RELATION OF FETAL MOVEMENT COUNTING WITH PRENATAL ATTACHMENT AND MATERNAL WORRIES - LITERATURE REVIEW

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Abstract: In the present study the researchers aim was to check whether fetal movement counting has got any effect on prenatal attachment and maternal worries. Pregnancy is period were the antenatal women think about here fetus, talks with her fetus and feels her fetus. Fetal movement counting involves the mother to calculate each fetal movement and depending on the count, the women perceives about the healthiness of her unborn child. Since through fetal movement counting the women feels her unborn child to be healthy, it eventually helps relieving her from stress and worries regarding the child. In order to determine the aim of the study the researcher first did elaborative literature review which helps them to understand the various concept of the study.

Objectives:
- To assess the prenatal attachment and maternal worries among primigravida mothers.
- To correlate the effect of fetal movement counting on prenatal attachment and maternal worries among primigravida mothers.
- To determine association between (pre-fetal movement counting) prenatal attachment and maternal worries among primigravida mothers with their selected socio demographic and maternal variables.

Material and Methods: Pub med, Medline Google scholar database were used to search the literature. This literature review mainly aims to find out studies showing if Fetal movement counting has any effect on Prenatal attachment and Maternal worries.

Results: The literature reviewed shown that female who are pregnant for the first time she is very anxious regarding her unborn child and maternal fetal attachment.

Conclusion: In conclusion, there are many reason of anxiety like abortion, less fetal movement, any anatomical defect of child so that this research is effective to reduce maternal worries and improve maternal fetal attachment.

KEY WORDS: Fetal movement counting (FMC), Maternal fetal attachment (MFA), Prenatal attachment (PA), mother-fetal bonding, maternal worries (MW).

1. INTRODUCTION

MFA has been described as “the emotional tie or bond which normally develops between the pregnant woman and her unborn child.” [1] MFA shows the bond between the pregnant women and her unborn child. Based on condition of fetus, the mother’s thinking and opinion keeps changing. Maternal fetal attachment is mainly depending on maternal attachment with the unborn child. Maternal attachment can be responsible for better care of the unborn child and may be of vital help for child’s health. [2]

Pregnancy is a period filled of many expectations. During this period the women has many hopes about a healthy pregnancy outcome in terms of healthy newborn. But this period can also lead to many worries if the woman does not feel that all good is going along with the unborn child. [3] These worries of the mother can be relieved if she is more well acquainted to the health details of her fetus. Instead of using method like ultrasonography for knowing health status of fetus, simple measures like daily fetal movement counting can also be used to develop the attachment between the mother and child, thereby reducing her worries. Fetal movement counting is the method in which female quantifies each movement of her unborn child, perceives to know the child who is in her womb and their wellbeing. This method is very easy and does not possess any harm to the fetus and mother. [4]

Numerous research were done which suggest that anxiety and stress may develop in pregnancy which can cause many complications like premature baby, postpartum depression, abortion and low birth baby. Fetal movement counting is a non invasive and simple method which helps to evaluate and know the well being of fetus and also it leads to decrease in the mothers tension and anxiety level. [5]

If found effective, this method of daily fetal movement counting can be used as a powerful and significant strategy to increase the bond between the mother and child and thereby also help to reduce the worries that the mothers have related to the wellbeing of her child. Hence the researchers, in order to study if FMC has any effect on PA and MW, first felt the need to review the possibly existing literature related to the same.
2. OBJECTIVES:
The objectives of this study are to systematically review:

- To assess the prenatal attachment and maternal worries among primigravida mothers.
- To correlate the effect of fetal movement counting on prenatal attachment and maternal worries among primigravida mothers.
- To determine association between (pre-fetal movement counting) prenatal attachment and maternal worries among primigravida mothers with their selected socio demographic and maternal variables.

3. METHOD

LITERATURE SEARCH AND METHOD

A systematic literature search was performed in the following electronic databases: MEDLINE / Pub Med. Key words were: Effect of Fetal movement counting, effect of fetal movement counting on prenatal attachment, effect of fetal movement counting on maternal worries. Wellbeing of fetus.

4. INCLUSION AND EXCLUSION CRITERIA

INCLUSION CRITERIA: Primigravida mothers, 1. With gestational age of 32-36 weeks 2. Who are in age group of 18 to 28 years 3. With singleton pregnancy 4. Who are able to read and write English or Gujarat.


SEARCH OUTCOME

Identification of Studies

The following flow chart showing the systematic selection process of the studies. Through the initial search 33 studies were identified, then 25 studies were excluded according to the excluded criteria. After the 16 studies were retrieved, finally retrieved 13 studies and 11 studies excluded after final review accordingly, 10 studies saw the addition standards and were added in the review of literature.
INITIAL SEARCH = 33
(Pub Med, Medline)

RETRIVED ARTICLES = 16

FINAL RETRIVED = 13
(FULLARTICLE)

EXCLUDED BASED ON CRITERIA = 25 (BASED ON LOCATION OF STUDY)

REVIEW ARTICLES = 16

EXCLUDED AFTER FULL REVIEW = 11

SELECTED FINAL ARTICLES = 10
### RESULTS:

<table>
<thead>
<tr>
<th>Author Year Place</th>
<th>Objectives</th>
<th>Methodology</th>
<th>Result</th>
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<tbody>
<tr>
<td>K Rincy , S J Nalini. [6] 2014 Chennai</td>
<td>FMC’s effect on primigravida mother PA and MW.</td>
<td>100 primigravida mother’s were non randomly selected for the study. The participants had maintain a kick chart two times a day for 14 days.</td>
<td>A highly significant statistical difference in prenatal attachment with fetus was found between both the groups (p&lt;0.001). The worries among the mothers of study group were significantly lower compared to control group.</td>
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<tr>
<td>ELS Hanan, ELS Mohamed , Hassan SI, Hanseen Abdel SAH, Ibrahim A.[7] 2018 Egypt</td>
<td>Self monitoring of kick’s of fetus by women on their general health condition.</td>
<td>Purposely selected 100 antenatal women were enrolled for this experimental study. An interview schedule and general health questionnaires were used for data collection. The participants were asked to monitor the movement of the fetus through the self monitoring daily fetal kick chart.</td>
<td>There was a significant improvement in the general health status of women of intervention group when pre intervention score were compare to post intervention score.</td>
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<tr>
<td>Akselsson A, Georgsson S, Lindgren H , Pettersson K &amp; Radestad I. [8] 2017 Sweden</td>
<td>Mindfetalness – women’s attitude experience and compliance regarding its use.</td>
<td>In this descriptive, study 104 antenatal women were enrolled. The participant had to perform daily assessment of mindfetalness 15 minutes. Information regarding the perception of mindfetalness and compliance was collected from the participants.</td>
<td>89 % of participants had positive attitude towards mindfetalness and 75% of them had higher compliance with decrease worry, increased relaxation which helped to create a healthy relationship and better awareness about the fetus.</td>
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<tr>
<td>Akbarzadeh M, Dokuhaki A, Joker A, Pishva N, and Zare N.[9] 2014 Italy</td>
<td>To determine role of couple adjustment, age of gestation and symptoms of depression on maternal fetal attachment.</td>
<td>A cross-sectional study was done to determine the objectives of the study prenatal services attending women sample size was 130.</td>
<td>The study finding showed that maternal fetal attachment significantly increased with couple adjustment and gestational age. Participant who had depressive symptoms were found to be associated with increased in score of fantasy and sensitivity factor.</td>
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<tr>
<td>Akbarzade M, Setodeh S, Zare N. [10] 2014 Iran</td>
<td>To evaluate fathers’ training skills on MFA among primigravidas.</td>
<td>150 qualified pregnant women’s husbands were enrolled for this trail. Samples of experimental group were made to participate in four 90 minute training session of MFA once a week. Spielberger’s anxiety scale and Cranley’s questionnaire were used for data collection.</td>
<td>Paired t test revealed a significant difference between the groups about their mean attachment score before and one month after the intervention. (p &lt;0.001).</td>
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<tr>
<td>HassanNM,Hassan FM.[11] 2017 Egypt</td>
<td>To assess the predictors of maternal fetal attachment among</td>
<td>A descriptive study was done on conveniently selected 350 pregnant women. Tools of data collection were: Pregnant Women Basic Data Structured Interview</td>
<td>81.4 % and 13.4% of participant had high and moderate level of attachment respectively. A significant positive correlation between MFA</td>
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<td>Author(s)</td>
<td>Year</td>
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<td>Objective</td>
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<tr>
<td>Güney E. Uçar T.</td>
<td>2018</td>
<td>Turkey</td>
<td>To assess fetal movement counting’s effect on attachment between mother and fetus.</td>
</tr>
<tr>
<td>Smith V, Begley C, Devane D.</td>
<td>2011</td>
<td>Ireland</td>
<td>To find out the practices of midwives and obstetricians in detection and management of decrease fetal movement that occurs during pregnancy.</td>
</tr>
<tr>
<td>Prabavathy M, Dash MB.</td>
<td>2017</td>
<td>India</td>
<td>To assess the level of mother’s knowledge on fetal movement count.</td>
</tr>
<tr>
<td>Saastad E, Winje BA, Israel P, Frederik J.</td>
<td>2012</td>
<td>Norway</td>
<td>To determine the effect of fetal movement counting on maternal concern.</td>
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6. DISCUSSION

The present literature reviews throw light on the fact that a simple measure like fetal movement counting done by the mother can help reduce her worry and concern about her unborn child. It can be proved to be a simple, inexpensive method to build the relation between the mother and her fetus, if researched about it adequately. If proved successful, then the antenatal women during their antenatal visit or during the home visit done by the accredited social health activists would be easily taught to monitor their fetal movement, which would thereby help them understand their unborn baby in a much meaningful way.

7. CONCLUSION

Prenatal attachment can prove to be an absolute measure to encourage positive parenthood. It helps the women to start caring about her unborn child way before the delivery. This review helps the researcher to understand the concept in a better way and thereby helped them to work up to understand the effects of fetal movement counting on the attachment between mother and fetus and also on the level of worries among the mother.

8. IMPLICATION TO NURSING PRACTICE

Many studies have shown that the effect of fetal movement counting on mother but this is for primigravida mothers she is first time pregnant so her anxiety level is more so in this study, fetal movement counting is proved to be a dominant measure to improve maternal fetal attachment and reduce maternal worries.

REFERENCES


