

# Research Journal of Pharmaceutical, Biological and Chemical Sciences

## The Knowledge Regarding Gestational Diabetes Mellitus Among Antenatal Mothers In Selected Hospital.

Pappy Yuvarani\*.

Bharath university (BIHER), Chennai, Tamil Nadu, India.

### ABSTRACT

The aim of the study to assess the level of knowledge on gestational diabetes mellitus among antenatal mothers. Descriptive research design was adopted for the study. The population for the study includes all antenatal mothers attending OPD in selected hospital. The sample selected for the present study was 30 antenatal mothers who fulfilled the inclusion criteria. Convenient sampling technique was adopted for the study. The study result shows that the level of knowledge regarding gestational diabetes mellitus, among 30 antenatal mothers 3(10%) had inadequate knowledge, 11 (70%) had moderately adequate knowledge and 6 (20%) had adequate knowledge. The study concluded that most of the antenatal mothers were got only moderate knowledge about the gestational diabetes mellitus. So the health care professionals should be aware of gestational diabetes mellitus and its management and preventive measures and should create awareness of gestational diabetes mellitus among the mothers

**Keywords:** antenatal, gestational diabetes mellitus, knowledge, assess.

<https://doi.org/10.33887/rjpbcs/2019.10.4.38>

*\*Corresponding author*

## INTRODUCTION

During a normal pregnancy, many maternal physiological changes occur and there is an increase in insulin needs[1] due to increased hormonal secretions that regulate blood glucose levels, glucose-'drain' to the fetus, slowed emptying of the stomach, increased excretion of glucose by the kidneys and resistance of cells to insulin.

Gestational diabetes affects 3–9% of pregnancies, depending on the population studied.[3] It is especially common during the last three months of pregnancy.[In 90% of cases, gestational diabetes will resolve after the baby is born [2]. Women, however, are at an increased risk of developing type 2 diabetes.[3] Prevention is by maintaining a healthy weight and exercising before pregnancy [2]. Gestational diabetes is treated with a diabetic diet, exercise, and possibly insulin injections [2]. Most women are able to manage their blood sugar with diet and exercise.[3] Blood sugar testing among those who are affected is often recommended four times a day [3, 4]. Breastfeeding is recommended as soon as possible after birth.

### Statement Of The Problem

A Study To Assess The Knowledge Regarding Gestational Diabetes Mellitus Among Antenatal Mothers In Selected Hospital.

### Objectives

- To assess the level of knowledge on gestational diabetes mellitus among postnatal mothers
- To determine the association between level of knowledge on gestational diabetes mellitus among postnatal mothers with selected demographic variables

## METHODS AND MATERIALS

Descriptive research design was adopted for the study. The population for the study are antenatal mothers who are attending OPD in selected hospital in cheanni. The sample selected for the present study was 30 antenatal mothers who fulfilled the inclusion criteria. Convenient sampling technique was adopted for the study.

Major findings In the present study the level of knowledge regarding gestational diabetes mellitus among 30 antenatal mothers 3(10%) had inadequate knowledge , 11 (70%) had moderately adequate knowledge and 6 (20%) had adequate knowledge. The second objective to find out the association between level of knowledge on gestational diabetes mellitus among antenatal mothers with the selected demographic variables. In association, there was a significant association between knowledge on gestational diabetes mellitus and source of information. But there was no significant association between knowledge gestational diabetes mellitus with selected demographic variables like age, religion, education, type of family, occupation, income.

## CONCLUSION

The present study indicated that most of the antenatal mothers were got only moderately adequate knowledge about the gestational diabetes mellitus. So the health care professionals should be aware of gestational diabetes mellitus and its management and preventive measures and should create an awareness of gestational diabetes mellitus among the mothers.

## REFERENCES

- [1] Elizabeth .K.E, "Textbook of Paediatrics",2002, 2nd Edition, Paras Medical Publications, Hyderabad, India.
- [2] Mahajan, "Textbook of Community Health Nursing", 2nd Edition,J.P. Brothers Publication,Chennai.
- [3] Marlow, "Textbook of Pediatrics", 4th Edition, W.B.Soundars Company,Philadephia
- [4] Nelson, "Essentials of Pediatrics",4th Edition, W.B.Soundars Company,Philadephia.