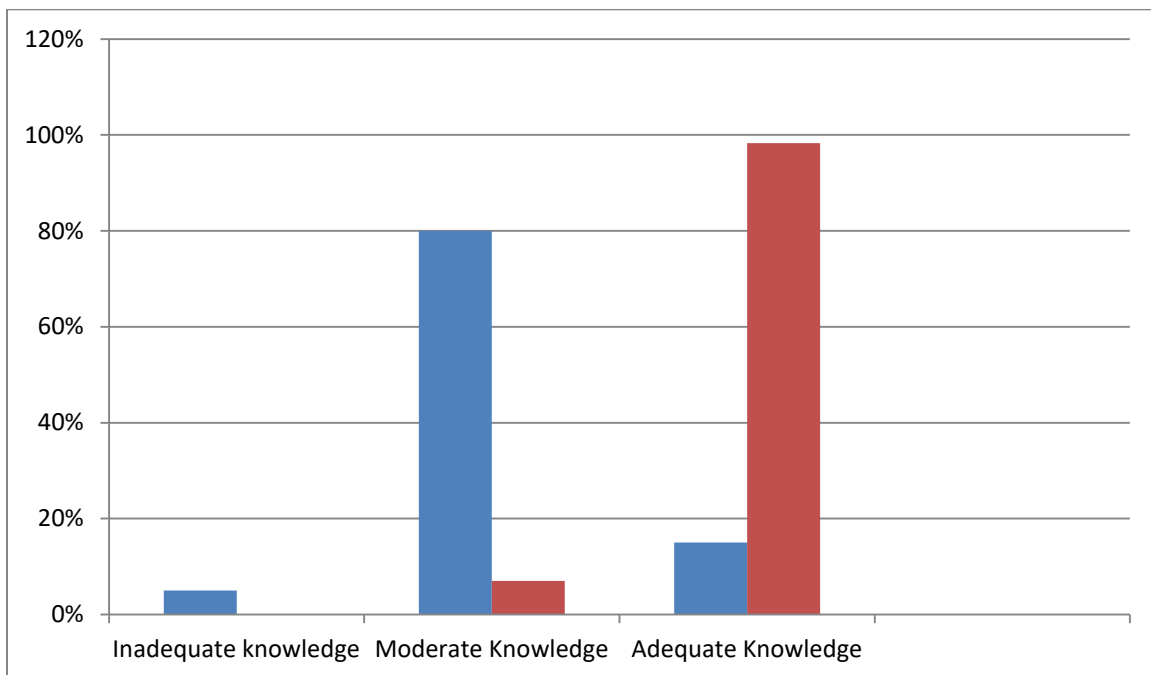
Research Design: - The research design is the overall plan for obtaining answers to the questions being studied and for handling some of the difficulties encountered during the research process.

Research design refers to organization of scientific investigation for conducting the study. For the present study one group pre-test post-test design was found to be most appropriate for measuring the impact or effectiveness of orientation programme. Pre-experimental one group pre-test and post-test design is described as two sets of cross sectional observations on the same population to find out the change in the phenomena between two points of time. The change is measured by comparing the difference in the phenomenon at the pre-test and post-test observations. No comparison with a control group is provided.

Table 1 :Comparison of Study Subjects in terms of pre test and post test scores of knowledge regarding home-based postnatal care.

CRITERIA MEASURE OF KNOWLEDGE SCORE		
Score Level (N=60)	Pre-test Post	Post-post
Inadequate Knowledge (0-17)	3(5%)	0(0%)
Moderate Knowledge (18-34)	48(80%)	1(1.7%)
Adequate Knowledge (35-50)	9(15%)	59(98.3%)

Maximum-50 Minimum -0



Inadequate Knowledge (0-17) Moderate Knowledge (18-34) Adequate Knowledge (35-50)

The data in the table and figure showed comparison of study subjects between their pre-test and post-test knowledge.. In pre-test majority (80%) of the study subjects had moderate knowledge, where as 15% of the

study subjects had adequate knowledge and 5% of the study subjects had inadequate knowledge, but in their posttest majority of study subjects (98.3%) had adequate, where as 80% of the study subjects had moderate knowledge and none 0% of the study subjects had inadequate knowledge. This shows that there is improvement in knowledge afterorientation programme.

Comparison of pre-test and post-test skill scores of subjects regarding handwashing technique and measuring temperature.

Pre-test and post -test skill score	Pre test		Post test	
	Frequency	percentage	Frequency	percentage
Inadequate (0-5)	24	40 %	2	3.3%
Moderate (6-10)	34	34%	16	26 %
Adequate (11-15)	2	2 %	42	70 %

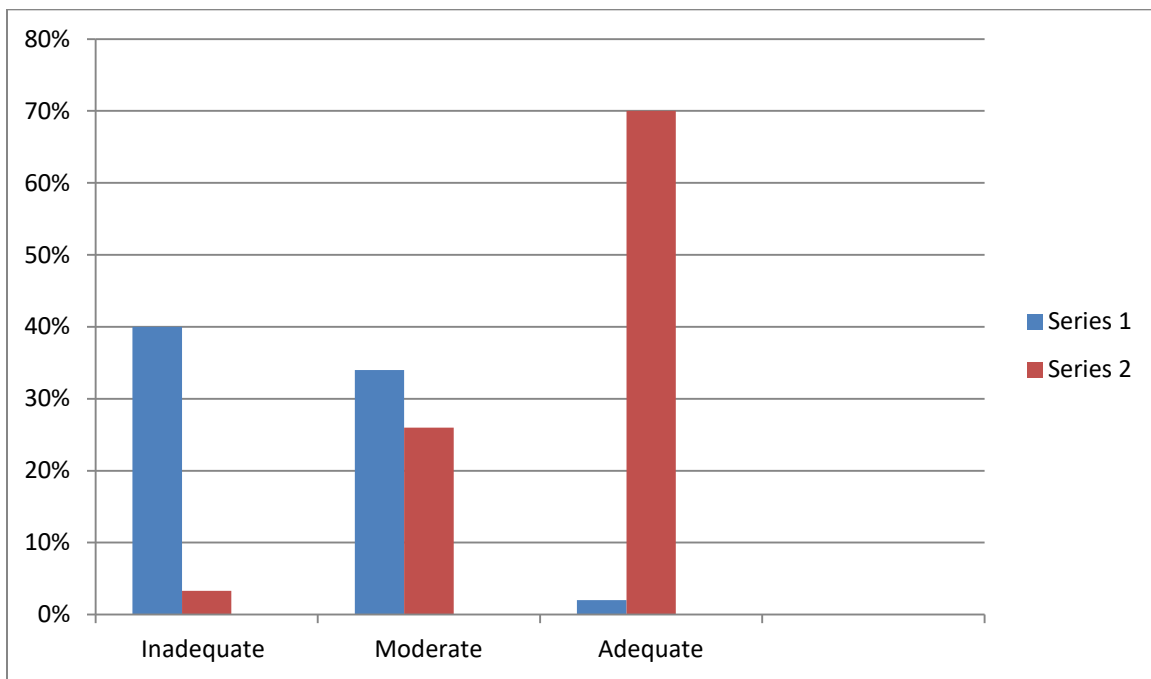


Table and figure showed that in pretest maximum number of the study subjects (56.7%) had moderate skill (40%) had inadequate skill and least i.e.(3.3%) had adequate knowledge and in posttest maximum number of the study subjects(70%) had adequate knowledge and 26.7%had moderate skill and least i.e.,(3.3%)had inadequate skill regarding hand washing technique and checking temperature with the help of thermometer.

Findings:

Objective 1: To assess the pre -test knowledge among ASHA’s regarding home based postnatal care.

The findings of the study showed that in the pre test, among the total sample (n=60),maximum number of the study subjects 80% had moderate knowledge, 15% had adequate knowledge and 5% had inadequate

knowledge regarding home-based post natal care among ASHA’s.

Objective 2: To assess the post-test knowledge regarding home based postnatal careamong ASHA’s of Sub –District Hospital Magam.

The study shows that after orientation programme majority 98.3 % of the study subjects had adequate

knowledge, were as 1.7% of the study subjects had moderate knowledge and none of the study subjects had in adequate knowledge regarding home based postnatal care among ASHA's.

Objective 3: Comparison of pre test and post test knowledge scores of subjects on home based postnatal care.

The present study shows that in pre-test majority (80%) of the study subjects had moderate knowledge, were as (15%) of the study subjects had adequate knowledge and 5% of the study subjects had inadequate knowledge, were as in post test majority (98.3%) of study subjects had adequate, were as (80%) of the study subjects had moderate knowledge and none (0%) of the study subjects had inadequate knowledge. This shows that there is improvement in knowledge after intervention.

Objective 4: Skill scores of study subjects before and after administration of orientation programme regarding hand washing technique and measuring temperature of newborn.

The findings of the study showed that in the pre test, among the total sample (n=60), maximum number of the study subjects 56.7% had moderate knowledge, 40% had inadequate knowledge and 3.3% had adequate knowledge regarding hand washing technique and measuring temperature.

Objective 5: To assess the post-test skill regarding hand washing technique and measuring temperature of newborn among ASHA's.

The study shows that after orientation programme majority (70 %) of the study subjects had adequate knowledge, were as 26.7% of the study subjects had moderate knowledge and 3.3% study subjects had inadequate knowledge regarding hand washing technique and measuring temperature of newborn babies.

Objective 6: To evaluate the effectiveness of orientation programme by comparing the pre-test and post-test skill scores regarding hand washing technique and measuring temperature of new-born.

The present study shows skill scores of study subjects in their pre-test and post-test depicts that in pre test maximum number of the study subjects 56.7% had moderate knowledge 40% had inadequate knowledge and least i.e., 3.3% had adequate knowledge and in

post test maximum number of the study subjects 70% had adequate knowledge and 26.7% had moderate knowledge and least i.e., 3.3% had inadequate knowledge regarding hand washing technique and measuring temperature..

Objective 7: To find the association between pre test knowledge scores with selected demographic variables of ASHA's e.g. age, educational qualification, and professional experience.

The present study shows that there is significance association between the pre knowledge score and demographic variables (professional experience). There is no significance association between the pre knowledge scores and other demographic variables (age, educational qualification)

Objective 8. To find the association between pre test Skill scores with selected demographic variables of ASHA's e.g. age, educational qualification, and professional experience

The present study showed that there is significance association between the pre skill scores and demographic variables (age) There is no significance association between the pre skill scores and other demographic variables).

Major Findings Of The Study

I) Findings related to demographic variables: Out of the 60 subjects: □ Maximum number of the subjects (65%) belonged to the age group 31-40 years. □ Majority of the subjects (57%) had 8th Standard Qualification. □ Majority of the subjects (97%) had more than 5 years professional experience.

II) Findings related to assessment and comparison of knowledge score of study subjects regarding home-based postnatal care. In the pre-test, maximum number of the subjects (80%) had moderate knowledge whereas in the post-test, majority of the subjects (98.3%) had adequate knowledge. The mean pre-test knowledge score of subjects was (27.37±26). The mean post-test knowledge score of subjects regarding home-based postnatal care was (46.87±3.820.5

Findings related to Comparison of pre-test and post-test knowledge score of subjects regarding home-based postnatal care. In the pre-test, maximum number of the subjects (56.7%) had moderate knowledge whereas in the post-test, majority of the

subjects (95%) had adequate knowledge. In pre-test, majority of subjects (56.7%) had moderate skill scores and in post-test, maximum number of subjects (70%) had adequate skill scores. Mean post-test knowledge score (46.87 ± 3.820) of the subjects was significantly higher than that of the mean pre-test knowledge score (27.37 ± 6.203). Mean difference (11.860), and p value < 0.001 which indicates that there is significant difference between pre-test and post-test mean knowledge score.

III) Findings related to assessment and comparison of skill score of study subjects regarding hand washing technique and checking temperature: The skill score of subjects regarding hand washing technique and checking temperature: In pre-test, maximum number of subjects, (56.7%) had moderate skill whereas in the post-test, majority of the subjects (70%) had adequate skill. The mean pre-test skill score of subjects was (6.13 ± 11) The mean post-test skill score of subjects regarding hand washing technique and checking temperature. was (12.53 ± 3.1957) Mean post-test skill score of the subjects (12.53 ± 3.197) was significantly higher than that of the mean pre-test skill score (6.13 ± 2.087) □ Mean difference (6.400), and p value < 0.001 which indicates that there is significant difference between pre-test and post-test skill score.

IV) Findings related to Association between pre-test knowledge score and skill scores with demographic variables of study subjects (ASHAs). Association was found between the pre-test knowledge scores of subjects and the demographic variable (experience) and no association was found between pre-test knowledge scores and other demographic variables (age, educational qualification) of study subjects. Association was found between the pre-test skill scores of subjects and the selected demographic variables (age) but pre-test skill score has no significant association with other demographic variables (educational qualification and professional experience) of study subjects.

Implications:-

The findings of the present study have implications for nursing practice, nursing administration, nursing education and nursing research.

Nursing Practice

1. Knowledge regarding home-based postnatal care among ASHA's is essential for safe motherhood programme. This knowledge will help the ASHA's to provide adequate home-based postnatal care to women and thereby decreasing maternal mortality and morbidity due to postnatal complications.

2. The knowledge of health workers regarding home-based postnatal care need more emphasis because lack of knowledge can increase the chances of maternal death.

3. Updates and new evidences are constantly emerging and the health workers needs to be educated about the updated protocols.

Nursing Administration

ASHA workers provide services to the community at grass root level. So, administrators can plan more in service education programmes to improve the practices of ASHA workers. Demonstrations for ASHA workers can be planned so, that they will be able to provide effective services to the community. Suggestions can be given to the administrators to give more incentives to the ASHA workers which can be a motivation to them. ASHA workers should be supervised regularly by the administrators.

Nursing Education

There is a dire need to update knowledge of community health nurses and have refreshment courses to update their knowledge regarding home-based postnatal care so that they become perfect. For giving training to ASHA's regarding home-based postnatal care.

Nursing Research:-

1. The findings of the research studies need to be disseminated in order to base the practice of ASHA's on research evidences. The health workers should be made aware about the home-based postnatal care..

2. Research studies need to be conducted on large sample and in different setting so as to update the knowledge and practice of health workers regarding home-based postnatal care.

Conclusions

The following conclusions were drawn on the basis of the findings of the study:

Pre-test findings revealed that the subjects did not possess adequate knowledge regarding home-based postnatal care.

Most of the subjects had adequate skill regarding hand washing technique and measuring temperature. So their skill need to be enhanced.

The orientation programme was found effective in improving the knowledge of subjects regarding home-based postnatal care. It indicated that ASHA's had perceived the importance of intervention and were interested in learning as evident from post-test knowledge and skill scores. Significant association was found between the demographic variables like professional experience with the pre-test knowledge score of subjects and demographic variables like age of subjects had significant association with the pre-test skill score of study subjects, which indicate that these variables probably have some effect on their knowledge. This is a clear indication that professional experience and age helps in developing power of understanding and skill in developing capability of an individual.

This indicates that orientation programme must be implemented on regular basis in hospitals, PHCs and Subcentres in order to increase the knowledge and skill of ASHAs regarding home based postnatal care.

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