ISSN (O): 2582-693X

Original Article

A PRE EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF NEONATAL CARE PACKAGE ON KNOWLEDGE REGARDING NEWBORN CARE AMONG PRIM GRAVID MOTHERS AT SELECTED HOSPITALS OF PINJORE HARYANA

NITIKA CHADHA¹ BALJINDER SINGH²

¹Desh Bhagat University School of Nursing Mandi Gobindgarh, Punjab

²Asso. Prof. Desh Bhagat University School of Nursing Mandi Gobindgarh, Punjab

CORRESPONDING EMAIL: NITIKAMCHDHA9@GMAIL.COM

ABSTRACT

Background: New-born period is the most vulnerable phase of life and deaths during first 28 days of life account for around 70% of all infant deaths and 56% of all deaths of under 5 children. Neonatal mortality or death is one of the major causes of concern with new-born all over the world, especially in low and middle-income countries.

Material and Methods: Researcher used quantitative research approach with a pre-experimental design. Total of 50 samples were recruited by using non-probability purposive sampling technique. The samples were primi gravida mothers at selected hospitals of Pinjore Haryana. Researcher formulated three tools to gather the data which were socio-demographic variables, structured knowledge questionnaire and Practice Assessment Using Observational Check list. Tools validity done by experts and reliability measured by Interclass Coefficient Reliability was determined to be 0.82 which is highly reliable. The gathered data was analyzed by using descriptive and interstitial statistic.

Results: The gathered data were analysed by using description and inferential statistic and categorized whole analysis. The mean difference of knowledge score in between their pre test and post test the intervention found effective. The analyzed data suggested to reject null hypothesis.

Conclusion: This study concluded by stating that the designed neonatal care package is an effective method to improve the knowledge and practice of primi gravida mothers regarding neonatal care.

Keywords: Effectiveness, Neonatal care package, Knowledge, Practice, Neonatal care, Primi gravid mothers.

INTRODUCTION:

Neonates or newborns are the infants between birth and first 28 days of life. They truly constitutes the foundation of human life. “Just as children are not miniadults, neonates are not mini-children”. They have unique health issues and problems due to structural and functional immaturity of various body organs depending upon their gestational age and birth weight. Newborn period is the most vulnerable phase of life and deaths during first 28 days of life account for around 70% of all infant deaths and 56% of all deaths of under 5 children. Newborns are considered to be tiny and powerless, completely dependent on others for their survival. Neonates are “at risk” for various health problems, even though they are born with average birth weights. The morbidity and mortality rates in newborn are high, highlighting the relative lack of quality care or progress made in newborn survival. They need optimal care for improved survival. Neonatal mortality or death is one of the major causes of concern with newborn all over the world, especially in developing countries. Globally an average of 3,53,000 babies are born each day around the world. The crude birth rate is 18.9 births

per 1,000 population or 255 births globally per minute or 4.3 births every second (as of Dec. 2013 estimate) and 19.89 births/1,000 population. (UNICEF, 2014). Primi gravida is a medical term used to refer to a woman who is pregnant for the first time. Primi gravida mothers should be aware of all the components to reduce the mortality rates and improve the health of the newborn. There are number of interventions in the essential newborn care module which can be practiced by the mother such as prevention of infection by proper hand washing, thermal protection by keeping the neonate warmth, early and exclusive breast feeding. Primi gravida mothers should be aware of all the components to reduce the mortality rates and improve the health of the newborn. There are number of interventions in the essential newborn care module which can be practiced by the mother such as prevention of infection by proper hand washing, thermal protection by keeping the neonate warm, early and exclusive breast feeding. Proper parenting especially by a primi gravida mothers for the newborn is very important as neonate's needs special care. Care given by a mother to the neonate is not just important for their physical health but also promotes

psychological and social well-being. It is the responsibility of the primi mothers to attain this knowledge and they must gain it before the delivery of the neonate as the newborn care practices depends on the knowledge of the mother on newborn care.

Thermoregulation is important for both term and preterm neonates because they have to adapt from intrauterine life to extra uterine life during transition. Heat loss in neonates occur by evaporation, conduction, convection and radiation. Warmth to be provided by keeping the baby dry and wrapping the baby otherwise, hypothermia will occur. Breastfeeding is the optimal source of nutrition. It provides immune factors, hormones and other bioactive components that can act as biological signals; and can decrease the incidence and severity of infectious disease, enhances neurological development, decrease the incidence of childhood obesity and some chronic illnesses.

Newborn babies are more susceptible to infections because their immune system is immature. Proper hand hygiene maintained by mothers may eliminate the risk of occurrence of infection.

OBJECTIVES OF THE STUDY

1. To assess the pre-test and post-test level of knowledge regarding neonatal care among primi gravid mothers.
2. To assess the pre-test and post-test level of practice regarding neonatal care among primi gravid Mothers.
3. To assess the effectiveness of neonatal care package on knowledge and practice level regarding neonatal care among primi gravid mothers.
4. To determine the correlation between post-test levels of knowledge score with post-test level of practice score regarding neonatal care among primi gravid mothers.
5. To find out the association between post-test knowledge and post-test practice score among Primi gravid mothers with the selected demographic variables.

MATERIAL AND METHODS

Research Design: The research design used for the study is Pre-experimental design.

Research Settings: study was conducted in selected hospitals of Pinjore.

Accessible Population: In the present study accessible population is primi gravid mothers only.

Sampling Technique: In the study participants were selected by non probability purposive sampling technique.

Sample Size: 50 primi gravid mothers

Sampling Criteria: the following criteria were set to select sample

RESULTS

Section-VI: Finding related to association between post-test knowledge and post-test practice score among Primi gravid mothers with the selected demographic variables. Table 9: Chi-square value of post-test knowledge score among Primi gravid mothers with the selected demographic variables.

Variables	Chi square	df	P value	Level of Significance
Age	6.88	1	0.019	S
Religion	.500	2	0.779	NS
Type of family	.429	2	0.807	NS
Educational status	1.182	2	0.983	NS
Occupation	2.652	2	0.266	NS
Monthly income	1.277	1	0.258	NS
Gestational week	1.234	1	0.267	NS
Type of delivery	7.615	3	0.055	NS

Significance level- $p < .05$

S- Significant NS- Non- significant

Table 9 have shown that among all socio-demographic variables only age of mothers

(0.019) found significantly associated with knowledge score of Primi Gravid mothers while other variables are not significantly associated. Hence, for age of mothers the null hypothesis H02 rejected for knowledge score of primi gravida mothers while with other socio-demographic variables the H02 accepted.

CONCLUSION: This study concluded by stating that the designed neonatal care package is an effective method to improve the knowledge and practice of primi gravid mothers regarding neonatal care.

REFERENCES

1. Bonrnstein.M.H.and Generro, J.L.(2017) .child development and behaviour paediatrics,Pp 20. Psychology press, New York.
2. George,J.B. (2014). Nursing Theories: The base for Professional Nursing Practice.Pp, 23. Person Publications. United State of America.
3. Ghai O.P (2018). Essentials of pediatrics. Pp11, New Delhi: Interprint Publications
4. Gupate Suraj. (2005). The short book of Pediatrics. Pp30 New Delhi: Jaypee Brothers Medical publishers (P) Ltd.
5. Polit DF, Beck CT. Nursing Research-

- Generating and Assessing Evidence for Nursing Practice. Tenth. New Delhi, Philadelphia, Baltimore, New York, London: Wolters Kluwer Health | Lippincott Williams & Wilkins; 2017.119—120,131—132 p.
6. BT Basavanthappa. Nursing Theories. First. New Delhi: jaypee brothers' medical publishers; 2007. 137—140 p.
7. Kothari CR, Gaurav Garg. Reserach Methodology Methods and Techniques. Third. New Delhi, India: New Age INternational Publishers; 2014. 29—32 p.
8. Manoj Kumar Yadav. Text Book of Nursing Research and Statistics. Second. Manoj K Yadav, editor. Jalandhar: Lotus Publishers; 2020. 133—137 p.
9. Sharma SK. Nursing Research & Statistics. Second. Suresh K Sharma, editor. Gurgaon: Elsevier Inc.; 2017. 48—56 p.
10. Kaur S, Singh A. Nursing Research in 21st Century. First. Sukhpal Kaur, editor. New Delhi, India: CBS; 2020. 199—211 p.