



EFFECTIVENESS OF SELF INSTRUCTIONAL MODULE ON KNOWLEDGE OF CARE OF PRE TERM AMONG POST NATAL MOTHERS

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ABSTRACT

A Quantitative research approach was adopted to assess the effectiveness of self instructional module on knowledge among post natal mothers at selected hospitals in chennai . A non - propability convenient sampling technique was used to select the 30 samples from selected hospitals. Findings of the study revealed that, in the group, calculated paired 't' test value of $t = 22.287$ was found statistically highly significant at $p < 0.001$ level . post natal mothers have average knowledge regarding care of pre term baby . There was a significant increase in knowledge of the participants after administration of self instructional module.

Key words: Self Instructional Module, ,Knowledge, , Care of Pre Term, Post Natal Mothers

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INTRODUCTION

Child is the foundation of family and wealth of nation. New born is the important and precious personality of the every home. All family members will give him or her warm welcome and delegate care [1]. Among the major child health challenges facing the world at the turn of the new millennium is the problem of high neonatal mortality. The global burden of new born deaths occurs in developed countries. The biggest neonatal mortality rates are seen in countries of South Asia resulting in almost two million new born deaths in the region each year with India contributing 60% of (1.2 million) of it [2].

Globally about 2.5 million preterm babies are born each year consisting of 17% of all live births. Approximately 16 to 18 % neonates born in developing world are of pre term babies born before 37 weeks of gestation and extremely pre term babies born at 28 to 32 weeks, approximately one third dies before stabilization of in the first 12 hours [3].

Based on the Maslow's hierarchical theory the basic needs of every individual are love, security and affection. All of which can be expressed through the most world fashioned and natural way of cuddling. The baby

throughout the nine-months of period in the mother's womb recognizes this sensation of being cuddled in the environment of the womb .this sensation and feeling of security is ended prematurely in the case of the preterm infants, since they have two face extra uterine life before time since the ore term infant need more cuddling and security, to adjusting the extra uterine environment. All the neonates have a certain needs that must be met for them to thrive and take their place in society. There are nine universal needs of the new born that is a clear airway, established respiration, warmth, protection from hemorrhage, protection from infection, identification and observation, nourishment and fluids, love-parent attachment [4].

New born care often receives less then optimum attention. Although over the past 25 years. Child survival programs have helped to reduce the death rate among children under age 5, the biggest impact has been on reducing mortality from diseases that affect infants and children more than one month old. As a result, the vast majority of infant deaths occur during the first month of life. When a child's risk of death is nearly of fifteen times



greater than at any other time before his or her first birth [5].

McClure carlo, Wright et.al.,(2007) has conducted a study to evaluate the effectiveness of the world health organizations (WHO) essential new born care (ENC)course in improving knowledge and skill of nurse midwives in low risk delivery clinics in a developing country, the study concluded that there are significant improvements in trainees knowledge and skills in essential new born care following WHO, ENC course [6].

Skill traditional practices of new born care are seen among the mothers which are harmful to the new born. Such as practice of pre-lacteal feeds like feeding sugar water and honey, castor oil application and applying powder to the umbilical cord, application of kajal ,instillation of oil in the babies eye, ear and nose, baby being exposed and not covered well, lack of hygienic practices these are all contribute to the increase rate of neonatal morbidity and mortality. Best practices of new born care that includes maintenance of temperature, exclusive breast feeding, skin care, eye care, cord care prevention of infection and immunization.

OBJECTIVES:

- To assess the pre and post level of knowledge on care of the preterm babies among post natal mothers.
- To evaluate the effectiveness of self-instructional module on care of preterm babies by comparing pre and posttest scores
- To find out the association between the selected socio-demographic variables with the posttest level of knowledge and practice on preterm care among postnatal mothers.

METHODOLOGY

A Quantitative research approach was adopted to accomplish the objectives of the study. The design adopted in the study was pre-experimental one group

pretest and post test only research design. In this study, the Independent variable is the Self Instructional Module and the dependent variable level of knowledge and practice on care of preterm among postnatal mothers variable. The study was conducted among 30 postnatal mothers in the selected Pediatric hospitals. They were selected using non-probability convenience sampling technique. The tool was validated by 5 nursing experts and the reliability of the tool was 0.84 based on the Karl’s Pearson Corelation of coefficient method. The data was collected after obtaining the written consent from the ethical review board members. Informed oral and written consent was obtained from the participants. Pretest was conducted by using structured questionnaires and followed by self-instructed module was distributed to the participants with the significance of reading it. After 7 days, post-test was conducted for the same participants. 5 samples were collected per day.

RESULT:

The table 1 shows that in the pretest, 25(83.33%) had inadequate knowledge and 5(16.67%) had moderately adequate knowledge on care of preterm among postnatal mothers.

In the post test after the administration of self instructional module, 26(86.67%) had adequate knowledge and 4(13.33%) had moderately adequate knowledge

The table 3 depicts that the pretest mean score was 8.70±1.85 and the post test mean score was 15.90±0.54. The mean improvement score was 7.20 i.e., 36.0%. The calculated paired ‘t’ test value of t = 22.287 was found to be statistically highly significant at p<0.001 level. This clearly indicates that Self Instructional Module on knowledge of care of preterm administered among postnatal mothers was found to be effective and had significant improvement in the post test level of knowledge among them in the post test.

Table 1: Frequency and percentage distribution of pretest level of knowledge on care of preterm among postnatal mothers. (N=30).

Knowledge	Inadequate (<50%)		Moderately Adequate (50 – 75%)		Adequate (>75%)	
	No.	%	No.	%	No.	%
Pretest	25	83.33	5	16.67	0	0
Post Test	0	0	4	13.33	26	86.67

Table-2: Comparison of pretest and post test scores of knowledge on care of preterm among postnatal mothers. (N=30)

Test	Knowledge		Mean Improvement Score & %	Paired ‘t’ test Value
	Mean	S.D		
Pretest	8.70	1.84	7.20 (36.0%)	t = 22.287 p = 0.0001, S***
Post Test	15.90	0.54		

***0<0.001, S – Significant



DISCUSSION

The present study was executed to assess the effectiveness of self instructional module on knowledge of care of preterm among postnatal mothers at Selected Hospital, Chennai. The findings of the study revealed that there was a significant difference in the level of knowledge after providing self instructional module.

The findings revealed that in the pretest, the pretest mean score was 8.70 ± 1.85 and the post test mean score was 15.90 ± 0.54 . The mean improvement score was 7.20 i.e., 36.0%. The calculated paired 't' test value of $t = 22.287$ was found to be statistically highly significant at $p < 0.001$ level. This clearly indicates that Self Instructional Module on knowledge of care of preterm administered among postnatal mothers was found to be effective and had significant improvement in the post test level of knowledge among them in the post test.

The findings were consistent with the study conducted by Vaibhav Joshi, Jim Samuel, Aida Annie Mohan (2021) conducted a study to assess the effectiveness of self-instructional module regarding KMC among the post-natal mothers in selected hospitals of Gwalior. Sample size of present study is 60. The findings revealed that, out of that majority, that is, 58 participants had average knowledge in the pretest. There were some, that is, two participants with poor knowledge. There were no participants with good and excellent knowledge. In the post-test, it reveals that the study participants have maximum knowledge in the area of benefits of KMC, that is, 97.66%. The study concluded that postnatal mothers have average knowledge regarding KMC. There was a significant increase in the knowledge of the participants after the administration of self-instructional module. The paired "t" test computed between mean pre-test knowledge score and mean post-test knowledge score, indicated a highly significant difference in the knowledge scores in all the areas.

On the third objective The findings revealed that the demographic variable age ($\chi^2 = 7.972$, $p = 0.047$) had shown statistically significant association with post test level of knowledge of care of preterm among postnatal mothers at $p < 0.05$ level and the other demographic

variables had not shown statistically significant association with post test level of knowledge of care of preterm among postnatal mothers.

CONCLUSION

This study was done to assess the effectiveness of self instructional module on knowledge of care of preterm among postnatal mothers at Selected Hospital, Chennai. The findings confirmed that the Self Instructional Module administered among the postnatal mothers was found to be effective in improving the level of knowledge on care of preterm among postnatal mothers. The investigator concluded that SIM can be used as an intervention in improving the knowledge among postnatal mothers.

NURSING IMPLICATION

- Nurses should create awareness on care of the preterm among postnatal mothers in the community. Health education packages should be conducted on regular basis in all the areas by the community health nurse.
- Student nurses should be motivated in participating and organizing SIM on various aspects of care of preterm among the postnatal mothers. Initiative has to be taken to publish books and articles in journals about care of the preterm by the postnatal mothers.
- Researches can be conducted on practicing the other teaching methods. The effectiveness of the study can be verified by the nurses in the community settings. The findings of the study could help to expand the scientific body of professional knowledge upon which further investigation can be conducted.

Recommendations for Nursing Education

- The same study can be replicated on a larger sample for better generalization of the findings.
- A comparative study can be conducted at various health care setting between the rural and urban areas.
- A quasi-experimental study can be conducted with a control group for the effective comparison.

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