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EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE REGARDING NEONATAL CARE AMONG MOTHERS ADMITTED IN POST NATAL UNIT

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ABSTRACT

The purpose of the study was to assess the effectiveness of planned teaching programme regarding neonatal care among mothers admitted in postnatal unit. A quantitative research approach with pre experimental, one group pre test and post test research design was adopted. Purposive sampling technique was used. The instruments use for data collection was self structured knowledge questionnaire to assess knowledge mothers admitted in postnatal unit regarding neonatal care and demographic variables. The finding of the study indicated that there was a significant association between knowledge and demographic variables at 0.05 levels and after implementation of planned teaching programme knowledge had increased. The finding revealed that the planned teaching programme effective on improving knowledge on mothers admitted in postnatal unit regarding neonatal care.

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INTRODUCTION:

No country can afford to ignore newborn health. Globally 4 million babies die in the 1st month of life and neonatal death allocates for almost in every 10 death in childhood.

Over 75% of neonate are born and cared for in the domiciliary setting 4 at all families avail of neonatal care facilities and it is at a small hospital or a larger district hospital.

Mother are primary health care provider for neonate over 80% of newborn babies/neonate require minimal/basis care which can be provided by their mothers under the supervision of village health worker.

Newborn practices immediately following the delivery contributes to newborn /neonate risk of morbidity /mortality. A set of practices that reduce neonatal morbidity/mortality have been outlined as essential neonatal care practices, thus the practices include clean cord care cutting the umbilical cord a sterile instrument, drying & trapping the neonate immediately after the delivery initiating breast feeding in the 1st hour after birth.

India contributes to 20% of Global birth & highest no. of neonatal deaths with in a country each year, 6 million infants are born in India, of these 1.2 millions die during the neonatal period.

Understanding, routine neonatal is practices in the bone are necessary in order to design/priorities, interventions to reduce neonatal morbidity & mortality rate.

Newborn survival can be improved by implementing available cost – effective intervention and by strengthening existing material & child health service. However, for this purpose, countries need a strategy to improve newborn care.

As the majority of implication recurring stirring 1st 24 hours close observation mandatory during this period, nothing specially cardio – respiratory function. The infants are observed/are for respiration, temperature, feeding schedule.

The birth of an infant is one of the most awe-inspiring and emotional events that can occur in one's lifetime. After 9 months of anticipation and preparation, the neonate arrives amid

of flurry of excitement. Immediately after birth the newborn must make rapid adjustment to successfully adapt to life outside the womb.

Before birth the fetus is fully dependent upon the mother for all vital needs such as oxygen, nutrition, waste removal. The most profound physiologic change required of the newborn is transition from fetal or placental circulation to independent respiration. The loss of placental connection means the loss of complete metabolic support, especially the supply of oxygen and the removal of carbon dioxide. The normal stresses of labor and delivery produce alterations of placental gas exchange patterns, acid base balance in the blood and cardiovascular activity in the neonate.

Newborn period encompasses the first 4 weeks of extra-uterine life. It is an important link in the chain of events from conception to adulthood. The physical and mental well being of an individual depends on the correct management of events in perinatal period.

OBJECTIVES OF THE STUDY:

- To assess the pre-test & post test knowledge score regarding Neonatal care among admitted postnatal mothers

- To. Evaluate effectiveness of structured teaching programme on knowledge regarding Neonatal care

- To find out association pre-test knowledge score with selected demographic variable

HYPOTHESIS:

The hypotheses will be tested at 0.05 levels of significance.

- H_1. There is a significant increase in the level of knowledge after implementation of planned teaching programme regarding neonatal care among admitted postnatal mothers in selected area of Madhya Pradesh

- H_2. There is a significant effectiveness of planned teaching programme regarding neonatal care

- H_3. There is a significant association between pre-test knowledge and selected demographic variable.

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METHODS AND MATERIAL

An extensive review of literature was undertaken. The conceptual framework based on goal attainment model. An experimental research approach was used to assess the knowledge on postnatal mothers admitted in postnatal unit regarding newborn care A pre experimental research design was considered appropriate for the study "to assess the effectiveness of planned teaching programme on neonatal care Pre-experimental research design was used in the Study In order to measure the content validity of the tool, the questionnaire schedule was given to the 9 experts from the field of child health nursing & maternal & child health Nursing. The tool was found reliability of tool was calculated with split half method and found 0.81 for knowledge which is statically reliable for the present study.

STATICAL ANALYSIS

For descriptive statistics, frequency and percent were used to describe the post natal mother's characteristics, as well as the study variables. Means and standard deviations were used to describe knowledge of the postnatal mothers regarding newborn care test to find effectiveness of planned teaching programme and association between pre test knowledge with selected demographic variables regarding neonatal care Chi square test was used to at p- value <0.05.

RESULT

The data for study was calculated in the month of January 2020 collection was analyzed by using descriptive & inferential statistics. The analysis depicted that majority of the postnatal mothers (71%) belonged to the age group of 18-21 years Regarding the Educational status of majority of the postnatal mothers (61%) had pass up to middles school Majority of the respondent (83%) were Hindu, Majority respondent (62%) monthly family income 5001-10000/- Regarding the Nutritional status 59% of mothers of infants are non vegetarian.

Frequencies and percentage distribution of pre test knowledge score

S	Post Test Score	F	%
1	Poor (0-10)	131	65.5%
2	Average(11-20)	59	29.5%
3	Good (21-30)	10	5%
Pre test mean score			23.09
Standard deviation			7.98

Frequency and percentage distribution of post test knowledge score

S	Post Test Score	f	%
1	Poor (0-10)	7	3.5%
2	Average(11-20)	59	29.5%
3	Good (21-30)	134	67%
Post test mean score			29.08
Standard deviation			9.16

The effectiveness of planned teaching programme on neonatal care

Planned teaching programme for post natal mothers regarding **neonatal care t test value ItI=22.03.**Tabulated value of t test at 0.05% level of significance & 5 degree of freedom is **Tabulated t value t=2.015.**

t calculated>t tabulated, that means planned teaching programme was effective.

Association between pre test knowledge score with selected demographic variable age, education status, nutritional status and type of family are associated with demographic variables at 0.05 level of significance.

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DISCUSSION

This study was conducted to examine the postnatal mothers knowledge regarding neonatal care the current study findings indicates that majority of the postnatal mothers need improve their knowledge regarding neonatal care that helpful to have healthy and wealthy newborn.

CONCLUSION

This study revealed that high-risk factors such as immediate bathing, application of traditional substances on the cord, delayed initiation of breastfeeding, discarding colostrums and giving pre-lacteal feed to newborns were highly prevalent. This requires urgent attention of Maternal, Newborn and Child Health (MNCH) programs.

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