

Quality of Postpartum Care in Jammu and Kashmir: A Case study of Lal Ded Hospital, Srinagar Kashmir

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CONTENTS	
INTRODUCTION	6
IMPORTANCE OF POSTPARTUM MATERNAL HEALTH	.7
GLOBAL SCENARIO – MATERNAL MORTALITY RATE	9
Postpartum Physical Health Status of Mothers	9
INDIAN SCENARION – MATERNAL MORTALTIY RATE	9
State Scenario	10
RATIONALE OF THE STUDY	10
STUDY OBJECTIVES	11
METHODOLOGY	12
RESULTS	13
Month of ANC Registration	13
Place of Received of most of ANC services.	13
Type of Investigations during ANC	14
Information Provided about Signs of Pregnancy Complications during ANC	14
Timing of Admission in Hospital for Delivery	15
Knowledge about Day of Delivery	15
Mode of Delivery	16
Complications faced and treatment taken after delivery	16
Receipt of proper treatment of complications faced after delivery	16
Timing of first and second PNC checkup after delivery	17
Number of times examined for various services before being discharged from hospital	18
Timing of breastfeeding after delivery	19
Advice received about exclusive breastfeeding	20
Receipt of free services during delivery	20
Timing of discharge from hospital after delivery	21

Willingness to stay in the hospital for some more days after delivery	21
Type of advice/precautions explained at the time of discharge from hospital	22
Satisfaction with post partum services received after delivery	23
Satisfaction with behavior of doctors	23
Satisfaction with services received after delivery	24
CONCLUSION AND RECOMMENDATIONS	25

LIST OF TABLES	
Table-1 Distribution of Respondents by month of ANC Registration	24
Table-2 Distribution of Respondents by Place of ANC Registration	24
Table-3 Distribution of Respondents by type of Investigations during ANC	25
Table-4 Distribution of Respondents by information provided about Signs of Pregnancy Complications during ANC	25
Table-5 Distribution of Respondents by Timing of Admission in Hospital for Delivery	26
Table-6 Distribution of Respondents by Knowledge about Day of Delivery	26
Table-7 Distribution of Respondents by Purpose of visit to health facility	27
Table-8a & 8b Distribution of Respondents by complications faced and Treatment taken after delivery	27
Table-9 Distribution of Respondents by Receipt of Proper Treatment for complications faced after delivery	28
Table-10 Distribution of Respondents by Timing of First and Second PNC Check Up after delivery	29
Table 11 Distribution of Respondents by No. of Times Examined for various Services before Discharge from Hospital	30
Table-12 Distribution of Respondents by Timing of breast feeding after delivery	31
Table-13 Distribution of Respondents by Advice Received about Exclusive Breast feeding after delivery	32
Table-14 Distribution of Respondents by receipt of free services during Delivery	32
Table- 15 Distribution of Respondents by Timing of Discharge from Hospital after Delivery	33
Table-16 Distribution of Respondents by willingness to stay in Hospital for some more days after Delivery	33
Table-17 Distribution of Respondents by Satisfaction with Post Partum services received after Delivery, Satisfaction with behaviour of Doctors and Satisfaction with services received after Delivery	34

EXECUTIVE SUMMARY

The most common information provided about signs of pregnancy complications during ANC was related to high blood pressure, followed by abdominal pain, vaginal bleeding, prolonged labour and convulsions. However, around 23.9% respondents were provided all types of information during ANC. The most common complications after delivery was severe abdominal pain among 46.5% respondents, followed by unexplained pain in chest or leg and continued bleeding for 24 hours or more after delivery among 26 (12.9%) respondents each. Other complications reported were anemia, fever chills, visual disturbances or severe headache, excessive bleeding and breathing difficulty. Of those respondents experiencing complications, treatment was sought for all types of complications, the highest being 100% for anemia and only 40% for continued bleeding for 24 hours or more after delivery.

The distribution of respondents by receipt of proper treatment of complications faced after delivery showed that among the respondents facing complications 92.9% (n=158) respondents from Kashmir and 86.1% (n=31) of Jammu received proper treatment for complications faced after delivery. Likewise, the timing of first PNC checkup after delivery showed that 78.2% had immediate checkup after delivery while 21.8% had checkup 1-2 hours after delivery. Likewise, for the same group, the second checkup was completed within 4-8 hours for 56.9% respondents, 8-12 hours for 37.8% respondents and 6.4% as per the need. All respondents were examined before being discharged from hospital in different frequency ranging from none, once, twice and three or more. Similarly, for blood pressure, 86.4% were examined 3 or more times, 12.3% twice and 1.3% once. The examination for temperature and respiratory rate was conducted 3 or more times among 46.6%, twice among 11.4%. once among 5.3% and not examined among 33.8%. For paleness, Abdominal examination was done 3 or more times among 84.2% respondents, twice among 11.8%, once among 1.8% and never among 2.2% respondents. Pad examination for bleeding was conducted 3 or more times among 59.6%, twice among 28.5%, once among 4.4% and never among 7.5% women. Likewise, breast examination for lumps or tenderness was done 3 or more times among 16.2%, twice among 18.4%, once among 9.6% and never among 56.7% women. In addition to these examinations, condition of nipples was checked and breastfeeding was observed 3 or more times among 36.5%, twice among 17.5%, once among 11% and not done among 36% women. The district wise distribution showed that 93.6% respondents from

Kashmir and 100% from Jammu districts were advised on exclusive breastfeeding. The timing of breastfeeding after delivery revealed that almost 52.1% started breastfeeding immediately, 34. % after 1 hour of delivery and 13.8% after more than 1 hour of delivery in Kashmir 52.4%, whereas for Jammu districts, 75% started breastfeeding immediately, 20% after 1 hour of delivery and 5% after more than 1 hour of delivery.

The distribution of respondents by willingness to stay in the hospital for some more days after delivery showed that majority of them were willing to stay in the hospital. It was seen that 86.2% respondents from Kashmir and 72.5% from Jammu districts were willing to stay in the hospital.

About 88.8% from Kashmir, were found to be fully satisfied and from Jammu districts, 95% were fully satisfied with the post- partum services received.

Of the 228 respondents, 88.8% were fully satisfied with the behavior of the doctor, while 8.5% were somewhat satisfied and remaining 2.3% were not satisfied with the behavior of the doctor. Regarding satisfaction with the hospital services, 90.4% were fully satisfied, 8.5% somewhat satisfied and 1.1% were not satisfied.

INTRODUCTION

The postnatal period has been termed as fourth stage of labour. It has three distinct but continuous phases. Postnatal period begins after the third stage of labour and includes first six weeks after delivery. During this time women's reproductive organs gradually returns to the normal size and shape. Postnatal period is a crucial period in woman's life and lot of physiological changes used to occur. They are in need of special care during pregnancy, at the time of labour as well as after delivery of child in order to prove safe motherhood and healthy living.

The postnatal period – defined here as the first six weeks after birth – is critical to the health and survival of a mother and her newborn. The most vulnerable time for both is during the hours and days after birth. Lack of care in this time period may result in death or disability as well as missed opportunities to promote healthy behavior's, affecting women, newborns, and children:

The days and weeks following childbirth – the postnatal period – is a critical phase in the lives of mothers and newborn babies. Major changes occur during this period which determine the well-being of mothers and newborns. Yet, this is the most neglected time for the provision of quality services. Lack of appropriate care during this period could result in significant ill health and even death. Rates of provision of skilled care are lower after childbirth when compared to rates before and during childbirth. Most maternal and infant deaths occur during this time.

IMPORTANCE OF POSTPARTUM MATERNAL HEALTH

An essential care during this period is necessary for mother and child for their healthy outcome. Care in the period following birth is critical not only for survival but also to the future of mothers and newborn babies. Major changes occur during this period that determines their well-being and potential for a healthy future. Postnatal care is pre-eminently about the provision of a supportive environment in which a woman, her baby and the wider family can begin their new life together

Postnatal care includes systematic examination of mother and the baby. Postnatal health services can be provided through various modes like Family, community, outreach and facility-based

care. Postnatal care has proved to be more cost-effective care in reducing neonatal mortality than antenatal care and intra-partum care.

According to national center for health statistics, there were almost 6.4 million normal deliveries in 2005 among woman of all ages. 4 The number of normal delivery rate being very high 72.30% per thousand births. Following vaginal delivery, the risks of perineal infections ranges from 2.8% to higher than 18%, the risk of infection can be as high as 20%. All the maternal death in Asia is due to high population density, poverty, low female literacy and poor health services (World Health Organization).

Every society and country has its own traditional belief and practice related to postnatal care. Most of the practices were like rituals and belief. Some of the practices are beneficial to the mother and children. But some of them are more dangerous to the health aspects. This is an important role for health care providers to identify the harmful belief. The nursing personal has an important role in improving women's health status and also creating the awareness about the consequence of poor maternal health. The health care providers have the concern about the individuals and family cultural values and belief, so that they can provide a beneficial care to the postnatal mothers. Inadequate and improper and inappropriate care at postnatal period may result in death as well as missed opportunity to promote healthy behavior that will be affecting the health of mother and newborn.

Maternal mortality is unacceptably high. About 830 women die from pregnancy- or childbirth-related complications around the world every day. It was estimated that in 2015, roughly 303 000 women died during and following pregnancy and childbirth. Almost all of these deaths occurred in low-resource settings, and most could have been prevented.

GLOBAL SCENARIO – MATERNAL MORTALITY RATE

Postpartum Physical Health Status of Mothers

A majority of maternal deaths occur in Asia (253,000) and Africa (251,000). Thirteen countries account for 67% of all maternal deaths. India has the dubious distinction of having the highest estimated number of maternal deaths in any country (136,000). Developed countries in contrast have a maternal mortality ratio of around 20 per 100,000 live births [1]. Because of the rarity of maternal death in developed countries, “near misses” are incorporated in their audit systems.

Near misses are defined as women who nearly died but, with good luck and care, survived. Incorporation of near misses strengthens maternal mortality audits[2].

In sub-Saharan Africa, a number of countries halved their levels of maternal mortality since 1990. In other regions, including Asia and North Africa, even greater headway was made. Between 1990 and 2015, the global maternal mortality ratio (the number of maternal deaths per 100 000 live births) declined by only 2.3% per year between 1990 and 2015. However, increased rates of accelerated decline in maternal mortality were observed from 2000 onwards. In some countries, annual declines in maternal mortality between 2000–2010 were above 5.5%.

INDIAN SCENARION – MATERNAL MORTALTIY RATE

The National Health Policy(1982) aimed at reducing the maternal mortality in India from the over 400 per 100,000 live births to less than 200 per 100,000 live births by the end of year 2000. We, even in 2005, are far from this target [4]. According to RGI estimates for the year 2000, maternal mortality rate for India was 407 per 100,000 live births. The trend has not changed significantly in the last 5 years. This means more than 100,000 women die each year in India due to pregnancy related causes [5]. In the Armed Forces the scenario is very encouraging. In the year 2004, there were 10 maternal deaths amongst 27,215 deliveries, making a MMR of 36 per 100,000 live births. This reflects the importance of comprehensive health care and institutionalized deliveries. However, we should strive to further reduce this number to a single digit.

In India, hemorrhage (25.6 percent) ranks first as the cause of maternal death, followed by sepsis (13 percent), toxemia of pregnancy (11.9 percent), abortions (8 percent) and obstructed labor (6.2 percent) while other causes together total 35.3 percent.

State Scenario

However, NFHS-4 has shown that less than 25 percent of the women have received a postpartum check up during the first week of delivery, despite the fact that more than 75 percent of the deliveries in J&K take place in health institutions. This raises some concerns regarding the delivery of post partum care provided in the health institutions in the State but NFHS surveys have not collected detailed information about the quality of post partum care.

Post partum care not only includes management of post delivery complications but also counseling regarding child care, breast feeding, information about contraception etc and information about most of this components is lacking.

The DLHS-3 data gives us the details of the complications during pregnancy, delivery complications and post delivery complications. In Jammu and Kashmir the complications during pregnancy were found to be among 59.5 percent women, 74 percent women faced delivery complications and post delivery complications were found to be among 45 percent women. All these three types of complications were found to be more than the national average i.e. at the national level these complications were found to be 58.8 percent, 61.2 percent and 36.8 percent respectively.

RATIONALE OF THE STUDY

Despite the known benefits of the Post Partum Care visit, there are many access and utilization barriers to care. Among the women who do attend the Post Partum Care visit, the content and quality of the care can vary substantially. Post natal complications are major health problems in developing country like India. Based on much literatures and investigators experience, it is felt that it is essential to give adequate knowledge regarding home based post natal care to mothers. The knowledge will help them to improve their awareness regarding home based post natal care and help them to promote longer-term physiological and emotional well being. A study on postnatal care among recently delivered women (RDW) attending Lal Ded Hospital Kashmir, may reveal the factors that affect and/or reduce the likelihood of postnatal care utilization in this region.

STUDY OBJECTIVES

1. To analyze the post partum care given to the women at L.D Hospital Srinagar.
2. Whether the women get post partum care during their stay as recommended under National Health Mission.
3. To study the post partum complications and receipt of services
4. To study the information given to the women regarding post delivery care, hygiene, nutrition, new born care, breast feeding, immunization and contraception.

METHODOLOGY

The present study was conducted in Gynecology department of Lal Ded Hospital, as it's the designated district hospital of Srinagar. Study was started after seeking the required permissions from the concerned authorities. Normally 30 normal deliveries and 60 take place at L.D Hospital, researcher interviewed 228 women who had delivered at Lal Ded hospital during the one month visit to this hospital. It is a Questionnaire based study. A total of 228 delivery cases were assessed in this study and will be interviewed in this maternity hospital. The researcher also interacted with the medical superintendent and ward Staff to know their views about the post partum care. Efforts were put to know about the delivery and post delivery complications, to know the reasons of early delivery, and proper post natal checkups, to know about the adequate stay of women in hospital after delivery, knowledge of breast feeding, weight of newborns, family planning methods PPIUCDs. Finally, the level of satisfaction was known from these post-natal cases.

Sample size

tatistical methods were used for determining sample size and sample selection was done using the convenience sampling technique. A total of 228 women were interviewed for this study and consent from the eligible participants was taken for enrollment in the study.

Study tools

Data collection was started using a structured questionnaire which was administered among the participants.

Study Duration

The survey at the selected site took one month Jan-2022. The survey team comprised of 2 official for the study from the Centre.

RESULTS

ANC Registration

Of the total 228 respondents were interviewed at Lal Ded Hospital Kashmir, 188 respondents were from Kashmir division and 40 were from Jammu division (Rajouri, Poonch, Ramban and Doda districts). Amongst them 93.1% (n=175) were registered in the Ist trimester of pregnancy. Whereas, only 6.9% (n=13) were registered in the second trimester of pregnancy. Remaining 40 were from Jammu districts out of which 87.5% (n=28) were registered in the Ist trimester of pregnancy. Whereas, 12.5% (n=5) from other districts were registered in second trimester of pregnancy. Respondents in the age group between (19-24 years), only 83.9% (n=26) were registered in Ist trimester whereas, 16.1% (n=5) were registered in the second trimester of pregnancy. Respondents in the age group between 25-29 years, a total of 95.7% (n=88) were registered in Ist trimester. Respondents in the age group between 30- 34 years, 88.2% (n=67) were registered in the Ist trimester of pregnancy whereas, 11.8% (n=9) were registered in second trimester of pregnancy. In the age group above 35 years all the respondents 100% (n=29) were registered in Ist trimester of pregnancy. Majority of the respondents belonged to rural areas 175, out of which 94.3% (n=165) were registered in Ist trimester of pregnancy. Whereas, 5.7% (n=10) were registered in second trimester of pregnancy. The occupational status of respondents showed that majority housewives 92.7% n=202 were registered in the Ist trimester of pregnancy while as, 7.3% n=16 showed that they registered in second trimester of pregnancy. 66.7% service holders and all the skilled labourers were registered in the Ist trimester of pregnancy. Regarding the number of children, irrespective of the number of children, the information on the Ist trimester of registration was found to be maximum (Table1).

Place Received most of ANC services.

It was found that majority of the respondents, 76.1% from Kashmir division and 82.5% from Jammu districts had their most ANC services in the SC/PHC, followed by respondents having most ANC services in the Community Health Centre/District Hospital. 16.5% respondents from Kashmir and 12.5% respondents from Jammu having their ANC services from L.D Hospital. In the age group, majority of all age group had their services in the SC/PHC, followed by CHC/DH and very few in private. The received of most ANC services based on the residence showed that 84.9% urban and 74.9% rural had their services in SC/PHC, 8% rural and 3.8% urban had their

services in CHC/DH and 17.1% rural and 11.3% urban had their services in the L.D. The distribution based on occupation showed that 66.7% service, all skilled labour and 77.1% of the housewives had their ANC services in SC/PHC. Of the remaining housewives, 6.4% received their ANC in CHC/DH and 16.5% received in L.D hospital. Likewise, 73.9% women with 1 child 85% with 2 child and 77.8% respondents with 3 children received their most ANC services from SC/PHC. Similarly, in the CHC/DH, 11.9% with 1 child and 7.4% with 2 child had their services. In the L.D hospital, 18.9% women with 1 child had their ANC services from L.D hospital (Table 2).

Type of Investigations during ANC

The major investigations conducted during ANC visit was Weight, BP, Urine, Blood, Abdomen and USG. However, few women were referred for all tests based on their conditions and need. 65.4% women of Kashmir and 70% women from Jammu districts were referred for all kinds of investigations. Likewise, in the age group 74.2% of 19-24 years, 62% of 25-29, 69.7% of 30-34 and 62.1% of 35+ were referred for all types of investigations. Also, 66.3% of rural and 66% of urban residence women were referred for all kinds of tests. Furthermore, 67.4% housewives, 33.3% service holders and 50% skilled labours were referred for all tests. Similarly, 69.7% women with 1 child, 71.7% with two child and 44.4% with three children were referred for all tests to be done (Table 3).

Information Provided about Signs of Pregnancy/ Complications during ANC

Of the total 228 respondents, in Kashmir, 40.4% (n=76) were provided information on vaginal bleeding, 28.2% (n=53) were provided information on convulsions and prolonged labour each, 29.3% (n=55) on abdominal pain, 76.1% (n=143) on high blood pressure, while 23.9% (n=45) were provided with all information. Likewise, for 40 respondents out of Jammu, 65% (n=28) were provided information on vaginal bleeding, 52.5% (n=21) on convulsions, 57.5% (n=23) on prolonged labour, 67.5% (n=27) on abdominal pain, 92.5% (n=37) on high blood pressure and 52.5% (n=21) were provided all information regarding complications. The information provided by age group showed that the most common information to all age group was related to high blood pressure. In the age group 19-24 years, 35.5% (n=11) were provided all information. Likewise, 20.7% (n=19) in 25-29 years, 34.2% (n=26) in 30-34 years and 34.5% (n=10) in 35+ were provided with all information on complications. It was also seen that 78.3% (n=137) of

rural residence and 81.1% (n=43) of urban residence were provided information on high blood pressure. Occupation wise also the information on high blood pressure was high. However, 28.4% (n=62) housewives, 33.3% (n=2) service holders and 50% (n=2) skilled labours were provided all information. Regarding the number of children, irrespective of the number of children, the information on high blood pressure was found to be maximum (Table 4).

Timing of Admission in Hospital for Delivery

Total of 188 respondents from Kashmir 54.3% (n=102) respondents were admitted on the day of delivery. While as, remaining from Jammu district 52.5 % (n=21) admitted 1 or 2 days before delivery. In the age group 19-24 77.4% (n=24) were admitted on the day of delivery while as, 22.6% n=7 admitted 1 or 2 days before delivery. 61.8% (n=47) in the age group 30-34 were showed that they admitted in hospital on the day of delivery while as, 38.2% (n=29) represents that they admitted 1 or 2 days before delivery. From age group 25-29, 39.1% (n=36) admitted on the day of delivery. While as, 60.9% n=56 admitted on 1 or 2 days before delivery. 55.2%.From age group 35+ admitted on the day of delivery while as, 44.8% n=13 admitted 1 or 2 days before delivery. 56% n=98 of the respondents represents from rural areas were admitted on the day of delivery. While as, 44% (n=77) admitted 1 or 2 days before delivery. 47.2% n=25 from urban areas admitted on the day of delivery. While as, 52.8% n=28 were admitted 1 or 2 days before delivery. The occupational status of the respondents showed majority 100% service and 100% skilled labour were admitted on the day of delivery. While as, 48.2% n=105 housewives admitted 1 or 2days before delivery (Table5).

Knowledge about Day of Delivery

It was found that almost 76.6% women were told about their date of delivery and the rest 23.4% were not told about the date of delivery. 78.6% women from Kashmir and 72.5% women from Jammu were told about their day of delivery. Majority of women in the various age groups were told about their day of delivery. However, 44.8% women in the age group of 35+ were not told about their day of delivery. 74.3% rural women and 81.1% urban women were told about their day of delivery. Likewise, 75.7% housewives, 66.7% service holders and all skilled labours were informed earlier about their day of delivery. 72.0% women with 1 child, 80 % with 2 child and 83.3% with 3 and above children were told about their day of delivery (Table 6).

Mode of Delivery

It was found that about 92. % cases were delivered through Caesarian Section (CS) and only 8% cases were through normal delivery. The delivery of 92% cases in Kashmir and 87.5% in Jammu districts were through caesarian. 96.7% in 25-29 years, 90.8% in 30-34 years and 86.2% in 35+ were caesarian while 19.4 % in 19-24 years and 13.8% in 35+ were normal delivery. Likewise, 93.1% rural women and 84.9% urban women had caesarian. Similarly, 90.8% housewives and all in other occupations had caesarian. No matter the number of children, majority had caesarian. (Table 7).

Complications faced and treatment taken after delivery

Of the total respondents, the most common complications seen was severe abdominal pain among respondents (46.3%), followed by unexplained pain in chest or leg and continued bleeding for 24 hours or more after delivery among (13.8%) respondents each. Other complications reported were 11.2% anemia, 8 % fever chills, 6.9% visual disturbances or severe headache, 6.4 excessive bleeding.. Among the women with severe abdominal pain, 46.3% took treatment for the complications. Likewise, 50% with excessive bleeding, 42.4% with continued bleeding for 24 hours or more, 100% with anemia, 65.4% with unexplained pain in chest or legs, 53.8% with visual disturbances or severe headache and 55.6% with breathing difficulties and 73.3% with fever chills took treatment for their complications (Table 8).

Receipt of proper treatment of complications faced after delivery

Regarding the receipt of proper treatment of complications, it was seen that 92.9% (n=158) respondents from Kashmir and 86.1% (n=31) of Jammu received proper treatment for complications faced after delivery. Likewise, in age distribution, 92.3% in age group 19-24 years, 95.2% in 25-29 years, 90.% in 30-34 years and 85.2% in 35+ received proper treatment of complications. Similarly, 95.0% (n=152) rural and 80.4% (n=37) urban respondents received proper treatment after complications after delivery. In the same way, 91.4% housewives, 100% service holders and skilled labours each received proper treatment, With regards to no. of living children, 89.4% with 1 children, 100% with 2 children and 87.5% with 3+ children received proper treatment for complications after delivery (Table 9).

Timing of first and second PNC checkup after delivery

The distribution of respondents by timing of first and second PNC checkup after delivery showed that of the total respondents (n=188) from Kashmir, 78.2% had immediate checkup after delivery while 21.8% had checkup 1-2 hours after delivery. Likewise, for the same group, the second checkup was completed within 4-8 hours for 56.9% respondents, 8-12 hours for 37.8% respondents and 6.4% as per the need. For respondents from Jammu districts (n=38), 95% had immediate checkup and 5% had checkup 1-2 hours after delivery. For the second checkup among respondents from Jammu districts, 82.5% completed it within 4-8 hours and 17.5% completed it within 8-12 hours. In the age distribution, among women of 19-24 years (n=27), 87.1% completed the 1st checkup immediately after delivery and 12.9% completed after 1-2 hours. For the 2nd checkup, 64.5% completed after 4-8 hours and 35.5% completed after 8-12 hours. Likewise, among women of 25-29 years (n=82), 89.1% completed the 1st checkup immediately after delivery and 10.9% completed after 1-2 hours. For the 2nd checkup, 45.7% completed after 4-8 hours, 45.7% after 8-12 hours and 8.7% completed as per the need. Also, among women of 30-34 years, 69.7% completed the 1st checkup immediately after delivery and 30.3% completed after 1-2 hours. For the 2nd checkup, 72.4% completed after 4-8 hours, 25% after 8-12 hours and 2.6% completed as per the need. Lastly, for the age group of 35+ (n=23), 79.3% completed the 1st checkup immediately after delivery and 20.7% completed after 1-2 hours. For the 2nd checkup, 72.4% completed after 4-8 hours, 20.7% after 8-12 hours and 6.9% completed as per the need.

The distribution of respondents by timing of first and second PNC checkup after delivery according to residence showed, 100% of urban respondents had their 1st checkup immediately, while 67.9% had their 2nd checkup 4-8 hours and 32.1% had checkup after 8-12 hours. For rural residents, 75.4% had their 1st checkup immediately and 24.6% had after 1-2 hours. The second checkup for this group showed that 58.3% had after 4-8 hours, 34.9% after 8-12 hours and 6.9% as per the need. Similarly, among housewives, 82.1% had immediate checkup and 17.9% had after 1-2 hours the 1st checkup after delivery, while for the second checkup, 59.6% had after 4-8 hours, 34.9% had after 8-12 hours and 5.5% as per the need. For those involved in service, the 1st checkup was done immediately among 66.7% and within 1-2 hours among 33.3% respondents. The percentage was same for the 2nd checkup respectively after 8-12 hours. For skilled laborers,

50% respondents each had their 1st checkup immediately and after 1-2 hours, whereas all respondents 100% had their 2nd checkup after 4-8 hours. The distribution by number of children and timing of first checkup after delivery showed among women having 1 living children, 83.3% had immediate checkup and 16.7% had checkup after 1-2 hours, while for 2nd checkup, 56.8% had after 4-8 hours, 36.6% after 8-12 hours and 7.6% as per need. Likewise, the 1st checkup after delivery for women with 2 living children revealed that 75% had immediate checkup and 25% had after 1-2 hours. The 2nd checkup for this group showed that 55% had their checkup after 4-8 hours, 41.7% within 8-12 hours and 3.3% as per the need. The 1st checkup after delivery for women with 3 living children revealed that 83.3% had immediate checkup and 16.7% had after 1-2 hours. The 2nd checkup for this group also showed that 83.3% after 4-8 hours and 16.7% after 8-12 hours (Table 10).

Number of times examined for various services before being discharged from hospital

Of the total 228 respondents, it was found that all were examined before being discharged from hospital in different frequency. It was found that for paleness, 28.5% were examined 3 or more times, 7.9% twice, 11.4% once and 9% were not examined for pulse rate. Similarly, for blood pressure, 86.4% were examined 3 or more times, 12.3% twice and 1.3% once. The examination for temperature and respiratory rate was conducted 3 or more times among 46.6%, twice among 11.4%, once among 5.3% and not examined among 33.8%. For paleness, abdominal examination was done 3 or more times among 84.2% respondents, twice among 11.8%, once among 1.8% and never among 2.2% respondents. Pad examination for bleeding was conducted 3 or more times among 59.6%, twice among 28.5%, once among 4.4% and never among 7.5% women. Likewise, breast examination for lumps or tenderness was done 3 or more times among 16.2%, twice among 18.4%, once among 9.6% and never among 56.7% women. In addition to these examinations, condition of nipples was checked and breastfeeding was observed 3 or more times among 36.5%, twice among 17.5%, once among 11% and not done among 36% women. Problem with passing urine (dripping or leaking) was examined once among 6.5% respondents, twice among 52.6%, 3 or more times among 37.3% and not conducted among 3.5% women. Fatigue was examined 3 or more times among 49.1%, twice among 18.4, once among 3.5% and not conducted among 28.9% women. Similarly, postpartum depression was examined once

among 19.7%, twice among 62.3%, 3 or more times among 9% and not done among 17.1% respondents (Table 11).

Timing of breastfeeding after delivery

It was seen that majority of the respondents immediately started breastfeeding after delivery. The distribution by district showed that 52.1% started breastfeeding immediately, 34. % after 1 hour of delivery and 13.8% after more than 1 hour of delivery in Kashmir 52.4%, whereas for Jammu districts, 75% started breastfeeding immediately, 20% after 1 hour of delivery and 5% after more than 1 hour of delivery. The age group distribution showed that 64.5% of women aged 19-24 years, 59.8% of age group 25-29 years, 43.4% of 30-34 years and 69. % of 35+ women initiated breastfeeding immediately after the delivery. Likewise, 52% of rural and 69.8% urban respondents immediately started breastfeeding after delivery. Almost 34.3% of urban women started breastfeeding after 1 hour of delivery. From the occupational category, 100% women who were skilled labour initiated breastfeeding immediately after delivery. However, the number was less for housewives and service holders. Only 56.9% housewives started breastfeeding immediately and 31.2% after 1 hour and 11.9% after more than one hour, whereas 66.7% service holders started breastfeeding after 1 hour of delivery and 33.3% after more than 1 hour.

The distribution of timing of breastfeeding after delivery among women with number of living children revealed that among women with 1 living children, 52.3% immediately started breastfeeding, 32.6% started after 1 hour and 15.2% started more than 1 hour later. Among women with 2 living children, 56.3% immediately started breastfeeding, 31.7% started after 1 hour and 10% started more than 1 hour later. Among women with 3+ living children, 66.7% immediately started breastfeeding, 27.8% started after 1 hour and 5.6% started more than 1 hour later. Among those who were advised exclusive breastfeeding for first six months, 58.3% immediately started breastfeeding, 25% started after 1 hour and 16.7% started more than 1 hour later. According to the mode of delivery, only 20 cases were normal and among normal delivery, 75% initiated breastfeeding immediately, 20% after 1 hour and 5.% after more than 1 hour. There were a total of 208 caesarian cases and among them 54.3% initiated breastfeeding immediately, 32.7% after 1 hour and 13% after more than 1 hour (Table 12).

Advice received about exclusive breastfeeding

It was seen that majority of the respondents were advised on exclusive breastfeeding after delivery. The district wise distribution showed that 93.6% respondents from Kashmir and 100% from Jammu districts were advised on exclusive breastfeeding. In the age distribution, 100% respondents of age group 19-24 years and 35+ were advised, while for age group 25-29 years 91.3% and 94.7% among 30-34 years were advised. Likewise, 97.1% rural resident and 86.8% urban residents were advised on exclusive breastfeeding. Likewise, 94.5% housewives, 100% service holders and skilled labours received advice. In terms of women with living number of children, 96.2% with 1 child, 91.7% with 2 children and 94.4% with 3+ children received advice on exclusive breastfeeding (Table 13).

Receipt of free services during delivery

The receipt of free services during delivery showed that majority of the respondents received free test services during delivery, followed by consumables and transportation facility from home. In Kashmir, 95.2% received free tests, 5.9% received consumables and 2.1% received transportation facilities, whereas for Jammu districts, (n=40) all received free tests. In age distribution, more than 92% of all age group received free test services and only few received consumables and transportation facilities. Among total 171 rural women, 48 urban women received tests, 4% received consumables and 2.3% received transportation facilities whereas for 48 urban women, 90.6% received tests, 7.5% received consumables and 5.7% received transportation facilities. The distribution according to occupation showed that 100% service holders and skilled labours received free tests, while for housewives, 95.9% received tests, 5% received consumables and 3.2% received transportation facilities. The distribution with number of living children and receiving advice on exclusive breastfeeding showed that irrespective of the children or irrespective of the receipt of advice on breastfeeding, majority received free test services (Table 14).

Timing of discharge from hospital after delivery

The distribution of respondents by timing of discharge from hospital after delivery showed that majority of the respondents were discharged from the hospital on the third day, followed by fourth day, second day, first day and 5+ days. Of the total respondents from Kashmir (n=188), 76.1% were discharged on third day, followed by 17.6% discharged on fourth day, 3.7%

discharged on second day and 1.1% each discharged on first and 5+ days. Likewise, of the total 40 respondents from Jammu districts, 77.5% were discharged on third day, 10% on fourth day and 5% each on first and 7.5 on second day. The distribution by age group also showed that majority of them were discharged on third day. Some 80.6% of age group 19-24 years, 69.6% of 25-29 years, 81.6% of 30-34 years and 79.3% of 35+ were discharged on day 3. The distribution by residence showed that 76.6% rural women and 75.5% urban women were discharged on day 3. Likewise, 100% skilled labours, 66.7% service holders and 76.1% housewives were discharged after 3 days. Irrespective of the number of children, most were discharged after 3 days (74.2% with 1 living child, 80 % with 2 children and 77.8% with 3 children). However in the case of mode of delivery, of the total 10 normal cases, 50% were discharged after second day, followed by 30% after third day. 80.8% cases of caesarian section were discharged after third day followed by 17.8% cases after fourth day (Table 15).

Willingness to stay in the hospital for some more days after delivery

The distribution of respondents by willingness to stay in the hospital for some more days after delivery showed that majority of them were willing to stay in the hospital. It was seen that 86.2% respondents from Kashmir and 72.5% from Jammu districts were willing to stay in the hospital. Women of all age groups were willing to stay in the hospital however, 20.7% women of age group 35+ and 20.7% women of age group 25-29 years were not willing to stay further in the hospital. Also, 86.3% rural residents and 75.5% urban residents were willing to stay in the hospital. However, 16.5% housewives and 25% skilled labours were not willing to do so. Despite the number of living children, more than 83.3% women were willing to stay in the hospital. In the category of mode of delivery, 15% women with normal delivery and 16.3% with caesarian section were not willing to stay in the hospital. Among women facing problem of excessive bleeding, 100% were willing to stay in the hospital while 82.9% women without excessive bleeding were also willing to stay in the hospital for longer (Table 16).

Satisfaction with post partum services received after delivery

The distribution of respondents by satisfaction with post partum services received after delivery showed that majority of them were satisfied with the services received. It was seen that 96.3% from Kashmir and 95% from Jammu districts were satisfied with the services. Similarly, 100% from age group 19-24 years and 35+ were satisfied while 92.4% from age group 25-29 years and

97.4% from 30-34 years were satisfied with the services. Also, 96% rural and 96.2% urban residents were satisfied. However, only 50% of skilled labours were satisfied but 96.8% housewives and 100% service holders were satisfied. It was also seen that 94.7% women with 1 child, 100% with 2 children and 94.4% with 3 children were satisfied with the services. 100% with normal delivery and 95.7% with caesarian section were satisfied (Table 17).

Satisfaction with behavior of doctors

The distribution of respondents by satisfaction with behavior of doctors showed that majority of the respondents were fully satisfied. For respondents from Kashmir, 88.8% were fully satisfied, 8.5% were somewhat satisfied and 2.7% were not satisfied and for respondents from Jammu districts, 95% were fully satisfied and 5% were somewhat satisfied. Among the age groups of 19-24 years 100% were fully satisfied. In the age group of 25-29 years, 84.8% were fully satisfied, 10% were somewhat satisfied and 5.4% were not satisfied. Also, 92.1% of age group 30-34 years and 89.7% of 35+ were fully satisfied. However, in the residence category, 9.1% of rural respondents and 3.8% urban respondents were somewhat satisfied but 2.9% of rural respondents were not satisfied. Also in the occupation category, 6.4% housewives, 33.3% of service holders and 50% of skilled labours were somewhat satisfied. Irrespective of the number of living children, more than 86.4% were fully satisfied. Regardless of mode of delivery, 100% women with normal delivery were fully satisfied, but those with caesarian, 88.9% were fully satisfied, 8.7% were somewhat satisfied and 2.4% were not satisfied (Table 17)

Satisfaction with services received after delivery

The distribution of respondents by satisfaction with service after delivery showed that majority of respondents were fully satisfied with the services. For respondents from Kashmir, 90.4% were fully satisfied, 8.5% were somewhat satisfied and 1.1% was not satisfied and for respondents from Jammu districts, 87.5% were fully satisfied and 12.5% were somewhat satisfied. Among the age groups of 19-24 years 100% were fully satisfied. In the age group of 25-29 years, 88% were fully satisfied, 10% were somewhat satisfied and 2.2% were not satisfied. Also, 88.2% of age group 30-34 years and 89.7% of 35+ were fully satisfied. However, in the residence category 9.1% of rural respondents and 9.4% urban respondents were somewhat satisfied but 1.1% of rural respondents were not satisfied. Also in the occupation category, 7.8% housewives,

33.3% of service holders and 50% of skilled labours were somewhat satisfied. Irrespective of the number of living children, more than 86% were fully satisfied. Regardless of mode of delivery, almost 85% were fully satisfied. 15% of normal delivery respondents and 8.7% with caesarian were somewhat satisfied and 1% with caesarian section were not satisfied (Table 17)

CONCLUSION AND RECOMMENDATIONS

Maternal health is an important indicator of the wellbeing in a country or state. The necessary healthcare facilities provided to mothers in order to ensure their good health is central to qualitative development and a high number of maternal deaths indicate the lack of accessibility to proper medical facilities and a wide gap between the rich and poor.

It was seen that relevant information were provided about signs of pregnancy complications during ANC. However, it is necessary to provide correct information on the signs of pregnancy complications during ANC. Certain complications can occur after delivery hence the health institution should be ready to manage complications and provide effective and efficient treatment services. PNC service is also very important for maternal health. Thus, health institutions should be able to provide effective PNC services to women after delivery. Various examinations were conducted among women before discharging from the hospital. It is thus essential to conduct various examinations as per the need of the women before being discharged from the hospital so that there would be no further complications. Providing essential messages/advices on maintaining health is very important for women. Thus, health workers of the respective institutions should provided all necessary and correct messages to the women so that they can follow such advices which will prevent complications and save the life of the mothers. Providing correct messages should be ensured. There were various schemes of free services to the women, hence all the free services should be provided as per the need of the women. It was found that some women were fully satisfied, some were somewhat satisfied and few were not satisfied with the services and the behavior of health workers/doctor. Hence, quality services should be ensured, which will increase satisfaction among the health service users.

		Total		Pregnancy Trimester when registered			
		1	2	1st Trimester		2nd Trimester	
		No	%	No	%	No	%
Region	Kashmir	188	100.0%	175	93.1%	13	6.9%
	Jammu	40	100.0%	35	87.5%	5	12.5%
Age of woman	19-24	31	100.0%	26	83.9%	5	16.1%
	25-29	92	100.0%	88	95.7%	4	4.3%
	30-34	76	100.0%	67	88.2%	9	11.8%
	35+	29	100.0%	29	100.0%		
Residence	Urban	53	100.0%	45	84.9%	8	15.1%
	Rural	175	100.0%	165	94.3%	10	5.7%
Occupation	House wife	218	100.0%	202	92.7%	16	7.3%
	Service	6	100.0%	4	66.7%	2	33.3%
	Skilled labour	4	100.0%	4	100.0%		
No of Living Children	1	132	100.0%	123	93.2%	9	6.8%
	2	60	100.0%	56	93.3%	4	6.7%
	3+	36	100.0%	31	86.1%	5	13.9%
15	Total	228	100.0%	210	92.1%	18	7.9%

		Total		With whom did you register					
		1	2	PHC/SC		CHC/DH		LD	
		No	%	No	%	No	%	No	%
Region	Kashmir	188	100.0%	143	76.1%	14	7.4%	31	16.5%
	Jammu	40	100.0%	33	82.5%	2	5.0%	5	12.5%
Age of woman	19-24	31	100.0%	25	80.6%	4	12.9%	2	6.5%
	25-29	92	100.0%	65	70.7%	6	6.5%	21	22.8%
	30-34	76	100.0%	67	88.2%	2	2.6%	7	9.2%
	35+	29	100.0%	19	65.5%	4	13.8%	6	20.7%
Residence	Urban	53	100.0%	45	84.9%	2	3.8%	6	11.3%
	Rural	175	100.0%	131	74.9%	14	8.0%	30	17.1%
Occupation	House wife	218	100.0%	168	77.1%	14	6.4%	36	16.5%
	Service	6	100.0%	4	66.7%	2	33.3%		
	Skilled labour	4	100.0%	4	100.0%				
No of Living Children	1	132	100.0%	97	73.5%	10	7.6%	25	18.9%
	2	60	100.0%	51	85.0%	2	3.3%	7	11.7%
	3+	36	100.0%	28	77.8%	4	11.1%	4	11.1%
15	Total	228	100.0%	176	77.2%	16	7.0%	36	15.8%

		Total	Weight		BP checkup		Urine test		Blood test		Abdomen exam		All	
		1	No	%	No	%	No	%	No	%	No	%	No	%
Region	Kashmir	188	127	67.6%	186	98.9%	184	97.9%	186	98.9%	184	97.9%	123	65.4%
	Jammu	40	28	70.0%	40	100.0%	40	100.0%	40	100.0%	40	100.0%	28	70.0%
Age of woman	19-24	31	23	74.2%	31	100.0%	31	100.0%	31	100.0%	31	100.0%	23	74.2%
	25-29	92	59	64.1%	90	97.8%	90	97.8%	90	97.8%	88	95.7%	57	62.0%
	30-34	76	55	72.4%	76	100.0%	74	97.4%	76	100.0%	76	100.0%	53	69.7%
	35+	29	18	62.1%	29	100.0%	29	100.0%	29	100.0%	29	100.0%	18	62.1%
Residence	Urban	53	37	69.8%	53	100.0%	53	100.0%	53	100.0%	51	96.2%	35	66.0%
	Rural	175	118	67.4%	173	98.9%	171	97.7%	173	98.9%	173	98.9%	116	66.3%
Occupation	House wife	218	151	69.3%	216	99.1%	214	98.2%	216	99.1%	214	98.2%	147	67.4%
	Service	6	2	33.3%	6	100.0%	6	100.0%	6	100.0%	6	100.0%	2	33.3%
	Skilled labour	4	2	50.0%	4	100.0%	4	100.0%	4	100.0%	4	100.0%	2	50.0%
No of Living Children	1	132	94	71.2%	130	98.5%	130	98.5%	130	98.5%	128	97.0%	92	69.7%
	2	60	45	75.0%	60	100.0%	58	96.7%	60	100.0%	60	100.0%	43	71.7%
	3+	36	16	44.4%	36	100.0%	36	100.0%	36	100.0%	36	100.0%	16	44.4%
15	Total	228	155	68.0%	226	99.1%	224	98.2%	226	99.1%	224	98.2%	151	66.2%

		Total	Vaginal bleeding		Convulsion		Prolonged labour		Abdomen pain		High blood pressure		All	
		1	No	%	No	%	No	%	No	%	No	%	No	%
Region	Kashmir	188	76	40.4%	53	28.2%	55	29.3%	81	43.1%	143	76.1%	45	23.9%
	Jammu	40	26	65.0%	21	52.5%	23	57.5%	27	67.5%	37	92.5%	21	52.5%
Age of woman	19-24	31	16	51.6%	11	35.5%	11	35.5%	13	41.9%	26	83.9%	11	35.5%
	25-29	92	36	39.1%	23	25.0%	24	26.1%	35	38.0%	72	78.3%	19	20.7%
	30-34	76	32	42.1%	30	39.5%	28	36.8%	38	50.0%	55	72.4%	26	34.2%
	35+	29	18	62.1%	10	34.5%	15	51.7%	22	75.9%	27	93.1%	10	34.5%
Residence	Urban	53	26	49.1%	21	39.6%	21	39.6%	28	52.8%	43	81.1%	19	35.8%
	Rural	175	76	43.4%	53	30.3%	57	32.6%	80	45.7%	137	78.3%	47	26.9%
Occupation	House wife	218	98	45.0%	70	32.1%	74	33.9%	104	47.7%	172	78.9%	62	28.4%
	Service	6	2	33.3%	2	33.3%	2	33.3%	2	33.3%	4	66.7%	2	33.3%
	Skilled labour	4	2	50.0%	2	50.0%	2	50.0%	2	50.0%	4	100.0%	2	50.0%
No of Living Children	1	132	57	43.2%	36	27.3%	37	28.0%	50	37.9%	100	75.8%	30	22.7%
	2	60	26	43.3%	23	38.3%	23	38.3%	30	50.0%	50	83.3%	23	38.3%
	3+	36	19	52.8%	15	41.7%	18	50.0%	28	77.8%	30	83.3%	13	36.1%
15	Total	228	102	44.7%	74	32.5%	78	34.2%	108	47.4%	180	78.9%	66	28.9%

		Total		when were you admitted in this hospital			
		1	2	'On the day of delivery' 2 'No of days before delivery'		2	
		No	%	No	%	No	%
Region	Kashmir	188	100.0%	102	54.3%	86	45.7%
	Jammu	40	100.0%	21	52.5%	19	47.5%
Age of woman	19-24	31	100.0%	24	77.4%	7	22.6%
	25-29	92	100.0%	36	39.1%	56	60.9%
	30-34	76	100.0%	47	61.8%	29	38.2%
	35+	29	100.0%	16	55.2%	13	44.8%
Residence	Urban	53	100.0%	25	47.2%	28	52.8%
	Rural	175	100.0%	98	56.0%	77	44.0%
Occupation	House wife	218	100.0%	113	51.8%	105	48.2%
	Service	6	100.0%	6	100.0%		
	Skilled labour	4	100.0%	4	100.0%		
No of Living Children	1	132	100.0%	90	68.2%	42	31.8%
	2	60	100.0%	20	33.3%	40	66.7%
	3+	36	100.0%	13	36.1%	23	63.9%
15	Total	228	100.0%	123	53.9%	105	46.1%

		Total		were you told about date of delivery			
		1	2	Yes		No	
		No	%	No	%	No	%
Region	Kashmir	188	100.0%	144	76.6%	44	23.4%
	Jammu	40	100.0%	29	72.5%	11	27.5%
Age of woman	19-24	31	100.0%	24	77.4%	7	22.6%
	25-29	92	100.0%	67	72.8%	25	27.2%
	30-34	76	100.0%	66	86.8%	10	13.2%
	35+	29	100.0%	16	55.2%	13	44.8%
Residence	Urban	53	100.0%	43	81.1%	10	18.9%
	Rural	175	100.0%	130	74.3%	45	25.7%
Occupation	House wife	218	100.0%	165	75.7%	53	24.3%
	Service	6	100.0%	4	66.7%	2	33.3%
	Skilled labour	4	100.0%	4	100.0%		
No of Living Children	1	132	100.0%	95	72.0%	37	28.0%
	2	0	100.0%	48	80.0%	12	20.0%
	3+	36	100.0%	30	83.3%	6	16.7%
All	No	162	100.0%	118	72.8%	44	27.2%
	Yes	66	100.0%	55	83.3%	11	16.7%
17	Total	228	100.0%	173	75.9%	55	24.1%

		Total		Mode of delivery			
		1	2	Normal		Caesarian	
		No	%	No	%	No	%
Region	Kashmir	188	100.0%	15	8.0%	173	92.0%
	Jammu	40	100.0%	5	12.5%	35	87.5%
Age of woman	19-24	31	100.0%	6	19.4%	25	80.6%
	25-29	92	100.0%	3	3.3%	89	96.7%
	30-34	76	100.0%	7	9.2%	69	90.8%
	35+	29	100.0%	4	13.8%	25	86.2%
Residence	Urban	53	100.0%	8	15.1%	45	84.9%
	Rural	175	100.0%	12	6.9%	163	93.1%
Occupation	House wife	218	100.0%	20	9.2%	198	90.8%
	Service	6	100.0%			6	100.0%
	Skilled labour	4	100.0%			4	100.0%
No of Living Children	1	132	100.0%	13	9.8%	119	90.2%
	2	60	100.0%	3	5.0%	57	95.0%
	3+	36	100.0%	4	11.1%	32	88.9%
All	0	77	100.0%	6	7.8%	71	92.2%
	Yes	151	100.0%	14	9.3%	137	90.7%
17	Total	228	100.0%	20	8.8%	208	91.2%

		Total	Excessive bleeding	Continued bleeding 24hrs or more after delivery	Anemia	Severe abdominal pain	Unexplained pain in chest or legs	Visual disturbance or severe headache	Breathing difficulty	Fever Chills	Vomiting	Swelling
Region	Kashmir	188	6.4%	15.4%	11.2%	46.3%	13.8%	6.9%	4.8%	8.0%	3.7%	1.1%
	Jammu	40			5.0%	45.0%	7.5%	12.5%		17.5%		5.0%
Age of woman	19-24	31	12.9%	12.9%	6.5%	45.2%	6.5%	16.1%		12.9%		
	25-29	92	3.3%	8.7%	5.4%	54.3%	13.0%	3.3%	2.2%	9.8%	3.3%	2.2%
	30-34	76	6.6%	13.2%	15.8%	42.1%	17.1%	10.5%	6.6%	11.8%	5.3%	2.6%
	35+	29		24.1%	13.8%	31.0%	6.9%	6.9%	6.9%			
Residence	Urban	53			3.8%	39.6%	5.7%	5.7%		13.2%		
	Rural	175	6.9%	16.6%	12.0%	48.0%	14.9%	8.6%	5.1%	8.6%	4.0%	2.3%
Occupation	House wife	218	4.6%	12.4%	10.6%	45.4%	12.4%	7.3%	3.2%	10.1%	3.2%	1.8%
	Service	6	33.3%	33.3%		100.0%		33.3%				
	Skilled labour	4					50.0%		50.0%			
No of Living Children	1	132	4.5%	12.9%	10.6%	46.2%	10.6%	10.6%	3.0%	13.6%	3.8%	
	2	60	10.0%	8.3%	15.0%	40.0%	18.3%	3.3%	5.0%	3.3%		6.7%
	3+	36		19.4%		55.6%	11.1%	5.6%	5.6%	5.6%	5.6%	
15	Total	228	5.3%	12.7%	10.1%	46.1%	12.7%	7.9%	3.9%	9.6%	3.1%	1.8%

Table-8b Distribution of Respondents by Treatment given for complications faced after delivery

		Total	Excessive bleeding	Continued bleeding 24hrs or more after delivery	Anemia	Severe abdominal pain	Unexplained pain in chest or legs	Visual disturbance or severe headache	Breathing difficulty	Fever Chills	Vomiting	Swelling
		No	%	%	%	%	%	%	%	%	%	%
Region	Kashmir	12	50.0%	42.4%	100.0%	93.1%	65.4%	53.8%	55.6%	73.3%	71.4%	100.0%
	Jammu				100.0%	100.0%	100.0%	100.0%		100.0%		100.0%
Age of woman	19-24	4	100.0%	100.0%	100.0%	85.7%	100.0%	100.0%		100.0%		
	25-29	3		20.0%	100.0%	100.0%	100.0%	100.0%	100.0%	77.8%	100.0%	100.0%
	30-34	5	40.0%	41.7%	100.0%	93.8%	46.2%	33.3%	60.0%	77.8%	50.0%	100.0%
	35+			42.9%	100.0%	77.8%						
Residence	Urban				100.0%	100.0%	100.0%	100.0%		100.0%		
	Rural	12	50.0%	42.4%	100.0%	92.9%	65.4%	53.8%	55.6%	73.3%	71.4%	100.0%
Occupation	House wife	10	40.0%	38.7%	100.0%	93.9%	66.7%	75.0%	71.4%	81.8%	71.4%	100.0%
	Service	2	100.0%	100.0%		100.0%						
	Skilled labour						100.0%					
No of Living Children	1	6	100.0%	31.6%	100.0%	93.4%	71.4%	85.7%	50.0%	77.8%	60.0%	
	2	6		42.9%	100.0%	100.0%	72.7%		100.0%	100.0%		100.0%
	3+			71.4%		90.0%	50.0%			100.0%	100.0%	
15	Total	12	50.0%	42.4%	100.0%	94.3%	69.0%	66.7%	55.6%	81.8%	71.4%	100.0%

Table-9 Distribution of Respondents by Receipt of Proper Treatment for complications faced after delivery

		Total		if any, have you got proper treatment of complications			
		1	2	Yes		No	
		No	%	No	%	No	%
Region	Kashmir	170	100.0%	158	92.9%	12	7.1%
	Jammu	36	100.0%	31	86.1%	5	13.9%
Age of woman	19-24	26	100.0%	24	92.3%	2	7.7%
	25-29	83	100.0%	79	95.2%	4	4.8%
	30-34	70	100.0%	63	90.0%	7	10.0%
	35+	27	100.0%	23	85.2%	4	14.8%
Residence	Urban	46	100.0%	37	80.4%	9	19.6%
	Rural	160	100.0%	152	95.0%	8	5.0%
Occupation	House wife	198	100.0%	181	91.4%	17	8.6%
	Service	6	100.0%	6	100.0%		
	Skilled labour	2	100.0%	2	100.0%		
No of Living Children	1	123	100.0%	110	89.4%	13	10.6%
	2	51	100.0%	51	100.0%		
	3+	32	100.0%	28	87.5%	4	12.5%
15	Total	206	100.0%	189	91.7%	17	8.3%

Table-10 Distribution of Respondents by Timing of First and Second PNC Check Up after delivery													
		Total		1st checkup time after delivery				2nd checkup time after delivery					
		1	2	Immediate		1-2 hours		4-8 hours		8-12 hours		As per need	
		No	%	No	%	No	%	No	%	No	%	No	%
Region	Kashmir	188	100.0%	147	78.2%	41	21.8%	105	55.9%	71	37.8%	12	6.4%
	Jammu	40	100.0%	38	95.0%	2	5.0%	33	82.5%	7	17.5%		
Age of woman	19-24	31	100.0%	27	87.1%	4	12.9%	20	64.5%	11	35.5%		
	25-29	92	100.0%	82	89.1%	10	10.9%	42	45.7%	42	45.7%	8	8.7%
	30-34	76	100.0%	53	69.7%	23	30.3%	55	72.4%	19	25.0%	2	2.6%
	35+	29	100.0%	23	79.3%	6	20.7%	21	72.4%	6	20.7%	2	6.9%
Residence	Urban	53	100.0%	53	100.0%			36	67.9%	17	32.1%		
	Rural	175	100.0%	132	75.4%	43	24.6%	102	58.3%	61	34.9%	12	6.9%
Occupation	House wife	218	100.0%	179	82.1%	39	17.9%	130	59.6%	76	34.9%	12	5.5%
	Service	6	100.0%	4	66.7%	2	33.3%	4	66.7%	2	33.3%		
	Skilled labour	4	100.0%	2	50.0%	2	50.0%	4	100.0%				
No of Living Children	1	132	100.0%	110	83.3%	22	16.7%	75	56.8%	47	35.6%	10	7.6%
	2	60	100.0%	45	75.0%	15	25.0%	33	55.0%	25	41.7%	2	3.3%
	3+	36	100.0%	30	83.3%	6	16.7%	30	83.3%	6	16.7%		
15	Total	228	100.0%	185	81.1%	43	18.9%	138	60.5%	78	34.2%	12	5.3%

Table-11 Distribution of of Respondents by No. of Times Examined for various Services Before Discharge from Hospital			
		No	%
Pulse rate	None	2	.9%
	Once	6	2.6%
	Twice	24	10.5%
	Thrice or more	196	86.0%
	Total	228	100.0%
Blood pressure	Once	3	1.3%
	Twice	28	12.3%
	Thrice or more	197	86.4%
	Total	228	100.0%
Temp & respiratory rate	None	77	33.8%
	Once	12	5.3%
	Twice	26	11.4%
	Thrice or more	113	49.6%
	Total	228	100.0%
Paleness	None	119	52.2%
	Once	26	11.4%
	Twice	18	7.9%
	Thrice or more	65	28.5%
	Total	228	100.0%
Abdominal examination	None	5	2.2%
	Once	4	1.8%
	Twice	27	11.8%
	Thrice or more	192	84.2%
	Total	228	100.0%
Examine the pad for bleeding to assess if bleeding is heavy	None	17	7.5%
	Once	10	4.4%
	Twice	65	28.5%
	Thrice or more	136	59.6%
	Total	228	100.0%
Examine breasts for any lumps or tenderness	None	127	55.7%
	Once	22	9.6%
	Twice	42	18.4%
	Thrice or more	37	16.2%
	Total	228	100.0%
Check the condition of the nipples and observe breastfeeding	None	82	36.0%
	Once	25	11.0%
	Twice	40	17.5%
	Thrice or more	81	35.5%
	Total	228	100.0%
Any pain or problem while passing urine	None	8	3.5%

(dribbing or leaking)	Once	15	6.6%
	Twice	120	52.6%
	Thrice or more	85	37.3%
	Total	228	100.0%
Fatigue not feeling well	None	66	28.9%
	Once	8	3.5%
	Twice	42	18.4%
	Thrice or more	112	49.1%
	Total	228	100.0%
Unhappiness cry easily –postpartum depression	None	39	17.1%
	Once	45	19.7%
	Twice	142	62.3%
	Thrice or more	2	.9%
	Total	228	100.0%

Table-12 Distribution of Respondents by Timing of breast feeding after delivery

		Total		After delivery when did you start breast feeding your baby					
		1	2	1mmediate		After 1 hour		More than 1 hour	
		No	%	No	%	No	%	No	%
Region	Kashmir	188	100.0%	98	52.1%	64	34.0%	26	13.8%
	Jammu	40	100.0%	30	75.0%	8	20.0%	2	5.0%
Age of woman	19-24	31	100.0%	20	64.5%	7	22.6%	4	12.9%
	25-29	92	100.0%	55	59.8%	27	29.3%	10	10.9%
	30-34	76	100.0%	33	43.4%	35	46.1%	8	10.5%
	35+	29	100.0%	20	69.0%	3	10.3%	6	20.7%
Residence	Urban	53	100.0%	37	69.8%	12	22.6%	4	7.5%
	Rural	175	100.0%	91	52.0%	60	34.3%	24	13.7%
Occupation	House wife	218	100.0%	124	56.9%	68	31.2%	26	11.9%
	Service	6	100.0%			4	66.7%	2	33.3%
	Skilled labour	4	100.0%	4	100.0%				
No of Living Children	1	132	100.0%	69	52.3%	43	32.6%	20	15.2%
	2	60	100.0%	35	58.3%	19	31.7%	6	10.0%
	3+	36	100.0%	24	66.7%	10	27.8%	2	5.6%
Were you advised exclusive breast feeding for first six months	Yes	216	100.0%	121	56.0%	69	31.9%	26	12.0%
	No	12	100.0%	7	58.3%	3	25.0%	2	16.7%
Mode of delivery	Normal	20	100.0%	15	75.0%	4	20.0%	1	5.0%
	Caesarian	208	100.0%	113	54.3%	68	32.7%	27	13.0%
	Total	228	100.0%	128	56.1%	72	31.6%	28	12.3%

		Total		Were you advised exclusive breast feeding for first six months			
		1	2	Yes		No	
		No	%	No	%	No	%
Region	Kashmir	188	100.0%	176	93.6%	12	6.4%
	Jammu	40	100.0%	40	100.0%		
Age of woman	19-24	31	100.0%	31	100.0%		
	25-29	92	100.0%	84	91.3%	8	8.7%
	30-34	76	100.0%	72	94.7%	4	5.3%
	35+	29	100.0%	29	100.0%		
Residence	Urban	53	100.0%	46	86.8%	7	13.2%
	Rural	175	100.0%	170	97.1%	5	2.9%
Occupation	House wife	218	100.0%	206	94.5%	12	5.5%
	Service	6	100.0%	6	100.0%		
	Skilled labour	4	100.0%	4	100.0%		
No of Living Children	1	132	100.0%	127	96.2%	5	3.8%
	2	60	100.0%	55	91.7%	5	8.3%
	3+	36	100.0%	34	94.4%	2	5.6%
15	Total	228	100.0%	216	94.7%	12	5.3%

		Total		Tests				Consumables				Transport from home to facility			
		1	2	Yes		No		Yes		No		Yes		No	
		No	%	No	%	No	%	No	%	No	%	No	%	No	%
Region	Kashmir	188	100.0%	179	95.2%	9	4.8%	11	5.9%	177	94.1%	4	2.1%	184	97.9%
	Jammu	40	100.0%	40	100.0%					40	100.0%	3	7.5%	37	92.5%
Age of woman	19-24	31	100.0%	31	100.0%					31	100.0%			31	100.0%
	25-29	92	100.0%	87	94.6%	5	5.4%	7	7.6%	85	92.4%	2	2.2%	90	97.8%
	30-34	76	100.0%	74	97.4%	2	2.6%	4	5.3%	72	94.7%	5	6.6%	71	93.4%
	35+	29	100.0%	27	93.1%	2	6.9%			29	100.0%			29	100.0%
Residence	Urban	53	100.0%	48	90.6%	5	9.4%	4	7.5%	49	92.5%	3	5.7%	50	94.3%
	Rural	175	100.0%	171	97.7%	4	2.3%	7	4.0%	168	96.0%	4	2.3%	171	97.7%
Occupation	House wife	218	100.0%	209	95.9%	9	4.1%	11	5.0%	207	95.0%	7	3.2%	211	96.8%
	Service	6	100.0%	6	100.0%					6	100.0%			6	100.0%
	Skilled labour	4	100.0%	4	100.0%					4	100.0%			4	100.0%
No of Living Children	1	132	100.0%	130	98.5%	2	1.5%	9	6.8%	123	93.2%	5	3.8%	127	96.2%
	2	60	100.0%	55	91.7%	5	8.3%			60	100.0%			60	100.0%
	3+	36	100.0%	34	94.4%	2	5.6%	2	5.6%	34	94.4%	2	5.6%	34	94.4%
Were you advised exclusive breast feeding for first six months	Yes	216	94.7%	210	92.1%	6	2.6%	7	3.1%	209	91.7%	7	3.1%	209	91.7%
	No	12	5.3%	9	3.9%	3	1.3%	4	1.8%	8	3.5%			12	5.3%
	Total	228	100.0%	219	96.1%	9	3.9%	11	4.8%	217	95.2%	7	3.1%	221	96.9%

Table-15 Distribution of Respondents by Timing of Discharge from Hospital after Delivery													
		Total		After how many days you were discharged from hospital									
		1	2	1		2		3		4		6	
		No	%	No	%	No	%	No	%	No	%	No	%
Region	Kashmir	188	100.0%	2	1.1%	7	3.7%	143	76.1%	33	17.6%	3	1.6%
	Jammu	40	100.0%	2	5.0%	3	7.5%	31	77.5%	4	10.0%		
Age of woman	19-24	31	100.0%	2	6.5%	2	6.5%	25	80.6%	2	6.5%		
	25-29	92	100.0%			3	3.3%	64	69.6%	22	23.9%	3	3.3%
	30-34	76	100.0%			3	3.9%	62	81.6%	11	14.5%		
	35+	29	100.0%	2	6.9%	2	6.9%	23	79.3%	2	6.9%		
Residence	Urban	53	100.0%	2	3.8%	6	11.3%	40	75.5%	5	9.4%		
	Rural	175	100.0%	2	1.1%	4	2.3%	134	76.6%	32	18.3%	3	1.7%
Occupation	House wife	218	100.0%	4	1.8%	10	4.6%	166	76.1%	35	16.1%	3	1.4%
	Service	6	100.0%					4	66.7%	2	33.3%		
	Skilled labour	4	100.0%					4	100.0%				
No of Living Children	1	132	100.0%	2	1.5%	5	3.8%	98	74.2%	24	18.2%	3	2.3%
	2	60	100.0%			3	5.0%	48	80.0%	9	15.0%		
	3+	36	100.0%	2	5.6%	2	5.6%	28	77.8%	4	11.1%		
Mode of delivery	Normal	20	100.0%	4	20.0%	10	50.0%	6	30.0%				
	Caesarian	208	100.0%					168	80.8%	37	17.8%	3	1.4%
Excessive bleeding	Yes	12	100.0%					10	83.3%	2	16.7%		
	No	216	100.0%	4	1.9%	10	4.6%	164	75.9%	35	16.2%	3	1.4%
	Total	228	100.0%	4	1.8%	10	4.4%	174	76.3%	37	16.2%	3	1.3%

Table-16 Distribution of Respondents by willingness to stay in Hospital for some more days after Delivery							
		Total		Were you willing to be discharged or you wanted to stay for sometime			
		1	2	Not Willing		Willing to Stay	
		No	%	No	%	No	%
Region	Kashmir	188	100.0%	26	13.8%	162	86.2%
	Jammu	40	100.0%	11	27.5%	29	72.5%
Age of woman	19-24	31	100.0%	4	12.9%	27	87.1%
	25-29	92	100.0%	19	20.7%	73	79.3%
	30-34	76	100.0%	8	10.5%	68	89.5%
	35+	29	100.0%	6	20.7%	23	79.3%
Residence	Urban	53	100.0%	13	24.5%	40	75.5%
	Rural	175	100.0%	24	13.7%	151	86.3%
Occupation	House wife	218	100.0%	36	16.5%	182	83.5%
	Service	6	100.0%			6	100.0%
	Skilled labour	4	100.0%	1	25.0%	3	75.0%
No of Living Children	1	132	100.0%	22	16.7%	110	83.3%
	2	60	100.0%	8	13.3%	52	86.7%
	3+	36	100.0%	7	19.4%	29	80.6%
Mode of delivery	Normal	20	100.0%	3	15.0%	17	85.0%
	Caesarian	208	100.0%	34	16.3%	174	83.7%
Excessive bleeding	Yes	12	100.0%			12	100.0%
	No	216	100.0%	37	17.1%	179	82.9%
19	Total	228	100.0%	37	16.2%	191	83.8%

Table-17 Distribution of Respondents by Satisfaction with Post Partum services received after Delivery, Satisfaction with behaviour of Doctors and Satisfaction with services received after Delivery

		Total	Were you satisfied with postpartum services		Are you satisfied with the behavior of doctors			Are you satisfied with hospital services		
			Satisfied	Not Satisfied	Fully satisfied	Somewhat satisfied	Not satisfied	Fully satisfied	Somewhat satisfied	Not satisfied
		1	%	%	%	%	%	%	%	%
Region	Kashmir	188	96.3%	3.7%	88.8%	8.5%	2.7%	90.4%	8.5%	1.1%
	Jammu	40	95.0%	5.0%	95.0%	5.0%		87.5%	12.5%	
Age of woman	19-24	31	100.0%		100.0%			100.0%		
	25-29	92	92.4%	7.6%	84.8%	9.8%	5.4%	88.0%	9.8%	2.2%
	30-34	76	97.4%	2.6%	92.1%	7.9%		88.2%	11.8%	
	35+	29	100.0%		89.7%	10.3%		89.7%	10.3%	
Residence	Urban	53	96.2%	3.8%	96.2%	3.8%		90.6%	9.4%	
	Rural	175	96.0%	4.0%	88.0%	9.1%	2.9%	89.7%	9.1%	1.1%
Occupation	House wife	218	96.8%	3.2%	91.3%	6.4%	2.3%	91.3%	7.8%	.9%
	Service	6	100.0%		66.7%	33.3%		66.7%	33.3%	
	Skilled labour	4	50.0%	50.0%	50.0%	50.0%		50.0%	50.0%	
No of Living Children	1	132	94.7%	5.3%	86.4%	9.8%	3.8%	86.4%	12.1%	1.5%
	2	60	100.0%		95.0%	5.0%		95.0%	5.0%	
	3+	36	94.4%	5.6%	94.4%	5.6%		94.4%	5.6%	
Mode of delivery	Normal	20	100.0%		100.0%			85.0%	15.0%	
	Caesarian	208	95.7%	4.3%	88.9%	8.7%	2.4%	90.4%	8.7%	1.0%
Excessive bleeding	Yes	12	5.3%		4.4%	.9%		4.4%	.9%	
	No	216	90.8%	3.9%	85.5%	7.0%	2.2%	85.5%	8.3%	.9%
	Total	228	96.1%	3.9%	89.9%	7.9%	2.2%	89.9%	9.2%	.9%