

**PP 2**

**Assessment of Primi Mothers' Knowledge of Discomforts and Coping Strategies in their Third Trimester**

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**Background:** Primi mothers confront various discomforts especially in their third trimester of pregnancy. They need a good understanding of these discomforts to cope with the pregnancy and the delivery.

**Objectives:** To assess knowledge of discomforts and coping strategies of primi mothers during the third trimester in Teaching Hospital, Kandy and General Hospital, Badulla.

**Methodology:** In this cross-sectional study, a convenient sample of 150 primi mothers in the third trimester was recruited from Teaching Hospital, Kandy and General Hospital, Badulla. A pre-tested, self-administered questionnaire was used to collect the data. Ethical clearance was obtained from the ethical review committees of the two hospitals. Data were analyzed using descriptive statistics with SPSS (version 22).

**Results:** Most of primi mothers (79%) were in the age group of 18-32years. Results revealed that 46% (n=69) of the mothers were aware of pregnancy and labor such as physiological changes, pregnancy symptoms, labor pain, and the labor process. Most mothers (87%) had knowledge of minor discomforts such as nausea, vomiting, and faintishness, and emotional discomforts. Majority (66%) of mothers were aware of fetal wellbeing such as quickening, and weight gain. Mothers' knowledge of comfort measures such as massaging, positioning, breathing exercise and pain killers were 78%. Most mothers (69%) used non-pharmacological coping strategies such as posturing, massages, muscle relaxation techniques and breathing exercises. Further, this study found 56% of mothers had good social support, acceptance, and social assurance that were used as coping strategies.

**Conclusions:** Primi mothers have an overall knowledge of various discomforts in the third trimester but have relatively fewer coping skills to face them. Hence further health education is recommended to promote social support and non-pharmacological strategies among primi mothers in the third trimester.

**Keywords:** *Coping skills, discomforts, knowledge, primi mothers, third trimester*