A STUDY ON TO ASSESS THE KNOWLEDGE OF ANTENATAL MOTHERS REGARDING ANTENATAL DIET

MRS. SUCHITHRA BS
LECTURER
NITTE USHA INSTITUTE OF NURSING SCIENCES
PANEER, MANGALORE -574160.

ABSTRACT
According to the National Academy of Science report entitled “Maternal Nutrition and the course of pregnancy”, the most important environmental factors diet during pregnancy. Personal exposure of the investigator while working with antennal mothers at clinical postings as a staff nurse was that women try to eat very less so that they will deliver a very small baby to make delivery easier. Poor nutrition during pregnancy can cause low birth weight is infants and decreased chances of survival. The study objective is to assess the level of knowledge of the antenatal mothers regarding antenatal diet. The research design adopted for this study was descriptive research design. Convenient sampling method was used to select 30 antenatal mothers in a selected area at karkala. Demographic performa and questionnaire were used to collect data from the sample and the data was analysed by using descriptive statistics. The result showed that 13(65%) of antenatal mothers had average knowledge and 7(35%) of antenatal mothers had good knowledge regarding the antenatal diet.

KEYWORDS: knowledge, antenatal mothers, antenatal diet.

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