Research Article

Effectiveness of Structured Teaching Program on Knowledge of Antenatal Mothers Regarding Selected Newborn Danger Signs

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Abstract

Aim: The aim of the study was to assess the existing knowledge of antenatal mothers regarding selected newborn danger signs and to find out the effectiveness of structured teaching program on knowledge regarding selected newborn danger signs among antenatal mothers. **Design:** Quasi-experimental one group - pre-test post-test design without a control group. **Setting:** Participants were recruited from Fortis Hospital, Bannerghatta Road, Bengaluru. **Participants:** Nonprobability purposive sampling techniques were adopted to select the 60 antenatal mothers. **Methods:** Pre-test was conducted to assess the knowledge of antenatal mothers regarding selected newborn danger signs using structured knowledge questionnaire. Administration of structured teaching program on selected newborn danger signs is done for antenatal mothers. Day 7 post-test was done using the same structured knowledge questionnaire. **Results:** The study revealed that structured teaching program on prevention and management of selected newborn danger signs among antenatal mothers was effective in enhancing knowledge of antenatal mother as indicated by significant 0.05 level of significance. There was a statistically significant association between the knowledge and selected demographic variable of antenatal mothers. **Conclusion:** Structured teaching program was effective in increasing the knowledge of antenatal mothers regarding selected newborn danger signs.

Key words: Antenatal mother, effectiveness, knowledge, newborn danger signs, structured teaching program

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Introduction

A healthy newborn is born at term between 38 and 42 weeks, cries immediately after birth, establishes independent respiration, quickly adapts with extrauterine environment. The newborn period includes the time from birth to 28 days of life.^[1] During this time, newborns must make many physiological and behavioral adaptations to

extrauterine life. A newborn baby's survival depends on his ability to adapt to an extrauterine environment.^[2]

Newborn period is the most critical period of life many complication and deaths may occur.^[4] Newborns are delicate and have distinct health problems with high morbidity and mortality demanding specialized health-care facility.^[3] They need optimal care for improved survival. Newborn care is highly cost-effective because saving the life of a newborn baby is associated with survival and productivity of future adults.^[1]

Common danger signs in newborn which requires immediate care and accounts for morbidity these danger signs include poor or no sucking, lethargy or drowsiness, rapid or difficulty breathing, hypothermia and hyperthermia, jaundice, abdominal distension, bleeding from umbilical cord, diarrhea, convulsion, and vomiting. Most of the signs of illness in newborns are non-specific. Nurse need to know the danger signs of a sick newborn. She can explain these signs to mother or family member in a simple language so

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