This study determined the practices of pregnant mothers as to prenatal care, nutrition, exercise, rest and sleep, and personal hygiene along with the postpartal complications suffered by them.

A survey questionnaire was administered to postpartal mothers with complications who were admitted at the Obstetric Ward of the Governor Roque B. Ablan Sr. Memorial Hospital (GRBASMH) from June 2012 to July 2012. Results and findings showed that most of the respondents always practice prenatal care and personal hygiene, sometimes eat the recommended nutritious foods, and sometimes take rest and sleep during the day. In contrast, they never practice different exercises intended for pregnant women.

As to postpartal complications, the study revealed that postpartal pregnancy induced hypertension is the most common complication experienced by the respondents, while the mothers suffered postpartal hemorrhage caused by uterine atony, perineal laceration, retained placental fragments, and subinvolution. There are also some postpartal mothers suffered from urinary tract infection; and the puerperal infection (endometritis), postpartal depression and vaginal wall hematoma are least complication suffered by them.

The pregnant mothers were not able to adhere fully to the appropriate maternal practices thereby putting their lives at risk because of postpartal complications. Thus, corresponding attention and action are necessary to address the matter relative to the maternal health practices. These must be adopted by the pregnant mothers who are relatively deficient to ensure their optimum health particularly in terms of nutrition, rest and exercise which needs due attention and action.

A proposed information material developed should be disseminated to the Rural Health Midwives, Public Health Nurse and Barangay Health Worker’s to assist them in implementing interventions for the prevention of postpartal complications among pregnant mothers and would-be mothers. The health care providers must emphasize the importance of eating nutritious foods, adequate rest and sleep, and exercises that fit among pregnant women during health education. The personnel of Rural Health Units especially Midwives, Public Health Nurse and Barangay Health Workers (BHWs) should be more diligent, industrious, and firm in implementing the services that must be rendered to every pregnant woman to ensure their good health for the entire period of
pregnancy, delivery and postpartum period. The institutions offering Nursing and Midwifery courses must strengthen their extension programs toward fostering health promotion activities especially on maternal and child nursing; and in areas where maternal morbidity rates are high, follow-up study should be conducted to identify problems, needs and concerns of target clientele and ensure their optimum health.