

**PRACTICES ON SAFE MOTHERHOOD IN KATAHARI VDC, MORANG,
NEPAL**

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ABSTRACT

This is a field based study which was conducted to find out the “Trends and Practices on Motherhood in Katahari VDC Morang District.” The main objectives of the study were to identify the socio economic factors that determine the safe motherhood practice of desire community women, to examine the antenatal, natal and post natal service, to find out safe motherhood trends and practices of katahari VDC. The study was its own delimitation which are the study was based on Katahari VDC, Sixty respondents (15-49) year married women were selected on the basis of simple random sampling by using lottery system in this study. Interview schedule was formulated to collect the information of the respondents. Majority of the respondent belonged to Hindu religion, Majority of the respondents were literate and have completed secondary and intermediate level of education.

A higher proportion of the respondents had antenatal visits care, and 67-24 percent of the respondent had visited about four times. Most of heigher percent respondent to know by stopping menstruation about their pregnancy, and 90 percent respondent had taken TT vaccine. 30 percent of the respondent had taken same as usual food (general food) and 45 percent had taken extra nutritious food by their relation.

Eighty percent of the respondents had delivered child at hospital. It use 60.46 percent of the respondents assisted to manage transportation by relatives. Health personal and TBA cutting the cord of the baby 88.33 percent of the respondents with new razor blade, and most of them used safe delivery kit about 24.32 percent of the respondents have had taken fruit as usual after onset of labor to delivery.

A great majority 90 percent of the respondent had fed the colostrums. The respondent has 40 percent breast fed their child up to three year, and 93.33 percent of them had fed their child by putting on lap. Majority 95 percent of the respondent have had immunized their children and 71.66 percent respondent had used family planning device. Needs to aware about safe motherhood practice by trainings and HE programs to promote their safe motherhood behavior.

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ABBREVIATIONS

AIDS	:	Acquired Immune-Deficiency Syndrome
ANC	:	Antenatal Care
AM	:	Age at marriage
CBS	:	Central Bureau of Statistics
CMR	:	Child Mortality Rate
DHS	:	Department of Health Service
FCHV	:	Female Community Health Volunteer
FPAN	:	Family Planning Association of Nepal
HIV	:	Human Immune Virus
ICPD	:	International Conference on Population and Development
IMR	:	Infant Mortality Rate
INGOs	:	International Non-Governmental Organization
MOH	:	Ministry of Health
MCH	:	Maternal and Child Health
NDHS	:	National Demographic Health Survey
NGO	:	Non Governmental Organisation
NHRC	:	Nepal Health Research Council
PNC	:	Post Natal Care
PHC	:	Primary Health Care
RH	:	Reproductive Health
STDs	:	Sexual Transmitted Disease
SBA	:	Skilled Birth Attendant
TFR	:	Total fertility Rate
TT	:	Tetanus Toxid
TBA	:	Traditional Birth Attendance
UNFPA	:	United Nation Fund for Population Activities
UNICEF	:	United Nation for International Children Emergency Fund
VDC	:	Village Development Committee
VaRG	:	Valley Research Group

WHD : Women Health Development

WHO : World Health Organization