



Knowledge regarding fetal movement monitoring among pregnant women attending ANC OPD in a tertiary care centre

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Abstract

Intra uterine fetal death is a catastrophic experience for the mother and family. Studies showed that the incidence ranges from 20 to 32 per live birth. 20% of the cases had unidentified risk factors. Maternal perception of fetal movement is regarded as manifestation of fetal well being. Incidence of still birth is 60 times higher in pregnancies reported with decreased fetal movements. Maternal awareness of fetal perception is a simple self screening technique aids in early identification and associated with improved perinatal outcome. In this context a cross sectional descriptive study was conducted among 60 antenatal women attending an OPD with the objective to assess the knowledge regarding fetal movement monitoring. Structured questionnaire was administered to the subjects selected by simple random sampling. Majority of them (37%) were in the age group of 23 to 27 yrs. 50% of them were with period of gestation of 36-40 weeks and majority (42%) had completed their secondary level of education. Even though 17% and 42% of subjects possessed good and average knowledge respectively 33% of the antenatal women had poor knowledge regarding fetal movement monitoring. Study reveals the need of imparting knowledge regarding fetal movement monitoring among antenatal women so as to improve the perinatal outcome.

Keyword: *Intrauterine fetal death, fetal movement monitoring, knowledge, maternal perception.*

Introduction

Intrauterine fetal death accounts a tragic emotional experience for mother and family. Studies showed that the incidence ranges from 20 to 32 per live birth^[1]. 20% of the cases reported unidentified risk factors leading to IUFD. Retrospective 53% of woman who had still birth noticed their baby movements had slowed down or stopped but had not reported in time. Fetal movement is an indicator of fetal health status/wellbeing^[2]. Majority of antenatal women are unaware about fetal movement monitoring. . Incidence of still

birth is 60 times higher in pregnancies reported with decreased fetal movements. Maternal awareness of fetal perception is a simple self screening technique aids in early identification and associated with improved perinatal outcome. Adequate knowledge about fetal movement monitoring helps in avoiding intra uterine fetal complications and death as the danger can be sensitised early.

Background of Study

Reduced fetal movement in pregnancy is a common cause of anxiety and admission during antenatal period. Fetal surveillance is always indicated to assess the fetal wellbeing. Antepartum fetal monitoring helps in reducing perinatal morbidity and mortality. This simple self screening technique permits early identification and timely evaluation and intervention for features at risk of adverse outcome. Voluminous study reveals that decreased perception of fetal movements are a significant indication of IUFD.

Method

A cross sectional descriptive study was conducted among 60 antenatal women attending an OPD with the objective to assess the knowledge regarding fetal movement monitoring. Non experimental quantitative research approach was adopted. Structured questionnaire was administered to the subjects selected by simple random sampling.

Results

Analysis done by descriptive statistics. Majority of them (37%) were in the age group of 23to 27 yrs.50% of them was with period of gestation of

36-40 weeks and majority (42%) had completed their secondary level of education. Even though 17% and 42% of subjects possessed good and average knowledge respectively 33% of the antenatal women had poor knowledge regarding fetal movement monitoring.

Table 1: Sociodemographic Data

n=60

Variable	Category	Number
Age (years)	18-22	16(27)
	23-27	22(37)
	28-32	17(28)
	33& above	05(9)
No of previous deliveries	0	21(35)
	1	25(42)
	2	14(23)
	>2	0
Period of gestation	28-32 wks	13(22)
	32-36 wks	20(33)
	36-40 wks	27(45)
	>40 wks	0
Educational qualification	Illeterate	2(3)
	Primary	19(32)
	Secondary	25(42)
	Graduation & above	14(23)
Type of family	Nuclear	21(35)
	Joint	39(65)

Figures in parenthesis represent percentage.

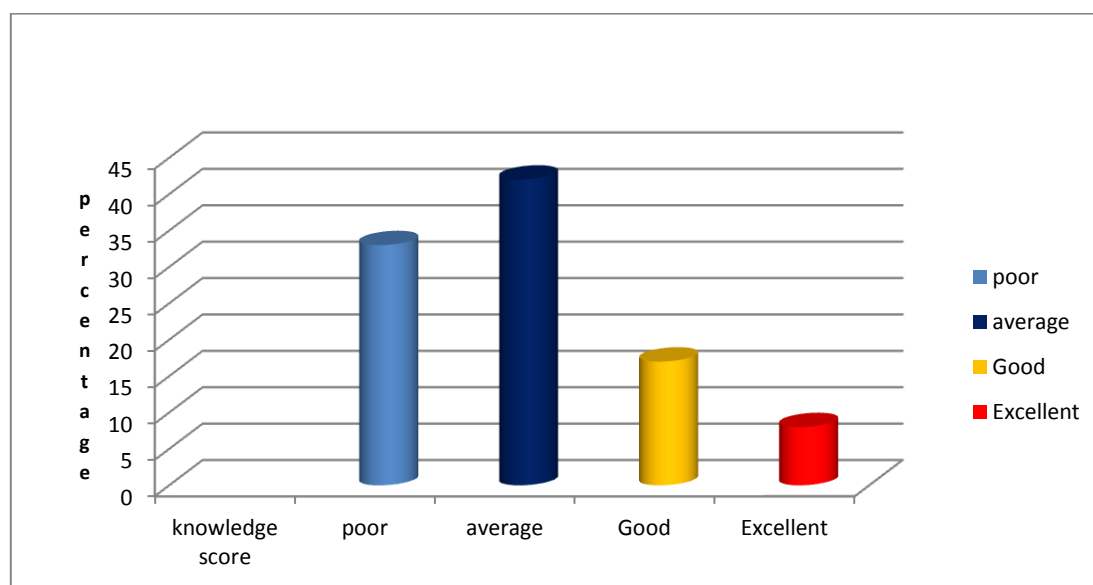


Fig 1: knowledge score category of respondents.

Conclusion

Maternal perception of fetal movements, the oldest and most commonly used method is regarded as manifestation of fetal wellbeing. Raising maternal awareness of fetal movement monitoring leads to decrease in perinatal mortality and morbidity. The study highlights the knowledge of antenatal women regarding fetal monitoring. The study concludes that only few subjects had 5(8%) and 11(17%) good and excellent knowledge regarding fetal movement monitoring. Study throws light towards the essentiality of educating the significance of fetal movement monitoring.

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