

**Deanship of Graduate Studies
Al-Quds University**



**Birth Preparedness and Complication Readiness among
Primigravida Women in Gaza Governorate: Nurses' and
Midwives' Role and Practical Implication**

Suhair Mohammad Abed

Msc. Thesis

Jerusalem – Palestine

1440 / 2019

**Birth Preparedness and Complication Readiness among
Primigravida Women in Gaza Governorate: Nurses' and
Midwives' Role and Practical Implication**

Prepared By:

Suhair Mohammad Abed

BSc. of Science in Nursing–Palestine College of Nursing

Supervisor: Dr. Samer Khader Alnawajha,
Assistant Prof. University College of Applied Sciences

A Thesis Submitted in Partial Fulfillment of Requirements
for the Degree of Master of Maternal Child Health Nursing/
Faculty of Health Nursing/Al-Quds University

1440 / 2019

Al-Quds University

Deanship of Graduate Studies

Maternal and Child Health/Nursing Department



Thesis Approval

Birth Preparedness and Complication Readiness among Primigravida Women in Gaza Governorate: Nurses' and Midwives' Role and Practical Implication

Prepared by: Suhair Mohammad Abed

Registration No.: 21611758

Supervisor: Dr. Samer Khader Alnawajha

Master thesis submitted and accepted. Date: / /

The names of signatures of the examining committee members are as follows:

- | | |
|----------------------|---------------------|
| 1. Head of committee | Dr. Samer Alnawajha |
| 2. Internal examiner | Dr. Mazen Abu Qamar |
| 3. External examiner | Dr. Ali Alkhateeb |

Three handwritten signatures in blue ink are shown, each on a dotted line. The first signature is for Dr. Samer Alnawajha, the second for Dr. Mazen Abu Qamar, and the third for Dr. Ali Alkhateeb.

Jerusalem – Palestine

1440 / 2019

Dedication

To my Parents

My husband,

My sons and daughters,

My colleagues

Declaration

I certify that this thesis submitted for the degree of Master, is the result of my own research, except where otherwise acknowledged, and that this study (or any part of the same) has not been submitted for a higher degree to any other university or institution.

Signed

Suhair Mohammad Abed

Date: / / 2019

Acknowledgment

First of all, praise to Allah, the lord of the world, and peace and blessings of Allah be upon the noblest of all Prophets and messengers, our prophet Mohammed, all thanks for Allah who granted me the help and capability to complete this thesis.

Dr. Samer Alnawajha, as my thesis supervisor, you provided much advice, guidance, support, and feedback. No matter how afraid I was, you encouraged me to continue. I consider you a friend, colleague, and mentor.

Academic and administrative staff of School of Public Health, Al- quds University, thank you very much for your guidance and support.

My father and my mother; thank you very much for your pray and support, Allah bless you.

Last but not least, I would like to express my gratefulness to my friends for their support and encouragement.

I hope this work could be helpful for the practice and for anyone concerned.

Suhair Abed

Abstract

The principle and practice of birth preparedness and complication readiness in developing countries is very important to be considered which have its significant effect on maternal morbidity and mortality. This study aimed to assess the level of birth preparedness and complication readiness of primigravida women in Gaza governorate. The design of this study was a quantitative cross-sectional. The study participants have been selected by convenience sampling method from the randomly selected five ANC clinics in Gaza governorate, the sample consisted of 236 primigravida women. The researcher used a validated questionnaire as a study tool. Different statistical procedures operated by SPSS version 22 were used for data analysis including percentages, mean, independent sample t test, One-Way ANOVA, and Pearson correlation test.

The study results revealed that the mean percentage score of the primigravida mothers regarding birth preparedness and complication readiness is 79.82%, their mean percentage score of knowledge about key danger signs of pregnancy is 49.53%, the mean percentage score of knowledge about key danger signs of labor is 35.75%, while the mean percentage score of knowledge about key danger signs of post-partum is 38.33%. Factors associated with birth preparedness and complication readiness among women include their knowledge about key danger signs of pregnancy, labor, and post-partum, number of ANC visits, and time of initiation of visits, as well as the ANC clinic they have had their follow up.

The study concluded that the level of birth preparedness and complication readiness is satisfactory among primigravida women, but there is a weakness in the level of their knowledge regarding key danger signs of pregnancy, labor, and post-partum. The findings of this study indicated that there is a strong need for the nurses and midwives to participate efficiently in the process of health education for the mothers regarding key danger signs of pregnancy, labor and post-partum as well as encouraging the women to initiates their ANC visits as early as possible in order to maximize the level of birth preparedness and complication readiness to decrease maternal and fetal complication as much as possible.

Table of Contents

Declaration		i
Acknowledgment		ii
Abstract		iii
Table of contents		iv
List of figures		viii
List of tables		ix
List of annexes		xi
List of abbreviations		xii
Chapter One	Introduction	1
1.1	Introduction	1
1.2	Research problem	2
1.3	Justification of the study	4
1.4	General objective of the study	5
1.5	Specific objectives	5
1.6	Research questions	5
1.7	Operational definition of terms	6
1.8	Context of the Study	7
Chapter Two	Conceptual Framework and Literature Review	10
2.1	Conceptual framework of the study	10
2.2	Literature Review	11
2.2.1	Overview	11
2.2.2	Epidemiology of Maternal Mortality	12

2.2.3	The Concept of Birth Preparedness	12
2.2.4	The Role of Ante-Natal Care (ANC) in Birth Preparedness	13
2.2.5	Birth Preparedness and Complication Readiness and Safe Motherhood Program Approaches	14
2.2.6	Elements of Birth Preparedness	14
2.2.7	Birth Preparedness Awareness and Practices	15
2.2.8	Factors affecting women's birth preparedness and complications readiness	17
Chapter Three	Methodology	27
3.1	Introduction	27
3.2	Study design	27
3.3	Study setting	27
3.4	Study population	27
3.5	Sample size and Sampling process	28
3.6	Inclusion criteria	28
3.7	Exclusion criteria	29
3.8	Study instrument and measurements	29
3.9	Data collection	31
3.10	Ethical consideration	31
3.11	Validity of the instrument	32
3.12	Period of the study	32
3.13	Statistical management	32
Chapter Four	Results and Discussion	34
4.1	Introduction	34

4.2	Socio-Demographic Characteristics of the Sample	34
4.3	Pregnancy Related Information	38
4.4	Birth Preparedness and Complication Readiness	39
4.5	Women Knowledge about Key Danger Signs of Pregnancy	41
4.6	Women Knowledge about Key Danger Signs of Labor	42
4.7	Women Knowledge about Key Danger Signs of Post-Partum Period	43
4.8	Summary of Birth Preparedness and Complication Readiness among Primigravida Women	44
4.9	Differences in Birth Preparedness and Complication Readiness with Regard to Medical Conditions during Pregnancy	46
4.10	Differences in Birth Preparedness and Complication Readiness with Regard to Mothers' Working Status	48
4.11	Differences in Birth Preparedness and Complication Readiness with Regard to Mothers' Educational Level	47
4.12	Differences in Birth Preparedness and Complication Readiness with Regard to Husband's Educational Level	50
4.13	Differences in Birth Preparedness and Complication Readiness with Regard to Mothers' Marital Status	52
4.14	Differences in Birth Preparedness and Complication Readiness with Regard to ANC Clinic	53
4.15	Correlation between Birth Preparedness and Complication Readiness and other Variables	55
4.16	Correlation between Knowledge about Key Danger Signs of Pregnancy and other Variables	56

4.17	Correlation between Knowledge about Key Danger Signs of Labor and other Variables	57
4.18	Correlation between Knowledge about Key Danger Signs of Post-Partum and other Variables	58
4.19	Correlation between Birth Preparedness and Knowledge about Key Danger Signs	59
4.20	Discussion of the Study Results	59
Chapter Five	Conclusion and recommendations	69
5.1	Conclusion	69
5.2	Recommendations	70
5.3	Implications for Nurses and Midwives	71
	References	72
	Arabic abstract	88

List of Figures

No.	Figure	Page
2.1	Conceptual Framework	10
4.1	Sample Distribution According to the Participants' Working Status	35
4.2	Sample Distribution According to the ANC	36

List of Tables

No.	Table	Page
4.1	Sample Distribution According to the Participants' Marital Status, Level of Education for them and for their Husbands	34
4.2	Sample Distribution According to the Participants' Age, Level of Income, and Number of Family Members	37
4.3	Medical Conditions During Pregnancy, number of ANC Visits, and Time Initiation of ANC Visit (n=236)	38
4.4	Birth Preparedness and Complication Readiness among Primigravida Mothers	39
4.5	Number of Percentage of Women Knowledge about Key Danger Signs of Pregnancy	41
4.6	Number of Percentage of Women Knowledge about Key Danger Signs of Labor	42
4.7	Number of Percentage of Women Knowledge about Key Danger Signs of Post-Partum Period	43
4.8	Mean and Mean Percentage of Birth Preparedness and Complication among Primigravida Women	44
4.9	Classification of Birth Preparedness and the Knowledge about Key Danger Signs	45
4.10	Differences in Birth Preparedness and Complication Readiness with Regard to Medical Conditions during Pregnancy	46
4.11	Differences in Birth Preparedness and Complication Readiness with Regard to Mothers' Working Status	47
4.12	Differences in Birth Preparedness and Complication Readiness with Regard to Mothers' Educational Level	48

4.13	Differences in Birth Preparedness and Complication Readiness with Regard to Husband’s Educational Level	50
4.14	Table 4.14: Differences in Birth Preparedness and Complication Readiness with Regard to Mothers’ Marital Status	52
4.15	Differences in Birth Preparedness and Complication Readiness with Regard to ANC Clinic	53
4.16	Correlation between Birth Preparedness and Complication Readiness and other Variables	55
4.17	Correlation between Knowledge about Key Danger Signs of Pregnancy and other Variables	56
4.18	Correlation between Knowledge about Key Danger Signs of Labor and other Variables	57
4.19	Correlation between Knowledge about Key Danger Signs of Post-Partum and other Variables	58
4.20	Correlation between Birth Preparedness and Knowledge about Key Danger Signs	59

List of Annexes

No.	Annex	Page
Annex 1	Helsinki Approval	80
Annex 2	MoH Approval	81
Annex 3	Study questionnaire	82
Annex 4	Control Panel	87