

Self-management regarding minor discomforts and practices during prenatal period is beneficial for pregnant women so knowledge and practices of women about self management is necessary for their health protection and the aims of study is to assess knowledge and practices of pregnant women regarding minor discomforts during pregnancy.

The current study is a descriptive study conducted for 370 healthy pregnant women at four Primary Health Care Centers (Nazdar bamarni- Nawroz- Brayati- Kurdistan) in Erbil City from October 2014 to November 2015. Data were collected through interview by using questionnaire methods. Questionnaire was designed and divided into four parts; the first part includes socio-demographic characteristics of pregnant women, the second part contains obstetric history, the third part deals with knowledge about minor discomforts and the fourth part comprises ten areas of practical care regarding minor discomforts during pregnancy. The questionnaire contains 53 items using 3 Likert scales. Reliability was determined by 24 experts.

The results showed that the majority of the study sample was between 18-25 years old, secondary school graduates, housewives and nuclear families. The evidence from this study showed that self management was poor and pregnant women had fair knowledge. Finding of the study revealed that self management practices of pregnant women regarding minor discomforts were very poor also.

There was a significant association between knowledge and age group, level of education and gestational age. While there was no significant association between self-management practices regarding minor discomforts and age group.