

"The Wi Fi Connection and Hi Fi Pregnancy" - Influence of internet on conception , pregnancy and childbirth among women"



" A Look into the Literatures "

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INTRODUCTION

In the so called "Smart Era" where the "Smart mobile phones" with the internet access at the fingertips (Thanks to the Wi Fi connections) have resulted in "Smart young women" turning into "Smart moms" but at certain times overloaded with information resulting in "Over smart" attitudes among women sometimes interfering with health care decisions.



THE QUESTION: Has the current scenario put the "Traditional" Child Birth Education at the crossroads?????

In 2006 Declercq et al. , a survey among postpartum women revealed that internet is the source of information for more than three fourths of them among which 16% of the primipara women and 13 % of the multipara women acknowledged internet as their preferable method for availing quick and elaborate information related to their health and pregnancy



AIM : The aim of the author was to find out the extent of the internet's influence on the information seeking behavior as well as the decision making among women who have conceived or preparing to conceive.

SEARCH STRATEGY

The Comprehensive literature search was done in 5 databases - cinhal, cochrane, sciencedirect, medscape and pubmed using the "Pearl Growing" search strategy. The obtained references matching the search terms were analyzed by the author. An overall of 350 articles were browsed through , of these around 93 articles based on the inclusion criteria were chosen. Almost 21 articles out of 93 were indexed in more than one database thus the actual number reduced to 72.



Few Highlights from the total literatures reviewed

S. No	Author's Name & year	
1.	Rachel Peragallo Urrutia et al (2015)	A cross sectional survey among 100 pregnant women was done to describe pregnant women's use of internet and mobile phones to know their willingness to participate in internet supported intervention. 89 % had access to internet and was willing to participate. The study concluded their willingness shows their interest towards the internet for seeking information.
2.	Heather A Grimes et al. (2014)	A cross sectional postal survey done among postpartum women in order to explore the information sources used in order to gain health information's regarding pregnancy , birth and postpartum . 66% of women preferred discussions with midwives whereas 44% sought information's from internet.
3.	Fabrizio Bert et al (2013)	A multicenter survey done across 7 Italian cities to estimate and explore the number of pregnancy e – health seekers and factors influencing them . 95% of participants preferred internet for seeking knowledge on pregnancy related topic mainly because of its anonymity and rapidity.
4.	Jennifer Huberty et al (2013)	A descriptive , exploratory study using a convenient , non probabilistic sample was done among 293 women. Study concluded that nearly 94% used internet for pregnancy related information and about 80% of them trusted the same.
5.	Lagan B M et al (2009) Deborah Fallows (2005) Eysenbach. G (2002)	The studies conducted by the researchers found that majority participants used internet but seemed ignorant about evaluation its reliability and only very few were concerned about the source of information. A systematic meta analysis of health website evaluations concluded that 70% of information had problem with their consistency and quality.
6.	Dhilon et al (2003) Bernhardt and Felter(2004)	Few researchers explored in their studies that the lack of regulation on the information posted in the internet questions the reliability of health related contents which might pose threat to all especially the pregnant women.
7.	Ling Ling Gao (2013)	A descriptive cross sectional design using a waiting room questionnaire was used among 335 Chinese antenatal women of 32 weeks gestational age . 88.7% used net to retrieve information right from conception. More than half of them considered it reliable and 75% of women never discussed these information with health professionals.
8.	Briege M Lagan et al (2011)	A global study using qualitative approach to understand influence of internet use in decision making was done with 13 online focus groups across 5 countries with 92 women. Overall analysis concluded that internet had impact on decision making to all aspects of pregnancy.
9.	Pandey S K et al (2003)	Currently there are 136 million websites disseminating pregnancy related information and the use of them by pregnant women are growing rapidly.
10.	Lima – Pereira P et al (2012)	A study conducted among 114 women and 21 men in Spain revealed that 97.7% retrieved pregnancy related information at a given time but still for 54.8% of women and 53.35 of men doctors remained the first preference for seeking information.

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CONCLUSION

The findings of the search summarizes that though Internet related information are easy to access it also reveals that some women tend to rely on the information gained from the net irrespective of their reliability and sometimes take decisions based on it . If used appropriately Internet is a boon otherwise a misleading source. Healthcare professionals need to understand this gap and update themselves helping to promote the right resources for the clients.