

## Assessment of Post Natal Care in Lal Kuan [Running banner link]

### [Background page]

The aim is to identify the essential 'core care' which every woman and her child should receive, as appropriate to their needs, during the first 6–8 weeks after birth, based upon the best evidence available. And also about recognizing any deviation from expected recovery after birth and then about evaluating and intervening appropriately.

Post Natal Care starts for mother and infant after delivery and continues up to 6 weeks. Post natal care is routinely provided for all women and their infants, several important indicators that raise concern about its quality and effectiveness. These have highlighted widespread and persistent health problems experienced by women after childbirth, many of which are unreported by women and not identified by healthcare professionals. Common health problems include physical morbidity such as backache, breast feeding problems, perennial pain, stress incontinence, and mental health problems, such as postnatal depression.

Mostly newborn death that occurs, happen within the first 24 hours after birth. Many of these deaths occur in babies born too early and too small, babies with infections, or babies asphyxiated<sup>i</sup> around the time of delivery. Labour, birth and the immediate postnatal period are the most critical for newborn and maternal survival.

Therefore post natal care is very important for the child as well as the mother.

One of the important survey instruments was the women questionnaire which collected detailed information on birth history (births since October, 2015), health, breastfeeding, place of delivery, mode of delivery, and related information for mothers and children. The birth history data provided an opportunity to examine the association between PNC and descriptive analysis. Strategies must focus on making PNC for newborns accessible to all. Findings clearly suggest that utilization of PNC for newborns is extremely limited and has not picked up in the past two six months.

Over the period of two months we have monitored three areas- NardanBasti, Prem Nagar and NT/DNT families. Out of 49 mothers we were able to cover 44 mothers that were available at that time. Out of 44 children 26 were found to be healthy and taken care of by their families. Their mothers were more aware about post natal care.

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