

## EFFECTIVENESS OF HEALTH CARE PACKAGE ON KNOWLEDGE AND ATTITUDE REGARDING MINOR AILMENTS DURING POSTNATAL PERIOD

PRIYADARSHINI. T, BAGAVATHY. S & S. KANACHANA

*Omayal Achi College of Nursing, Chennai, Tamil Nadu, India*

### ABSTRACT

*A Quasi-experimental study was conducted to assess the effectiveness of Health care package on knowledge and attitude among postnatal mothers at selected hospitals, Chennai. 60 postnatal mothers who satisfy the inclusion criteria were selected as samples using purposive sampling technique. Health care package was administered. The pre and post test level of knowledge and attitude was assessed using structured knowledge questionnaire and modified 4 point likert scale. The findings revealed that there was a high statistical difference in the level of knowledge and attitude regarding minor ailments during postnatal period among postnatal mothers in experimental group. The correlation of the post test mean knowledge with attitude score in experimental group, showed ( $r=0.55$ ) a moderate positive correlation. The analysis revealed that there was a significant association of occupation with the mean differed knowledge score at  $p < 0.01$  level and number of gravida with mean differed attitude score at  $p < 0.01$  level. Thus Health care package was an effective technique in improving knowledge and attitude regarding minor ailments during postnatal period.*

**KEYWORDS:** *Minor Ailments of Postnatal Period, Prevention of Postnatal Minor Ailments*

**Received:** Jan 02, 2017; **Accepted:** Jan 27, 2017; **Published:** Jan 30, 2017; **Paper Id.:** TJPRC: IJOGNNJUN20171