



Original Article

Perinatal Bereavement Care: Knowledge and Attitude among Staff Nurses in Pune

Abstract:

Introduction: Perinatal bereavement care is a complex, common issue and neglected, most often in clinical settings. So the nurse must have a thorough understanding and positive attitude towards perinatal bereavement care.

Objectives: It was intended to assess the knowledge & attitude of staff nurses regarding perinatal bereavement care and to correlate knowledge and attitude of staff nurses regarding perinatal bereavement care

Methods and Materials: This exploratory survey study was conducted in selected hospitals of Pune city with 100 staff nurses. The tool used for data collection were 1) Self-structured questionnaire, 2) 4 point Likert scale. Sample was chosen using nonprobability sampling techniques.

Results: It was found that 51% of staff nurses were RGNM, 24% of them had 6-10 years of total experience. Majority (73%) of them had up to 5 years of experience in maternity unit and 46% of them had knowledge regarding prenatal bereavement care from health professionals/friends/others. Fifty four percent of them had personal experience in prenatal bereavement care. Majority of the staff nurses (77%) had average knowledge and (93%) of them had positive attitude towards prenatal bereavement care. The correlation between knowledge and attitude of staff nurses towards prenatal bereavement care was not significant. Staff nurses who had knowledge from health professionals/friends/others (15.2%) and workshop/seminar (15.3) were found to have significantly higher knowledge scores as compared to other resources.

Conclusion: The majority of staff nurses have average knowledge and positive attitude towards perinatal bereavement care. The hospital authorities should play a major role in providing a positive environment to enhance the knowledge and practice of perinatal bereavement care among staff nurses. This in turn will lead to greater patient satisfaction and foster quality care.

Key Words: knowledge, attitude, perinatal bereavement care, staff nurses, Pune

Fatemeh Mousavi ¹,
Supriya Pottal (Ray) ²,
Lily Podder (Bera) ³

1 M. Sc, Bharati Vidyapeeth University College of Nursing, Pune-43

2 Asst. Prof, Bharati Vidyapeeth University College of Nursing, Pune-43

3 Assoc. Prof, Bharati Vidyapeeth University College of Nursing, Pune-43

Corresponding Author:

Fatemeh Mousavi

Email: najva_asemani@yahoo.com

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Introduction

Birth is a miracle and each baby is God's perfect creation. Pregnancy is often a time of great hope for the future. Process of pregnancy and childbirth are very much a personal journey.¹ Each woman experiences the beauty of creating and giving birth to a child. A baby becomes real to its parents the moment the pregnancy test is positive. Minds race imagining changes to the family dynamics, reconfiguring the living space, thinking about the gender of and possible names for the baby Perinatal means the period around childbirth, especially 5 months before and one week after birth. Bereavement means a state of sadness, grief and mourning after the loss of a loved one. Perinatal bereavement means loss of mother or child by death.²

The major causes of maternal death are bacterial infection, toxemia, obstetrical hemorrhage, ectopic pregnancy, puerperal sepsis, amniotic fluid embolism and complications of abortions.³

Pregnancy loss, through miscarriage, stillbirth, or neonatal death robs the parent of connectivity, bonding, and memory making. Mourning the loss of an unborn baby or infant is very different than the loss of a child with whom one has shared years of memories. Infant Mortality Rate decreased from 68 percent to 57 percent per 1,000 live births, according to National Family Health Survey III (2005 – 2006). It also revealed that, India has an IMR of 43 percent in 1000 live births and significant drop in IMR in other states like Karnataka 57 percent, Andhra Pradesh 53 percent, Tamil Nadu 31 percent, Kerala 15 percent

and Maharashtra 38 percent.⁴

The maternal mortality rate in India is 450 deaths per 100,000 live births. In comparison, Congo had an MMR of 740, Nigeria 1,100 and Afghanistan 1,800 per 100,000 births. While Bangladesh reported 21,000 deaths with an MMR of 570, Pakistan recorded 15,000 deaths with MMR of 320, China had 7,800 deaths with MMR of 45 and Nepal 6,500 deaths with MMR of 830 in 2005. Sri Lanka recorded 190 deaths with an MMR of 58.10 In a rural area of Maharashtra, 3129 singleton and 22 twin births were recorded in a population of 47 000. Of the 3173 babies, 85 singletons and five of the twins were stillborn giving a stillbirth rate of 28.4/1000 births.⁵

The death of one's child or mother is probably the most painful and emotionally disturbing experience for a parent and family members. A normal reaction to loss and grief is unique in its impact, course and meaning for each individual. The loss can cause intensive grief because it is so final; however grief is generally not a significant threat to a person's long term health and wellbeing.⁶

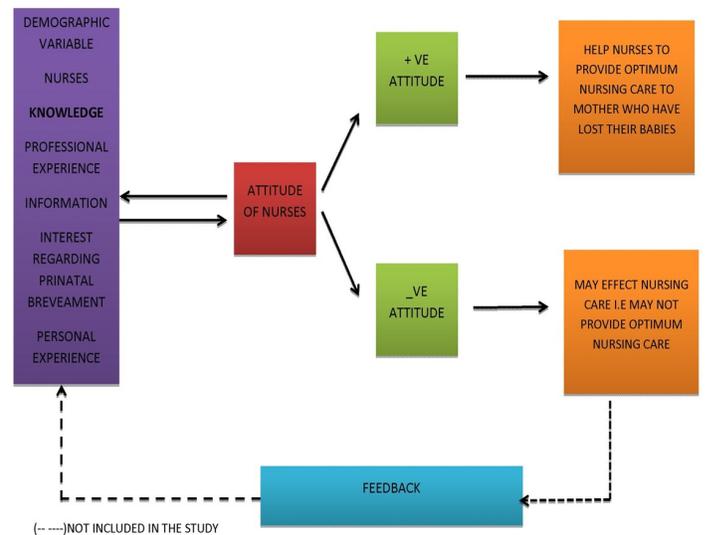
The parents of a baby who has died, experience feelings of distress, disappointment or frustration at unfulfilled expectations. The knowledge which the nurses requires in order to provide effective care for parents and relatives who are bereaved help to share their own feelings more freely. The midwife needs to have sufficient insight into her own reactions and needs in situations of loss and grief if she is to be effective in taking appropriate care of others.⁷

The nurse's role in facilitating the bereavement care includes assisting survivors to feel the loss, express the loss and complete the tasks of the bereavement care. To be effective the nurse must have a thorough understanding of a client's loss, its significance and meaning to the client and family, and how it affects the client's and family's ability to carry on. Providing care for client's in crisis from loss requires knowledge and caring to help bring comfort to client and families even when a hope for getting a child is gone.⁸

Chan MF, Chan SH, Day MC (2003) conducted a study on nurse's attitude towards perinatal bereavement support in Hong Kong. Majority of nurses held a positive attitude towards bereavement care. Significant differences in nurses attitude towards bereavement support was found in terms of practical experience and training factors.⁹

Therefore this study was conducted to assess knowledge and attitude regarding perinatal bereavement care among staff nurses in maternity ward in selected hospital of Pune city. Also to correlated knowledge and attitude of staff nurses regarding Perinatal bereavement care and to find out the association between knowledge and attitude with selected demographic variable.

Conceptual framework



AJZEN AND FISHBEINS MODEL

Methodology

Exploratory survey research design was adopted for the present study .The study was conducted among 100 staff nurses working in maternity ward of selected hospitals of Pune city. Sample was chosen using nonprobability sampling techniques. Data was collected through Self –structured questionnaire and 4 point Likert scale. Validity and reliability of tool was established ($r= 0.824$) Data was analyzed using descriptive (percentage) and inferential statistics (Karl Parsons correlation test and ANNOVA) based on which interpretation were made.

Result

The sample distribution in table 1 shows that 53% of the staff nurses were from age group 18-28 years, 31% of them were from age group 29-38 years, 15% of them were from age group 39-48 years,1% of them were from age group 49-58 years. Seventy six percent of them were married , 22% were unmarried and 2% of them were widow. Study shows that 46% of them were RANM (Revised Auxiliary Nurse Midwives) , 51% of them

were RGNM (Diploma in revised General Nursing & Midwifery) , 3% of them were BSC nursing.

Table 1: Description of samples (staff nurses) according to Demographic characteristics by frequency and percentage. N=100

Variable	f	%
Age (years)		
18-28	53	53
29-38	31	31
39-48	15	15
49-58	1	1
Marital Status		
Married	76	76
Unmarried	22	22
Widow	2	2
Professional Qualification		
RANM	46	46
RGNM	51	51
B.Sc.	3	3
M.Sc	0	0
Total Experience (years)		
< 5 years	44	44
6-10 years	24	24
11-15 years	17	17
16-20 years	9	9
21-25 years	6	6
Previous experience in Maternity Unit (years)		
< 5 years	73	73
6-10 years	16	16
11-15 years	6	6
16-20 years	3	3
21-25 years	2	2
Source of knowledge regarding prenatal bereavement care		
Mass media /TV/Radio	7	7
Workshop/ Seminar	7	7
Magazines/Journals	1	1
Books/Periodicals	39	39
Health professionals/Friends/Others	46	46
Do you have personal experience in prenatal bereavement care		
Yes	54	54
No	46	46

Forty four percent of them had less than 5 years experience, 24% of them had 6-10 years experience, 17% of them had 11-15 years, 9% of them had 16-20 years experience and 6% of them had 21-25 years experience. Forty six percent of them had

knowledge regarding perinatal bereavement care from health professionals/ friends/others, 39% of them had knowledge from books/periodicals, 7% of them had knowledge from mass media/ TV/Radio, 7% of them had knowledge from workshop/seminar and 1% of them had knowledge from magazines/journals. It was revealed that 54% of them had personal experience in perinatal bereavement care and 46% of them didn't have personal experience in prenatal bereavement care.

Fig 1: Pie diagram showing knowledge grade of staff nurses regarding perinatal bereavement.

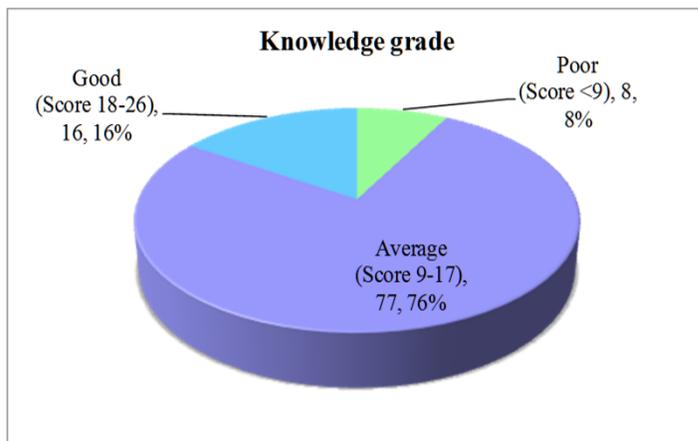


Fig 1 shows majority (77%) of the staff nurses had average knowledge regarding perinatal bereavement care, 16% of them had good knowledge and 8% of them had poor knowledge regarding perinatal bereavement care.

Fig 2: Pie diagram showing attitude of the staff nurses regarding perinatal bereavement care.

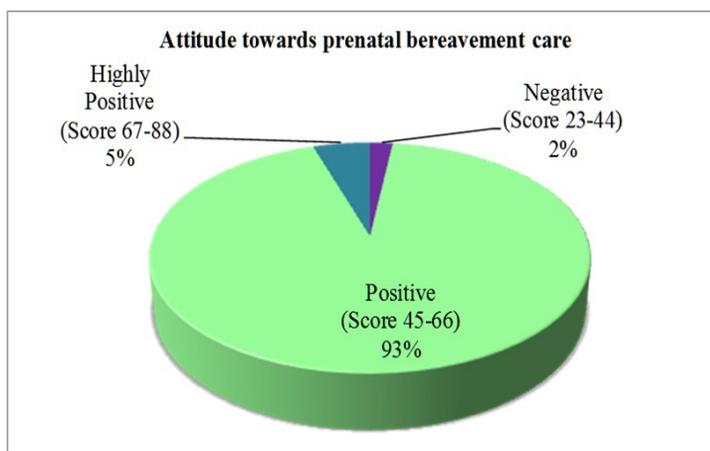


Fig 2 reveals that majority (93%) of the staff nurses had positive attitude towards perinatal bereavement care, 5% of them had highly positive attitude and 2% of them had negative positive attitude and 2% of them had negative attitude toward perinatal bereavement care.

Fig3: Bar diagram showing average knowledge score with source of knowledge

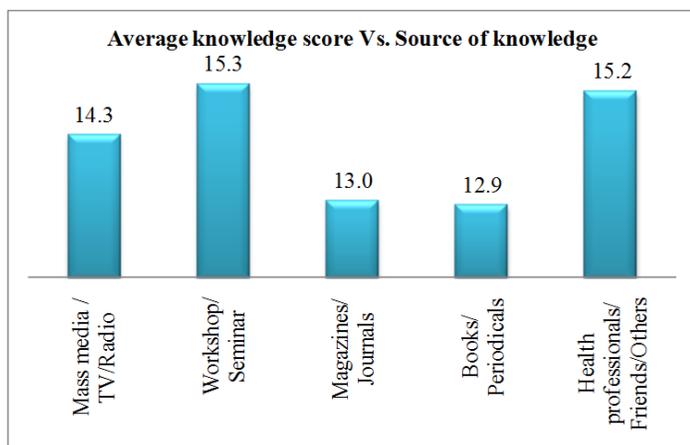


Fig 3 shows that staff nurses who had knowledge from health professionals/friends/others and workshop/seminar were found to have significantly higher knowledge scores as compared to those who had knowledge from books/periodicals and magazines/journals.

Discussion

The present study was conducted to assess knowledge and attitude regarding perinatal bereavement care among staff nurses working in maternity ward of selected hospitals of Pune city. It was seen that the staff nurses had average knowledge regarding prenatal bereavement care. Majority of the staff nurses had positive attitude towards perinatal bereavement care. There is no correlation between knowledge and attitude of staff nurses. There was association between knowledge and demographic variable but for attitude there was no significant association with demographic variable

Similar results can be seen in a study conducted by Chan MF, et.al, (2007) where the attitudes of midwives towards perinatal bereavement in Hong Kong were studied through examination of relationships between attitudes towards bereavement support, need for bereavement education and appropriate hospital policy. A descriptive correlational survey was used. It shows that midwives require increased bereavement care knowledge and experience, improved communication skills, and greater hospital and team member support. Findings may be used to improve support of midwives, to ensure sensitive bereavement care in perinatal settings and to reflect training needs in the midwifery education curricula. Study findings highlight the universality of grief for a lost baby, irrespective of cultural differences in approaching emotional topics. This study may help midwives internationally to gain a broader perspective in this area.¹¹

Conclusion

The present study conclude that the majority of staff nurses have average knowledge regarding perinatal bereavement care, The majority of staff nurses have positive attitude toward perinatal bereavement care, there is no correlation between knowledge and attitude regarding perinatal bereavement care among staff nurses working in maternity ward of selected hospitals of Pune city but there is association between knowledge and source of knowledge.

Recommendations

On the basis of the findings the study recommends:

1. A follow up of study can be undertaken with large samples for better generalization.
2. A comparative study can be done between the nurses working in government and private hospitals.
3. A study to assess the effectiveness of structured teaching program regarding knowledge of perinatal bereavement care among nurses.
4. A comparative study can be done between the effects of structured teaching program verses self-instructional module.
5. A similar study can be undertaken with women to assess their knowledge and attitude regarding perinatal bereavement care. Projected Outcome Nurses with adequate knowledge and positive attitude can give proper care to bereaved and there by prevent complex issues and promote the health and well-being of the individual and the family.
6. A similar study may be conducted by using various methods of teaching like CD, health teaching etc.
7. A study can be done on larger group sample as very few nursing studies have been conducted in India for assessing knowledge and attitude regarding bereavement care among staff nurses
8. A study can be done to assess knowledge, attitude and practice among the staff nurses on different areas of Maharashtra

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Ethical clearance

All administrative permission from hospitals were taken. Informed written consents were taken from participants before data collection.

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