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A Study to Assess the Effectiveness of Planned Teaching Programme on Knowledge of Mothers Regarding Care of Low Birth Weight Babies

KEYWORDS: Assess , planned teaching programme, knowledge , mothers, low birth weight babies.

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ABSTRACT *A study was conducted by us for the research project entitled "A study to assess the effectiveness of planned teaching programme on knowledge of mothers regarding care of low birth weight babies. "There are also many factors that may contribute to low birth weight. A mother who is below 15 years of age has a high risk of having a baby with low birth weight. Around half of the mothers the bear twins or triplets give birth to babies of low birth weight. Babies of mothers who suffer from any major disorders like abnormal uterus or placenta, high blood pressure, gestational diabetes, chronic kidney disease and heart problems and chronic infection are prone to having a low birth weight. A healthy newborn is supposed to weight around 3 to 3.5 kg however in India 25 to30 % of neonate are low birth weight. Low birth weight babies are those who are born with a weight below 2.5kg . Further if a neonate weight below 1.5kg it is classified as being of very are low birth weight and one which less 1 k g is termed as an extremely low birth weight infant. Objectives: 1)To assess the knowledge of mothers regarding care of low birth weight babies before and after administration of planned teaching programme.2)To develop and administer planned teaching programme on knowledge of mothers regarding the care of Low Birth Weight babies.3)To evaluate the effectiveness of planned teaching programme on knowledge of mothers at rural regarding care of Low Birth Weight babies Material and Methods :A quasi experimental one group pre test and post test was adopted in the present study to accomplish the objectives.The sampling technique used for this study was Purposive sampling technique. Purposive sampling is based on the belief that researchers knowledge about the population can be used to hand pick sample members of 30 mothers. The pre test assessment of knowledge of the mothers was carried out using the structured knowledge questionnaires followed by PT P session regarding care of low birth weight baby. After 7 days the post test was conducted using the same structured knowledge questionnaires. The collected data was analyzed by using descriptive and inferential statistics.*

Results:The data in the presented in table one shows that in the study maximum number of mothers belonged to age 21-25 years 53.3.%. Majority of samples 66.6%were from Hindu religion. Maximum mothers 80 % was Marathi speakers 866% mothers were from nuclear family 56.6 % mothers were educated up to SSC level ,63.3.% Mothers were residing at rural area 76.6% of their housewife 36.6%mothers family income 2000-4000/ months and 66.6% mothers were taking mixed diet.After the administration of planned teaching the pretest and post test data analysis revealed that mean post score was higher than the mean pretest score. The study conducted that the plan teaching programme was effective in terms of gain in knowledge regarding care of Low Birth Weight babies.

Conclusion: The study concluded that there is a strong need to create awareness amongst the subjects regarding care of Low Birth Weight babies.

INTRODUCTION:

It is very important for a newborn to be of normal weight ideally, a healthy newborn is supposed to weigh around 3 to 3.5kg however in India 25 to 30% of the neonate are Low Birth Weight. Low Birth Weight babies are those who are born with a weight below 2.5kg. Further if a neonate weigh below 1.5kg it is classified as being of very Low Birth Weight. And one which weight less than 1 kg is termed as an extremely Low Birth Weight infant. Babies may have Low Birth Weight if they are prematurely born that is before 37wks of pregnancy or if the babies growth is restricted. There are also many factors that may contribute to Low Birth Weight. A mother who is below 15yrs of age has a high risk of having a baby with Low Birth Weight. Blood Pressure, gestational diabetes, chronic kidney disease and heart problems and chronic infections are prone to having a Low Birth Weight. The mothers with poor nutritional status especially deficiency of folic acid, iron and proteins can increase the chances of having a baby with low weight at birth also the use of drug, alcohol and smoking can further harm the baby.Babies born with Low Birth Weight are more likely than babies of normal weight to require specialized medical care, and often must stay in the intensive care unit. Low Birth Weight is often associated with premature birth. But a Low Birth weight can be cured by giving adequate care to the baby. The care such as breast feeding, kangaroo mother care, maintaining the body temperature, prevention of infection can increase the weight of the baby. Through exclusive breast feeding for 6 months and kangaroo mother care which helps to give breast feeding, bonding and body temperature maintenance will help in weight gain and overcome the Low Birth Weight.The Low Birth Weight babies are more prone to develop disorders like infection, malnutrition and respiratory and neurological disabilities etc. So the study needs to overcome the Low Birth Weight and the complication of its. The healthy people 2020 National Health target is to reduce the proportion of infant born to Low Birth Weight to 7.8%

MATERIAL & METHODS

The purpose of this Evaluative study was to obtain mothers general knowledge and awareness levels about care of low birth weight baby.The sampling technique used for this study was Purposive sampling technique was used. The questionnaires were distributed to the mothers and

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told them to tick the correct answer from given options. The questionnaire was designed on the following areas: Assessment of knowledge regarding the care of Low Birth Weight babies in mothers & to prevent Low Birth Weight of babies.

Research Design:
Quasi experimental one group pre-test, post-test design was used.

Setting:
In order to carry out the study, investigator has selected the NICU, Maternity Ward of Krishna Hospital, Karad. The hospital has strength of 1025 beds. The NICU and Maternity ward is located on ground floor.

Population:
A sample chosen for the present study were consisting of total 30 Low Birth Weight baby's mothers in Krishna hospital, Karad.

Sampling Technique:
The sampling technique used for this study was Purposive sampling technique. Purposive sampling is based on the belief that researchers knowledge about the population can be used to hand pick sample members.

Sample and Sample Size:
The sample size for this study was total 30 mothers.

Statistical Method :
Descriptive and inferential statistics was used to describe the data.

- Frequency and percentage were used to summarize the data.
- Mean, standard deviation was used to describe the knowledge score.
- Inferential statistics were used to draw the following conclusions.
- Paired 't' test used for testing effectiveness of PTP & research hypotheses.

DISCUSSION:
In the present study the majority of the mothers 86.6% from the nuclear family, this finding is similar with the findings of the study conducted by Mr. Ruth Feldman at selected hospitals in Philadelphia on parent child interaction &infant development where affected by KMC intervention.

In the present study the mean pre test knowledge mean score was 13.03 SD 3.02 about care of low birth weight babies. Similar findings found in the study conducted on assessing the effectiveness of vitamin supplementation in very low birth weight infant by Mr. ShuklaRiddhi conducted in University of Texas School of public health in 2006, where found the mean pre test value 12.87

In the present study the mean score of knowledge regarding the care of Low Birth Weight babies is increased by 9.8 units and't' value is greater than the table 't' value shows the knowledge gain of the mothers.

A similar findings found in the study on exclusive breast feeding and infant morbidity by Mrs. Grace Treesa Liando in Indonesia found increase in knowledge of post test by 10.2 units and the 't' value is significant.

Efforts should be made to educate the community. There is a strong need to create awareness amongst the subjects regarding swine flu, treatment and prevention through IEC activities

RESULT:
The data presented in table 1 shows that in the study maximum number of mother's belonged to the age of 21-25yrs i.e. 53.3%. Majority of samples 66.6 % were from Hindu religion. Maximum mother's 80 % was Marathi speakers,86.6 % mothers were from nuclear family.56.6 % mothers were educated up to SSC level, 63.3 % mothers were residing at rural area and 76.6% of their mothers were housewives, 36.6% mother's family income 2000-4000 /months and 66.6% mothers were taking mixed diet.The data presented in table shows that there was significant increase in post scores. The gain in knowledge score is significant (t=13.55) calculated value is higher than therefore findings revealed that planned teaching programme on care of Low Birth Weight babies were effective.

Section1:
It deals with the analysis of demographic data of the samples.

Section2:
It deals with the analysis of data related to knowledge of mothers' regarding the care of Low Birth Weight babies before and after planned teaching programme.

Table -1 Demographic description of the samples by frequency and percentage N=30

SL NO	VARIABLES	FREQUENCY	PERCENTAGE
1.	**AGE**		
	15-20yrs	4	13.3%
	21-25yrs	16	53.3%
	26-30yrs	10	33.3%
2.	**RELIGION**		
	Hindu	20	66.6%
	Christian	1	3.3%
	Muslim	5	16.6%
	Other	4	13.3%
3.	**LANGUAGE**		
	Marathi	24	80%
	English	2	6.6%
	Hindi	3	10%
	Other	1	3.3%
4.	**TYPE OF FAMILY**		
	Nuclear	26	86.6%
	Joint	4	13.3%
5.	**EDUCATION**		
	Illiterate	2	6.6%
	Prim school	8	26.6%
	SSC	17	56.6%
	HSC	3	10%
6.	**RESIDENCE**		
	Urban	11	36.6%
	Rural	19	63.3%
7.	**OCCUPATION**		
	Housewife	23	76.6%
	Service	4	13.3%
	Business	3	10
8.	**MONTHLY INCOME**		
	Below 2000	5	16.6%
	2000-4000	11	36.6%
	5000-6000	9	30%
	7000-8000	5	16.6%
9.	**DIET**		
	Vegetarian	7	23.3%
	Non-vegetarian	3	10%
	mixed	20	66.6%

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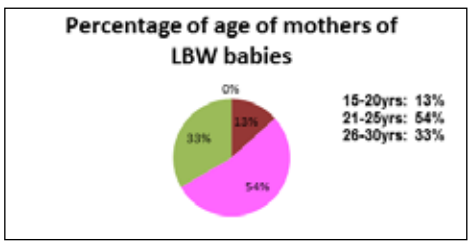
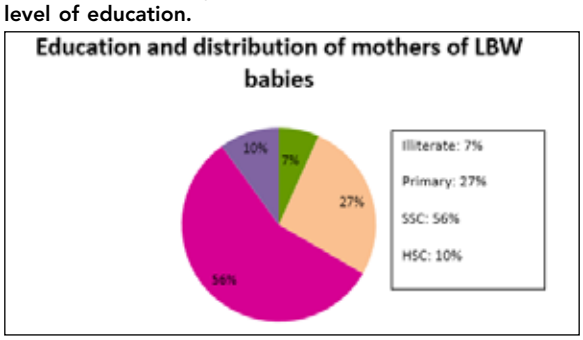
Fig: 1 Pie diagram showing percentage distribution of mothers of Low Birth Weight babies according to age.



In the study 54% mothers were in the group of 21 to 25 yrs of age

Fig: 2 Pie diagram showing percentage distribution of mothers of Low Birth Weight babies according to education. In this study 56% of mothers were up to SSC level of education.



Residence Of Mothers Of Lbw Babies

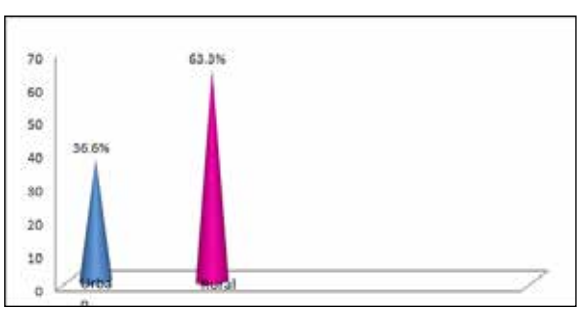


Fig: 3 Cluster cone diagram showing percentage distribution of mothers of Low Birth Weight babies according to residence. In this study 63.3% of mothers were from rural area Data Describing Difference Between Pretest And Posttest, Mean "T" Value Of Knowledge Score

S. No		MEAN	SD	' t '	Significance
1	PRE TEST	13.03	3.022	13.55	Significant
2	POST TEST	22.83	2.27		

The data presented in table shows that there was significant increase in post scores. The gain in knowledge score is significant (t=13.55) calculated value is higher than therefore findings revealed that planned teaching programme on care of Low Birth Weight babies were effective.

CONCLUSION:

Based on the analysis of findings of the study, the following inference was drawn. There was evident increase in the knowledge scores in all the areas included in the study after administration of the plan teaching programme. The actual gain score was significantly higher in the areas of care of low birth weight baby and indicated more scope for improving in the area of knowledge of care of low birth weight baby. Thus the plan teaching programme was effective and while the gain in knowledge scores.

NURSING IMPLICATION:

Nursing Practice:

The nurse has a key role in health care delivery system mainly emphasizing on primary prevention of disease.

- The planned teaching can be utilized to create awareness among the mothers of Low Birth Weight babies.
- Nurses should take the responsibility to teach mothers admitted in ward regarding breast feeding, warmth, personal hygiene, infection control and vaccination which promote the care of low birth weight.

Nursing Education:

The student nurse should be well prepared with the adequate knowledge to give prompt information to mothers on care of Low Birth Weight babies

Nursing Administration:

Administrator should organize in-service education programs, refresher courses and workshops for health care personnel and encourage them to participate in these activities.

Nursing Research:

The study will motivate the beginning researchers to conduct the same study with the different variables on a large scale.

Nursing Limitation:

- Study is limited only to 30 mothers.
- Study is limited only to Low Birth Weight baby's mothers.

RECOMMENDATIONS:

- Education programme conducted at hospital must help in imparting knowledge to mothers help to gain knowledge regarding care of Low Birth Weight babies.
- A similar study can be replicated on a larger sample or can be undertaken with a control group.
- A comparative study can be undertaken to find out the knowledge level and practices of urban and slum dwelling mothers regarding the care of Low Birth Weight babies.
- Public seminar should be conducted to teach women about the care of Low Birth Weight.
- Government should put provision to allow the mothers to practice care of Low BirthWeight even when working.

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