



IMPACT OF STRUCTURED PRE-DISCHARGE COUNSELLING ON KNOWLEDGE, ATTITUDE AND PRACTICES OF MOTHERS REGARDING REARING AND DANGER SIGNS IN NEWBORNS

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ABSTRACT

Introduction-With the fast advent of technology and medical science, now a days large number of such newborns are being saved in intensive care units, whose survival was not possible few years back, but the million dollar question is, Is the society completely ready to take care of such infants? The answer is no, thus rationalizing acute need of structured predischarge counselling of mothers regarding rearing and danger signs in newborns.

Aims & objectives- To study the baseline knowledge, attitude and practices of postnatal mothers regarding rearing and danger signs of newborns planned for discharge from neonatal intensive care units. To study the improvement in knowledge, attitude and practices of postnatal mothers about rearing and danger signs of newborns at first follow up visit.

Material and methods- A Prospective questionnaire based observational study conducted in tertiary level hospital in central India from Oct 2017 to Aug 2018. 365 postnatal mothers baby diad were enrolled. A pretested questionnaire was used before attending structured predischarge counselling and at first follow up visit. Statistical analysis was performed by paired t test.

Results-Significant association was observed between mean knowledge scores before counselling and at first followup visit after counseling (P value <0.05). Significant association was observed between mean attitude scores before counseling and at first followup visit after counseling (P value <0.05). But there was no significant association found between practice scores before counselling and at first followup visit after counselling (P value >0.05).

Conclusion- In the present study structured predischarge counselling was found to be useful in improving knowledge and attitude of mothers, to improve practice, other decision makers of family must attend structured predischarge counselling.

KEYWORDS : Structured Predischarge Counselling, knowledge, postnatal mother, newborns.

INTRODUCTION

With the fast advent of technology and medical science, now a days large number of such newborns are being saved in intensive care units, whose survival was not possible few years back, but the million dollar question is, Is the society completely ready to take care of such infants? The answer is no, thus rationalizing acute need of structured predischarge counselling of mothers regarding rearing and danger signs in newborns. Infants being discharged from intensive care units, needs extra care even after discharge. Early identification of new born danger signs by caregivers with prompt and appropriate referral serves as backbone of the programs aiming at reduction in neonatal mortality [1].

Delay in the recognition of the danger signs of newborn illnesses- there are automatically delays at all other levels i.e. initiation of appropriate treatment and/or referral to a better resourced hospital etc. Therefore, it becomes necessary to survey the knowledge of the signs which mothers in the developing country may perceive as "danger signs" (signs leading either to recognition of illness or health care seeking) in the sick newborns. This study sought to determine what mothers attending tertiary care hospital perceive as danger signs, their attitude and health seeking practices afterwards.

Large number of infant morbidity and mortality is attributed to improper new born care practices which depend on the knowledge, attitude and practices of the community in addition to other factors like availability and accessibility of medical services.[2] Improving knowledge of mothers about child rearing and early identification of danger sign significantly improve health care of neonates.

In an attempt to increase knowledge, awareness and skill of parents about care and better rearing of infants a structured pre-discharge counselling named as, 'graduation ceremony' is being organized at study site on every working day.

Graduation ceremony:

The ceremony aims at, intact survival' of infants being discharged from neonatal intensive care units. In this ceremony mothers are counselled and demonstrated about identification of danger signs and various aspects of child rearing practices such as exclusive breast feeding, weaning, immunization, hand washing, temperature maintenance, growth monitoring etc. The present study intended to assess the change in knowledge, attitude and practices of postnatal mothers on same day after attending graduation ceremony and on first follow up visit in NFC which is routinely scheduled after 7 days of discharge.

AIMS AND OBJECTIVES

1. To study the improvement in knowledge, attitude and practices of postnatal mothers about rearing and danger signs of newborns immediately after graduation ceremony.
2. To study the retention of improvement in knowledge, attitude and practices of postnatal mothers about rearing and danger signs of newborns at first follow up visit.

MATERIALS & METHODS

- **Study design:** Prospective questionnaire based observational study.
- **Sample size:** 365 post natal mothers (Sample calculation cross table was used to calculate sample size).
- **Study duration:** 11 months (October 2017 to August 2018)

INCLUSION CRITERIA:

All mothers of neonates planned for discharge from neonatal intensive care units attending graduation ceremony and visiting NFC (Neonatal follow up clinic) during January 2018 to May 2018.

EXCLUSION CRITERIA:

Mothers not willing to participate in study.

Tools: used were

- a) Semi structured data entry proforma for recording of socio demography of subjects participated in study.
 - b) A pretested questionnaire having 10 questions, each question divided in three parts, assessing knowledge, attitude and practice consecutively. Correct answer was awarded 1 mark and wrong answer was awarded 0 mark.
- Protocol was made after discussion with guide and co-guide and approval was taken from department's scientific committee and by institutional ethic and scientific committee. Study subjects were recruited from NICU and SNCU by applying strict inclusion and exclusion criteria. The rationale of study was explained to subjects. Patient information sheet was handed over to subjects and a written informed consent was obtained from subjects. After taking the consent. Semi structured proforma for sociodemographic profile including mobile number and address of subjects was filled. a Pre counseling session questionnaire was used to assess baseline knowledge of postnatal mothers regarding child rearing and danger signs in newborns. After pre test mothers attended structured pre discharge counseling session (graduation ceremony) with audio visual methods by expert pediatricians. Counseling session was taken by experts and participants got opportunity to clear their doubts queries. Same questionnaire was used to test knowledge, attitude and practices of mothers after counseling session again twice, at same day after counseling session to observe gain, then at first follow up visit in NFC to assess retention of gain.

Data was entered in semi structured proforma. pretest, posttest and follow up questionnaire were collected for analysis. Information thus obtained was systematically arranged and tabulated in master chart. The data was analysed statistically.

STATISTICAL ANALYSIS :

Quantitative data was presented with the help of Mean and Standard deviation. Comparison among the study groups was done with the help of t test as per results of normality test. Qualitative data was presented with the help of frequency and percentage table. Association among the study groups was assessed with these statistical tests. 'P' value less than 0.05 was taken as significant. Results were graphically represented where ever necessary.

Appropriate statistical software SPSS version. 20 was used for statistical analysis.

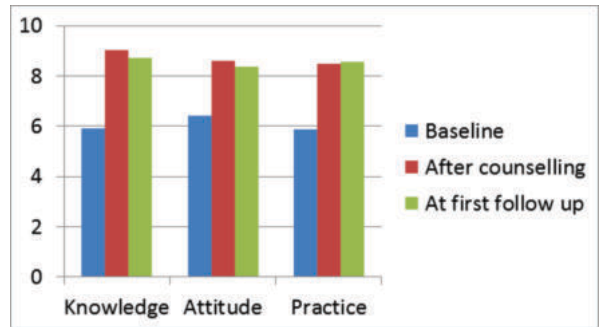


Figure 1-showing improvement and retention of knowledge attitude and practices .

DISCUSSION AND CONCLUSION

Significant association was observed between mean knowledge scores before and after counseling. There was significant association found between knowledge scores at first follow up and after counseling .Significant association was observed between mean attitude scores before and after counseling. There was significant association found between attitude scores after counseling and at first follow up. Significant association was observed between mean practice scores before and after counseling, But there was no significant association found between practice scores after counselling and at first follow up .

This difference in practice of counselling at first follow up, leading to non-significant associations may be due to the fact majority of the families are joint/extended families .Thus mother is not the only decision maker about their children and improvement in knowledge and attitude of family members attending graduation ceremony may be impacting positively the practices of mothers.

Suggestions: a.) Graduation ceremony should be initiated at every tertiary care hospital having neonatal intensive care units. b.) Decision makers of family should also attend the graduation ceremony along with mother.

REFERENCES

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OBSERVATIONS AND RESULTS

Table1 showing improvement and retention of knowledge attitude and practices

	Before graduation ceremony		After graduation ceremony		At first follow up	
	Mean	standard deviation	Mean	standard deviation	Mean	standard deviation
Knowledge	5.95	1.47	9.02	2.01	8.74	2.24
attitude	6.42	1.76	8.62	2.36	8.38	2.10
practices	5.88	2.444	8.48	1.058	8.58	2.072

Table 2-Association of Knowledge, attitude and practice score about child rearing of infant's mother before, after and at first follow up counseling.

Paired Samples Test	t value	P value
Mean Knowledge score (Before and After)	-29.296	0.034
Mean Knowledge Score (After and at first follow up)	-3.797	0.018
Mean Attitude Score (Before and After)	27.395	0.011
Mean Attitude Score (After and at first follow up)	4.042	0.00
Mean Practice Score (Before and After)	-25.903	0.00
Mean Practice Score (After and at first follow up)	1.56	0.120