



A study to assess the effectiveness of selected nursing intervention on knowledge and practice about newborn care among mothers of new born admitted at Dr. Vitthalrao Vikhe Patil Pravara Rural Hospital, Loni

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Abstract

Postnatal time is the most important phase for mother and newborn health. Where, most of maternal and newborn deaths occur in this phase. It is also most neglected phase for the provision of quality care. Postnatal period starts with delivery of placenta and extended about 6 weeks. The first week of life is the most crucial period in the life of an infant. This is because the newborn has to adapt itself rapidly and successfully to an external environment that affect infant and children more than 1 month old. It is very important for mother to get adequate information and knowledge regard to self-activities and healthy practices during postnatal period.

Objective: 1. To assess the knowledge and practice about newborn care among postnatal mothers. 2. To find out the effectiveness of selected nursing intervention on newborn care among postnatal mothers. 3. To find out the association of knowledge of new born care among mothers with their selected sociodemographic variables

Material and method: The study was conducted on mothers admitted for caesarian section and normal vaginal delivery. Quantitative research design was used in this study. The sample size consists of Experimental group is 30 and Control group is 30. Structural Interview Schedule to Assess Knowledge and Observational Checklist to Assess Practice.

Result: The experimental group shows significantly higher knowledge scores compared to the control group. Most participants in the experimental group adhered to proper practices for newborn care, such as dressing the baby appropriately, providing kangaroo care, and cleaning the cord area correctly. The control group shows lower adherence to these practices.

Key words: Knowledge, Newborn care

Introduction

During postnatal period a variety of healthy interventions as prevention of infection, breastfeeding, KMC, and newborn care assist in healing process for the postnatal mother and newborn, so, the nurse should educate the mother about these interventions which will help them in gaining knowledge and maintaining a positive health for herself and her baby. All the neonates have certain needs that must be met for them to thrive and take their place in society. There are nine universal needs of the newborn infant that is a clear airway, established respiration, warmth, protection from hemorrhage, protection from infection, identification and observation, nourishment and fluids, love-parent attachment, and res (Al. Sabir, 2003) [3].

The principles of essential newborn care are simple, requiring no expensive high technology equipment resuscitation, warmth to avoid hypothermia, early breastfeeding, hygiene, support for the mother infant relationship and early treatment for low birth weight or sick infants (Hocken Berry and Willson, 2005) [1].

Review of literature and need of the study

Dulitha N. Fernando (2007) conducted a cross-sectional study was conducted to assess mothers' knowledge on newborn care as well as factors associated with poor knowledge among hospital delivered mothers in Puttalem district of Srilanka. They had selected 446 mother-newborn pairs from five hospitals. Data were collected by using a questionnaire. Results showed that primipara (95%), unemployed women (95%) and those with delayed antenatal booking visits (95%), were more likely to have poor

knowledge. Mothers had a satisfactory level of knowledge about breast feeding and recognition of danger signs, but knowledge about care of the umbilical cord was poor. Maternal education programmes should place more emphasis on primi mothers, unemployed women, and those with delayed booking Visits [4].

The investigator felt that the a study to assess the effectiveness of selected nursing intervention on knowledge and practice about newborn care among mothers of new born admitted at Dr. Vitthalrao Vikhe Patil Pravara Rural hospital, Loni.

This will benefit the mothers for caring their new borns.

Statement of problem

“A study to assess the effectiveness of selected nursing intervention on knowledge and practice about newborn care among mothers of new born admitted at Dr Vitthalrao Vikhe Patil Pravara Rulal hospital, Loni.”

Objectives

1. To assess the knowledge and practice about newborn care among postnatal mothers.
2. To find out the effectiveness of selected nursing intervention on newborn care among postnatal mothers.
3. To find out the association of knowledge of new born care among mothers with their selected sociodemographic variables.

Research methodology

Research Design: Quantitative Research Design.

Population: Postnatal mothers

Sample: Postnatal mothers

Sample Size: 60 Mothers

Setting: The study was conducted in Pravara Rural Hospital, Loni.

Sampling Technique: Probability sequential sampling with odd and even sequence

Tool: Structural Interview Schedule to Assess Knowledge and Observational Checklist to Assess Practice will be used for the study.

Sampling criteria

Inclusion Criteria

1. Neonate with APGAR score of more than 7 and were accompanied with the mother after delivery.
2. Mothers who are willing to participate.
3. Available at the time of study.

Findings

Section A

Section A: Demographic Variables

S. N.	Category	Subcategory	Experimental Group (% , f)	Control Group
1	Age Distribution	18-25 years	40% (12)	30% (9)
		6-30 years	30% (9)	40% (12)
		31-40 years	20% (6)	20% (6)
		40-45 years	10% (3)	10% (3)
2	Educational Qualification	Primary	20% (6)	30% (9)
		Secondary	40% (12)	30% (9)
		Higher Secondary	30% (9)	30% (9)
		Graduate	10% (3)	10% (3)
3	Religion	Hindu	60% (18)	50% (15)
		Muslim	20% (6)	30% (9)
		Christian	10% (3)	10% (3)
		Other	10% (3)	10% (3)
4	Parity	Primigravida	50% (15)	60% (18)
		Multipara	50% (15)	40% (12)
5	Type of Delivery	Normal Vaginal Delivery	50% (15)	60% (18)
		Caesarean Section	30% (9)	30% (9)
		Forceps Delivery	10% (3)	10% (3)
		Ventouse Delivery	10% (3)	0% (0)
6	Family Income (INR)	49,962 – 74,755	20% (6)	20% (6)
		29,973 – 49,961	40% (12)	40% (12)
		10,002 - 29,972	30% (9)	30% (9)
		< 10,001	10% (3)	10% (3)
7	Age of the Child	0 day – 3 days	40% (12)	50% (15)
		3 days – 6 days	30% (9)	20% (6)
		More than 6 days	30% (9)	30% (9)
8	Gender	Male	50% (15)	50% (15)
		Female	50% (15)	50% (15)
		Transgender	0% (0)	0% (0)
9	Weight of the Child	Less than 1.5 kg	10% (3)	10% (3)
		2 - 2.5 kg	20% (6)	30% (9)
		2.5 – 3.0 kg	40% (12)	40% (12)
		3.0 – 3.5 kg	20% (6)	20% (6)
		Above 3.5 kg	10% (3)	0% (0)

Section B

Knowledge Questionnaire

Knowledge Score Analysis

SN	Group	Mean ± SD	T value	P value	Level of significance
1	Experimental Group	30.5 ± 3.2	5.12	0.001	Significant
2	Control Group	25.8 ± 4.5			

Independent t-test: $t(58) = 5.12, p < 0.001$ (significant difference)

Mean Scores:

- Experimental Group: 30.5 ± 3.2
- Control Group: 25.8 ± 4.5

Section C: Practice Questionnaire

Practice Score Analysis

SN	Group	Mean ± SD	T value	P value	Level of significance
1	Experimental Group	13.2 ± 1.1	5.64	0.001	Significant
2	Control Group	10.4 ± 2.5			

Independent t-test: $t(58) = 5.64, p < 0.001$ (significant difference)

Mean Scores

- Experimental Group: 13.2 ± 1.1
- Control Group: 10.4 ± 2.5

- Overall, the intervention has successfully enhanced both the knowledge and practices related to newborn care among the postnatal mothers in the experimental group compared to those in the control group. This suggests that educational interventions can be an effective strategy to improve newborn care practices, ultimately contributing to better health outcomes for newborns.

Discussion

The absence of significant associations between demographic variables and knowledge and practice scores highlights the effectiveness of the educational intervention in providing comprehensive, accessible, and equitable education. It demonstrates that targeted educational programs can overcome potential disparities arising from differences in age, education, socioeconomic status, and other demographic factors.

Conclusion

Findings highlight the effectiveness of educational interventions in improving both the knowledge and practices of mothers regarding newborn care. The improvements observed in the experimental group align with previous research, confirming that structured educational programs can significantly enhance maternal knowledge and practices.

References

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