

Prevalence of self-reported postpartum morbidities and associated demographic, socio economic and pregnancy related factors among mothers in Jaffna MOH area

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Background: Postpartum morbidity is an important issue in public health as it leads to maternal mortality and disability. This study aimed to estimate the prevalence of postpartum morbidities and associated demographic, socio economic and pregnancy related factors among mothers in Jaffna MOH area.

Methods: A community based cross-sectional survey was conducted among 197 mothers who delivered between 8th of October and 8th of December 2018 in Jaffna MOH area. Data was collected from mothers in the seventh week of the postpartum period. Self reported morbidity, demographic characteristics, social-economic status and pregnancy related factors were studied. Collected data were analyzed and processed with the help of SPSS 23.

Results: The age range of the participants was from 17 to 46 years and the mean age was 29.96 ± 5.37 years and the median age was 30 years. In the sample, 96.4 % (n=190) of mothers were Sri Lankan Tamils. All mothers were married; among them 63.5 % (n=125) of mothers lived in nuclear families and 36.5 % (n=72) of mothers were in extended families. The prevalence of postpartum morbidity was 11.7% (n=23). The most frequently reported postpartum morbidity was urinary symptoms (4.6%, n=9) followed by pain in the caesarean site (3.6%, n=7) and difficulty in defecation (3.6%, n=7). These postpartum morbidities were higher among mothers who had caesarean section (20.3%, n=15), primi mothers (15.4%, n=10), mothers who had antenatal complications (15.3%, n=11), mothers with low income (13.3%, n=14) and mothers living in nuclear family (12.8%, n=16), than others.

Conclusion: Demographic, socio economic and pregnancy related factors were not significantly associated with postpartum morbidity. To reduce the prevalence of postpartum morbidity further, irrespective of demographical, socio economical background and pregnancy related factors, every mother should be provided comprehensive postpartum care.

Keywords: Postpartum, morbidity, factors, Jaffna