

**MATERNAL AND CHILD HEALTH CARE PRACTICES AMONG WOMEN
GADHI RURAL MUNICIPALITY**

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DECLARATION

I hereby declare that this thesis has not been submitted for candidature for any other degree.

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ABSTRACT

This is a field based study which is conducted to find out the maternal and child health care practice of lactating mothers of Gadhi Rural Municipality Ward No. 1, Madheli of Sunsari District. The main objectives of the study was to examine socio economic status and their effects in maternal and child health among women, to identify maternal care practice and to identify breast feeding and child care practice among women.

The main significance of the study was helpful to the health workers, institution, rural women and lactating mothers to care their own health and their children. The findings of the study will encourage the health workers parents and family members to identify maternal and child health care problems and care their children and so on.

This study was delimited (ward no. 1 madheli) within 120 lactating mothers from Gadhi Rural Municipality Ward No. 1, Madheli in Sunsari District. One hundred twenty lactating mothers were selected by simple random sampling methods and collected the data from interview and analyzed descriptively.

This study based on descriptive research design using competitive data for the purpose of study both the primary and secondary data were used. The respondents for the survey were in the total 120 lactating mothers in Gadhi Rural Municipality.

Whole information was based upon the 120 randomly sampled respondents interviewed through structured and semi structured interview schedule. Data were carefully checked and analyzed manually. Information was analyzed according to the state objectives and the nature of obtained data.

At last, finding and conclusion has been drawn and the research has recommended and suggested the points. This thesis is structured into five parts. First parts deal with the introduction of the title and its theoretical ground. Second part reviews the relevant work. Third part deals with the methodology of the study. Fourth part deals with analysis and interpretation of data summary, findings fifth part deals with conclusion and recommendations.

57.55 percent of ANC visitors, 57.29 percent of NC service taker and 51.39 percent of PNC service taker belong to joint family. Among SLC and above passed respondents 50 percent had married after 21 years age, 95.24 had visited four times for ANC service, 98.33 percent had delivered at hospital and 45.83 percent had visited for PNC service. 50.93 percent of ANC visitors, 51 percent of NC visitors and 63.511 percent of PNC visitors had their own cultivating land. Among earned income respondents, 94.64 percent had visited four times ANC service, 98.33 percent had delivered at hospital and 45.83 percent had visited for PNC service.

A great majority 97.3 percent of the respondents had visited antenatal check up four and above times. A great majority 81.73 percent of the respondents had taken TT vaccine. Majority 81.73 percent of the respondents had practice of iron/folic acid tablets during pregnancy.

Majority 98.33 percent of the respondents has delivered at hospital and nursing home while 32.43 percent had delivered at home. Majority of 67.57 percent respondents had health personal cut cord themselves with new razor blade and after the baby born. A great majority 98.33 percent of the respondents had fed colostrums to her baby and rest 1.67 percent had not fed colostrums.

About 45.83 percent of the respondents had attendant postnatal check up and majority of them 70.9 percent had check ups within two days and 72.73 percent of them had gone with their husbands for postnatal check up. Nearly half and above 62.5 percent of the respondents breast fed their child up to one year and only 16.67 percent of the respondents breast fed their child up to two years. Majority 55 percent of the respondents did not practice any kind of family planning services during postnatal period.

It is concluded that majority of the respondents had antenatal check up but the frequency of check up was not very good. Most of the respondents took low nutritious diet during pregnancy but it was significantly better in postnatal period.

The overall antenatal, natal and postnatal care service i.e. antenatal care, natal care and postnatal care seeking behavior of the respondents was satisfactory and need to be improved by mass awareness and providing effective health services.

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ABBREVIATIONS

AM	:	Age at Marriage
ANC	:	Antenatal Care
CEB	:	Child Ever Born
DHS	:	Department of Health Service
FCHV	:	Female Community Health Volunteer
FY	:	Fiscal Year
HHs	:	Households
HED	:	Health Education Department
IMR	:	Infant Mortality Rate
MCH	:	Maternal and Child Health
MMR	:	Maternal Mortality Rate
MOH	:	Ministry of Health
NFHS	:	Nepal Family Health Survey
RH	:	Reproductive Health
SMPA	:	Safe Motherhood Plan of Action
SRH	:	Sexual and Reproductive Health
TT	:	Tetanus Toxoid
UN	:	United Nation
UNDP	:	United Nation Development Program
UNFPA	:	United Nation Population Fund
UNICEF	:	United Nation's Children Fund
VDC	:	Village Development Committee
VRG	:	Valley Research Group
WHO	:	World Health Organization