Knowledge and Practice Regarding Postnatal Care among Mothers Residing In Selected Slum Area of Dharan, Nepal

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***Abstract*- Postnatal care is one of the most important maternal health-care services for not only prevention of impairment and disabilities but also in reduction of maternal mortality. Safemotherhood report also highlights that the majority of women in developing countries receive almost no postpartum care. A descriptive cross sectional study design was adopted for this study. The sample size was 60 and purposive sampling method was adopted to select the ward and mothers meeting the inclusion criteria. Data were collected by using pre-tested; semistructured interview schedule. The study showed that the median percentage of overall knowledge regarding postnatal care among mothers was 51% and that of practices regarding postnatal care among mothers was 33.3%. This showed that there was lack of practices in comparison to Knowledge. There was significant association of knowledge regarding postnatal care with respondents' level of education (p value= 0.031), whereas there was no significant association between practices regarding postnatal care with other socio-demographic variables. Knowledge regarding postnatal care had significant positive correlation with practice that means when knowledge increased practice also increased. The study conclude that there is knowledge regarding postnatal care among mothers like postnatal checkup, hygiene, birth spacing, additional diets, complications and danger signs; Whereas there is still lack of knowledge among mothers regarding postnatal period, postnatal exercise, early ambulation. There is difference in the overall knowledge (57%) and practices (68%) regarding postnatal care among mothers.**

Key words: **Postnatal Care, Dharan, Nepal**

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