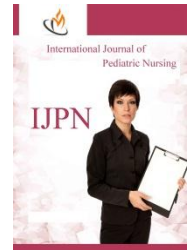




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ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE OF NEWBORN CARE AMONG THE PRIMI GRAVID WOMEN IN SREE BALAJI MEDICAL COLLEGE AND HOSPITAL, CHENNAI

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ABSTRACT

To evaluate the effectiveness of the structured teaching programme on newborn care and to associate the knowledge of primigravid women on newborn care with the selected demographic variables. A one group pretest – posttest research design (pre experimental) was used and this study was conducted in Sree Balaji Medical College and Hospital at Chrompet. A sample of 50 primi gravid women were selected by using convenient sampling techniques. The study was conducted by using structured questionnaire. Collected data were tabulated and analyzed by using descriptive and inferential statistics. Pretest results reveals that among 60 primigravid women 50 (83.3%) of them had inadequate knowledge and 10 (16.7%) had moderately adequate knowledge and no one had adequate knowledge on new born care. Posttest (After structured teaching programme) results reveals that among 60 primi gravid women 52 (86.6%) had adequate knowledge and 8 (13.4%) had moderately adequate knowledge and no one had inadequate knowledge. This shows that the structured teaching programme was effective. The study concluded that educating the antenatal mothers regarding care of newborn will help to prevent the neonatal death and to promote the health of the newborn.

INTRODUCTION

Birth of the baby is one of the happiest and emotional event that can occur in one's life time. Newborn period is from birth to 28 days. The newborn baby is considered to be tiny and powerless, completely dependent on others for life. Care of newborn quoted that good newborn care starts with preparation of warm room, warm towel for drying and covering, sterile kit to cut and tie the cord, clean hands and clean surface area. New born

care starts in premarital age and Continues from conception through suitable care during pregnancy, child birth and childhood. Primary neonatal care is inadequate leading to unacceptable high neonatal morbidity and mortality. The important cause of this is ignorance related to newborn resuscitation which leads to hypothermia, birth asphyxia and neonatal infection. Warm environment is important to the newborn as they have limited capacity to maintain body temperature. Expose to cold may result in hypothermia, cold injury, increased neonatal morbidity and mortality. WHO (2005) reports that more than 8 million neonates die annually; nearly two thirds of them die in their few days of birth; 85% of neonates die because of infection, so the WHO stressed that the basic

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care like cleanliness, warmth, early and exclusive breast feeding, eye care and resuscitation are necessary to prevent the neonate's death. WHO (2008) stated that 99% of the 4 million neonatal deaths per year occur in developing countries due to improper newborn care. WHO stresses that the Essential Newborn Care (ENC) training to the mother helps to decrease the early neonatal mortality. In India most of the mothers are not aware of total newborn care. It is the responsibility of the nurses to educate the primigravid mothers during their last (3rd) trimester regarding total care of newborn and identify the minor disorders of the neonate, which is an extended activity for the promotion of the maternal and child wellbeing. (Ajay Kumar 2002)

OBJECTIVES

- To assess the level of knowledge on newborn care among primigravid women before structured teaching programme.
- To determine the level of knowledge on newborn care among primigravid women after structured teaching programme.
- To evaluate the effectiveness of the structured teaching programme on new born care.
- To associate the knowledge of primigravid women on newborn care with the selected demographic variables.

METHODS AND MATERIALS

Design: A one group pretest – posttest (pre-experimental) design was used for this study.

Setting: This study was conducted in Sree Balaji Medical College and Hospital at Chrompet.

Sample and Sampling technique: Sample of 60 primigravid women were selected by using convenient sampling technique.

Description of the tool: The study was conducted by using structured questionnaire, it consists of two parts.

Part 1: It consists of demographic variables of sample such as age, education, religion, type of family, occupation of the mother, monthly income, gestational age in weeks and previous information on newborn care.

Part 2: It consists of 30 multiple choice questions related to knowledge on newborn care in the aspects of maintenance of thermo regulation, breast feeding, hygiene, immunization and umbilical cord.

Score interpretation:

The interview schedule contains 30 multiple choice questions, each correct answer was given a score of 'one' and the wrong answer was given a score of 'zero'. The total score is 30. The score was interpreted as follows:

- Below 50 % - inadequate knowledge
- 50 to 74 % - moderately adequate knowledge
- 75 % and above - adequate knowledge

Data Collection Procedure: Pretest was conducted by using structured questionnaire on 60 selected samples and then structured teaching programme was given to the primi gravid women regarding newborn care. After seven days, post test was conducted on the sample using the same questionnaire.

RESULTS

Pretest results reveals that among 60 primigravid women 50 (83.3%) of them had inadequate knowledge and 10 (16.7%) had moderately adequate knowledge and no one had adequate knowledge on new born care. Post test (After structured teaching programme) results reveals that among 60 primi gravid women 52 (86.6%) had adequate knowledge and 8 (13.4%) had moderately adequate knowledge and no one had inadequate knowledge. This shows that the structured teaching programme was effective.

Table 1. Comparison between Pre Test and Post Test Knowledge Level of Primigravid Women on New Born Care

Knowledge level	Pre test score		Post test score	
	No	%	No	%
Inadequate (0-49%)	50	83.3%	-	-
Moderately adequate (50-74%)	10	16.7%	8	13.4%
Adequate (above75%)	-	-	52	86.6%

Table 2. Mean and Standard Deviation of Pre Test and Post Test Scores of Primigravid Women on New Born Care

Variable	Pre test score		Post test score		Paired 't' test
	Mean	S.D	Mean	S.D	
Knowledge	31.7	12.5	83.7	4.0	55.7***

*P < 0.001 statistically significant.

The pre test knowledge mean value was 31.7 with a standard deviation of 12.5 and the post test mean value was 83.7 with the standard deviation of 4.0. The paired 't' test value is 55.7*** which is highly significant at *P < 0.001 level.



DISCUSSION

In pretest, out of 60 samples, 50 (83.3%) primigravid women had inadequate knowledge regarding newborn care and 10 (16.7%) primigravid women had moderately adequate knowledge and no one had adequate knowledge. Overall, the pretest knowledge mean score was 31.7 with the standard deviation of 12.5.

Regarding the posttest knowledge none of them had inadequate knowledge and 8(13.4%) had moderately adequate knowledge and 52(86.6%) had adequate knowledge. Overall the posttest knowledge mean score was 83.7 with the standard deviation of 4.0. This shows the structured teaching programme was effective, overall the paired 't' test score was 55.7*** which is highly significant at $*p < 0.001$. Regarding the association

between the posttest knowledge and the demographic variables, the study found that monthly income and previous exposure to health information on newborn care were associated with the posttest level of knowledge of primigravid women on newborn care which is highly significant at $p < 0.05$ level.

CONCLUSION

The findings of the study concluded that, the knowledge of the primigravid women on newborn care before structured teaching programme was inadequate, it was adequate after structured teaching programme. So educating the antenatal mothers regarding care of newborn will help to prevent the neonatal death and to promote the health of the newborn.

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