The Effectiveness of Structured Teaching Programme on Essential Newborn Care among Postnatal Mothers

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ABSTRACT - Background: A baby needs special care and attention from parents; otherwise he or she will be suffering from different diseases and problems. Mother should be aware of essential newborn care to protect the newborns. So the aim of the study was to find the effectiveness of structured teaching programme on essential newborn care among postnatal mothers. **Objectives:** To assess the pre test and post test knowledge level of postnatal mothers by structure teaching programme on essential newborn care. **Methods:** The study was conducted by using quantitative approach with Pre experimental one group Pre test – Post test design at PESIMSR Hospital, Kuppam, Chittoor district, A.P. Data was collected from 50 postnatal mothers by using Non probability convenient sampling technique based on inclusion and exclusion criteria. Pre test and post test knowledge scores was assessed through self structured questionnaire following the structured teaching programme. **Results**: The pre test shows that knowledge scores of the postnatal mothers 18 (36%) of them had very poor knowledge, 30 (60%) had poor knowledge, and 2 (4%) had good knowledge regarding newborn care. In post test shows that knowledge scores of the postnatal mothers 4 (8%) of them had poor knowledge, 26(52%) had good knowledge, and 20 (40%) had very good knowledge regarding newborn care. The paired t-test method was used to compare pre and post test knowledge scores and the pre test mean was 12.2 and standard deviation was 4.2. The post test mean was 28.4 and standard deviation was 5.1. So, the obtained t- value was -17.4 and p -value was 0.001 which shows there was significant difference in knowledge levels that is the post test knowledge level is more than the pre test knowledge level after administering structured teaching programme among postnatal mothers. **Conclusion**: Pre-experimental one group Pre test – Post test design was done to assess the effectiveness of structured teaching programme on essential newborn care among postnatal mothers at PESIMSR Hospital, Kuppam, Chittoor dist., A.P. Thus, the study concluded that post test knowledge score is higher than pre test knowledge score which is found to be significant. i.e. the structured teaching programme on essential newborn care among postnatal mothers was effective.

1. INTRODUCTION

"God could not be everywhere and Therefore He made mother"　　　　　(Rudyard Kipling 1865-1936)

The baby or infant is the very young offspring of humans. A newborn is an infant who is within hours, days, or up to a few weeks from birth. In medical contexts, newborn refers to an infant in the first 28 days of life. India has one billion as its population and stands second in the world: out of this 40% constitute of children. Health is the birth right of each individual born in the world. A baby needs special care and attention from parents; otherwise he or she will be suffering from different diseases and problems. Newborn mortality has continued to increase as a percentage (>60%) of overall infant mortality. So mother has to play important role in new born care to save more newborn lives.[1]

Since mothers are the primary care takers of the newborn, it is more priority to improve their knowledge and competency. So Structured Teaching Programme given on essential newborn care such as breastfeeding, baby bath, Maintenance of warmthness, Immunization,

Care of cord, Care of diaper, Prevention of infection and rooming in. If the mother gets awareness it helps to improve knowledge on newborn care practice at the household level and also she educates the entire family and the community as well.

1.1 Need for study

In 2017 our worldwide 2.5 million neonates died in the first month of life — approximately 7,000 newborn deaths every day happened.1 million Newborns dying on the first day of life and close to that 1 million dying within the next 6 days. A child's risk of dying is highest in the first 28 days of life, during the neonatal period.[2]

In 2018 our India had 6.4 lakhs neonatal deaths occurred. The neonatal mortality rate at 25.4 deaths per 1,000 live births in India makes it 12th worst among the 52 lower-middle-income countries. The report also said that India is the only major country in the world to have a higher mortality for girls than boys.[3]

In PESIMSR 2018- the total Number of births are 5,860 and the number of admissions into NICU due to disease and lack of newborn care are 847 within that the number of newborn deaths are 58 in the year of 2018.So

postnatal mother has less knowledge on caring her baby. When researcher saw in the postnatal ward of PESIMSR majority of the babies were handled by the grand mothers and their family members or care takers. The mothers fails to take care of babies in many ways because of many factors like limited handling skills, fear to touch, lack of previous experience in handling baby ,lack of knowledge on breast feeding, importance of breast feeding especially feeding the colostrum , they even lack skills in covering the baby and maintaining their body temperature, Openly keep the baby under fan and undress the baby for prolong time, when we consider the bathing practices many mother will not bath their baby for more than a week, they don't follow in giving the right immunization in right time interval for the baby, and many babies are left with their soiled diaper for prolong time without changing and many babies were lacking maternal bonding and 50% of mother had limited knowledge regarding care of newborn. So the researcher is very much   provoked to bring awareness during postnatal period itself to the postnatal mothers admitted in postnatal ward and attending the antenatal OPD at PESIMSR Hospital, Kuppam, Chittoor dist, A.P.

2. AIMS & OBJECTIVES

2.1 Problem Statement

A study to assess the effectiveness of structured teaching programme on essential newborn care among postnatal mothers at PESIMSR hospital, kuppam, chittoor dist., A.P.

2.2 Objectives

1.1.1. To assess the pre and post-test knowledge scores regarding essential newborn care among postnatal mothers.

1.1.2. To compare the pre and post-test knowledge scores regarding essential newborn care among postnatal mothers.

1.1.3. To associate the pre-test knowledge scores on new born care among postnatal mothers with their selected demographic variables.

2.3 Hypothesis

H_1: There will be significant difference between pre and post-test knowledge regarding essential new born care among postnatal mothers.

H_2: There will be a significant association between the pre-test knowledge scores and selected demographic variables of postnatal mothers on essential new born care.

3. REVIEW OF LITERATURE

The related literature has been organized under the following sections.

3.1 Studies Related To Magnitude Of The Newborn Morbidity and Mortality.

A retrospective study was done on medical records for 1 year (2013-2014).To study the demographic profile and morbidity-mortality pattern of neonates admitted in Sick Neonatal Care Unit (SNCU) and study the difference between inborn and out born neonates. The study results revealed that the 721 neonates admitted, 63.25% neonates were males, and 53.54% were out born and 46.46% inborn. Approximately, 60% were low birth weight and 50% preterm. Respiratory distress syndrome (RDS) (21.9%), sepsis (19%), Perinatal asphyxia (16.37%), and jaundice (12.9%) were the chief morbidities. The chief causes of mortality were prematurity (25.6%), sepsis (21.6%), perinatal asphyxia (19.5%), and RDS (17.3%) with a statistically higher rate in the out born in comparison with inborn. Total 20.5% neonates died due to poor outcome of out born neonates. The author concluded that Huge burden of neonatal death among the out born is due to preventable causes like asphyxia and infections in Uttarakhand. Health policies must ensure increased access to essential services to target sick neonates born here.[4]

3.2 Studies Related To Importance Of Essential Newborn Care.

 A descriptive survey to assess knowledge regarding neonatal care among postnatal mothers. The researcher selected 166 postnatal mothers at Selected Manipal Group of Hospitals in Udupi District Karnataka by using Purposive sampling technique. The researcher used demographic Performa and structured knowledge questionnaire on neonatal care. The study results revealed that majority of the postnatal mothers 130 (81.9%) had good knowledge and 36 (18.1%) had poor knowledge on neonatal care. There was a significant difference in the knowledge regarding neonatal care between primi and multi postnatal mothers (χ^2= 3.880, p=0.049) at 0.05 level of significance. The author concluded that awareness and maternal education programs on newborn care should be provide to the mothers, family and community in order to improve knowledge of mothers and for them to adapt healthy practices for newborn care.[5]

3.3 Studies Related To Effectiveness Of Structured Teaching Programme On Essential Newborn Care.

A pre experimental research study to assess the effectiveness of structured teaching programme on newborn care among Primi Gravid Women at New Delhi.

60 primi gravid women were participated in the study. The study results revealed that overall knowledge 20 (33.3%) primi gravid women gained moderately adequate knowledge and 40 (66.7%) primi gravid women gained adequate knowledge and no one had inadequate knowledge. The study was significant p < 0.001. The author concluded that the primi gravid women are gained knowledge after structured teaching programme since the study was effective and useful for primi gravid mothers. [6]

4. METHODOLOGY

4.1 Research Approach: The research approach used for this study was quantitative approach to assess the effectiveness of structured teaching programme on essential new born care among postnatal mothers at PESIMSR hospital, Kuppam, Chittoor, district, A.P.

4.2 Research Design: The study is Pre-experimental one group Pre test – Post test design"

4.3 Research Setting: The present study was conducted at PESIMSR Hospital which is an 1100 bedded multispecialty Hospital at Kuppam, Chittoor District, A.P. Which is adjacent to the PES College of nursing with a walkable distance of 100 meters. On an average overall OPD censes per day is about 750-800 cases. The postnatal ward is an 90 bedded and its occupancy is about 80%.The study is conducted at postnatal ward and antenatal OPD at PESIMSR Hospital on an average about 80-85% postnatal mothers occupied beds in postnatal wards and 25-30 postnatal mothers visited antenatal OPD per day. The services provided are antenatal checkups, postnatal checkups, Normal vaginal delivery, caesarean section, Immunization services and health education.

4.4 Research Variables:

Independent Variable: Structured teaching programme on essential newborn care

Dependent Variables: Knowledge scores of postnatal mothers on essential newborn care

Demographic Variable: In the present study demographic variables are age, religion, parity, marital life, educational status, area of living, occupation, type of family, Income and age at marriage.

4.5 Population: Postnatal mothers at postnatal ward and antenatal OPD at PESIMSR Hospital, Kuppam.

4.6 Sample: The sample included the postnatal mothers who fulfilled the inclusion criteria.

4.7 Sample Size: 50 postnatal mothers were selected for the study.

4.8 Sampling Technique: Non probability convenient sampling.

4.9 Sampling Criteria:

4.9.1 Inclusion Criteria:

4.9.1.1 Postnatal mothers who are admitted in postnatal ward and who attend the antenatal OPD during data collection at PESIMSR hospital, Kuppam, Chittoor Dist, A.P.

4.9.1.2. The postnatal mothers who can speak and understand Telugu and English.

4.9.1.3. The postnatal mothers who are willing to participate in the study.

4.9.2 Exclusion Criteria:

4.9.2.1. The postnatal mothers with sick neonates.

4.9.2.2. The postnatal mothers who had postnatal complications such as Post Partum Haemorrhage, postpartum psychosis etc.

4.10 Development and Description of the Tool:

Section I: The first section of the tool consists of 10 questions for obtaining data from samples about their background information such as demographic variables like (age, religion, educational qualification, parity, marital life, area of residency, occupation, family type, income, age at marriage).

Section II: Postnatal Mother play an important role in caring their baby's so they need awareness and knowledge about Essential newborn care. The researcher prepared structured teaching programme and administered. Among that 40 questions regarding newborn care under eight aspects like Breastfeeding, Baby bath, Maintenance of warmthness, Immunization, care of cord, Care of Diaper, Prevention of infection and Rooming-in prepared.

4.11 Content Validity: The tool was given to 4 experts among them 3 nursing experts and 1 medical expert for the content validity. The experts suggestions were modification of options used in demographic variables and the tool was used for main study by the investigator.

4.12 Reliability: Cronbach's alpha test was used to check the reliability of the tool and it was found that the tool was highly reliable at the value of 0.651.

4.13 Ethical Clearance: A formal permission was obtained from medical superintendent, PESIMSR Hospital, Kuppam to conduct the study at this setting.

4.14 Pilot Study: Pilot study was conducted from 12.02.2019 to 2.03.2019 among 10 postnatal mothers, admitted in postnatal ward and attended to antenatal OPD at PESIMSR Hospital. Pilot study revealed the clarity, feasibility and practicability in all aspects to conduct the main study.

4.15 Data Collection Procedure: The data collection procedure was done from 18-3-2019 to 17-04-2019 ,at PESIMSR hospital ,Kuppam, Chittoor Dist., A.P. Non probability convenient sampling was selected, the investigator introduced herself to the study participants ,a brief introduction about the self and the study was given to the subjects and taken verbal permission before pre test procedure by using structured interview method pre test questionnaire was administered for 40 minutes later with 10 minutes gap structured teaching programme was given for 30 minutes and later discussion was made for 5 to 15 minutes and requested the subjects to stay or visit on 8th day for post test section. Collection of data was performed within stipulated time of 4 weeks.

4.16 Data Analysis: The data will be analysed by using both descriptive and inferential statistics that is frequency and percentage for assessing the pre and post test scores. Paired t- test for comparison of pre and post score and chi squire for association of variables.

5. RESULTS

The pre test knowledge score of the postnatal mothers 18 (36%) belongs to very poor knowledge, 30 (60%) belongs to poor knowledge, 2 (4%) belongs to good knowledge and 0(0%) very good knowledge.

The post test knowledge score of the postnatal mother 0(0%) of them had very poor knowledge, 4 (8%) had poor knowledge, 26 (52%) had good knowledge and 20 (40%) had very good knowledge.

The paired t-test was used to compare the pre and post test knowledge scores on essential newborn care among postnatal mothers the p-value was 0.001. The result shows that the post knowledge score is higher than that the pre test which is found to be significant .Therefore the structured teaching programme was effective for postnatal mothers on essential newborn care. Thus, research hypothesis H1 is accepted.

The corresponding hypothesis H2: There will be a significant association between the pre test knowledge score and the selected demographic variables of postnatal mothers on essential new born care.

The association table revealed that the demographic variables had significant association with the pre test knowledge scores on essential newborn care among postnatal mothers i.e. parity of mother p-value (0.018)

which shows significant and marital life p values (0.037) which show significant. Hence the result shows that there was association between the pre test knowledge with their selected demographic variables.

The present study is to evaluate the effectiveness of structured teaching programme on essential newborn care among postnatal mothers at PESIMSR Hospital, Kuppam Chittoor Dist., A.P. Investigator analyzed the data and has come to the conclusion that the structured teaching programme on essential newborn care among postnatal mothers was effective.

5.1 Findings:

The major finding in the study revealed the effectiveness of structured teaching programme on essential newborn care among postnatal mother. The finding shows that pre test and post test knowledge scores of postnatal mother by using paired t – test the P value is 0.001. The finding show that the post test level knowledge is higher than pre test knowledge which indicates the structured teaching programme on essential newborn care among postnatal mother was effective.

5.2 Nursing Implications:

The following implications which are vital concern in the field of Nursing practice, Nursing administration, Nursing education and nursing research.

5.3 Nursing Practice:
Nurse should develop skills in managing postnatal mother to teaching various following essential newborn care on Breast feeding, Baby bath, Maintenance of warmthness, Immunization, Care of cord, Care of diaper, Rooming- in and Prevention of infection.

5.4 Nursing Education:
The student nurse should have greater involvement in seminar, workshop and symposium related to essential newborn care organized by the same or any other institution.

5.5 Nursing Administration:
Nursing administrator can formulate the standard policies and protocol to emphasize knowledge regarding nursing interventions on essential newborn care among postnatal mothers

5.6 Recommendations:

5.6.1. A similar study may be conducted in a large sample size.

5.6.2. A similar study may be conducted by using experimental design.

5.6.3. A similar study may be conducted among antenatal mothers.

5.6.4. A similar study may be conducted to assess both knowledge and practice among postnatal mothers

5.6.5. A comparative study may be conducted among rural and urban postnatal mothers.

6. CONCLUSIONS

Pre-experimental one group Pre test – Post test design was done to assess the effectiveness of structured teaching programme on essential newborn care among postnatal mothers at PESIMSR Hospital, Kuppam, chittoor dist., A.P.

Thus, the study concluded that post test knowledge score is higher than pre test knowledge score which is found to be significant. i.e. the structured teaching programme on essential newborn care among postnatal mothers was effective.

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