



A STUDY TO EVALUATE THE AWARENESS OF PRIMIPAROUS MOTHERS ABOUT VARIOUS ASPECTS OF NEONATAL CARE IN M.Y.H. HOSPITAL, INDORE

KEYWORDS

Pregnancy, Breast feeding, Hypothermia, Neonatal Hygiene.

Dr. Rajendra Kumar Mahore

Demonstrator, Gandhi Medical College, Bhopal

Dr. Sachin Parmar

P.G. Community, Medicine Department ,MGM MC, Indore

ABSTRACT

Introduction For most mothers pregnancy is just the onset of being a parent and thus during that period of pregnancy mothers are supposed to be able to start tuning their thoughts and emotions to accept the great role ahead of them so that sudden happenings does not come to them. However, the baby's awareness and the mother's desire to be a good mother become some reliable sources of energy and also stress because the two will often go together while ensuring the mother perform her roles carefully and according to the standard baby requirements. *Aims & Objective:* To know whether the mothers are aware of the general danger signs of neonatal illness. To check the awareness among mothers about advantages of the immediate and exclusive breastfeeding of the baby, immunization done at the time of birth and follow on. To find out whether the mothers are aware about the Prevention of hypothermia (Kangaroo Mother Care) in neonates and the importance of hygiene in neonatal care. *Methodology:* - A cross-sectional observational study was carried out over 100 randomly selected primi gravida mothers admitted in obstetric ward of M.Y.H Hospital of Indore for their awareness about Knowledge, attitude and practice regarding Neonatal care. A Semi structured questionnaire was used to collect the desirable data over a period of three months. The data was analyzed using appropriate statistical software. *Conclusion:* Based on this study over a sample of 100 Primi gravida mothers of Indore, we reach to the conclusion that Majority of Mothers are aware about the routine and regular immunisation of the child as per schedule. Majority of them are aware about the technique for prevention of hypothermia and maintenance of neonatal hygiene.

Introduction:

After having happily treaded the challenges experienced during those 9 months, your happiness is doubled when you hold your newborn in your arms. With different changes taking place in your baby's physical, emotional & cognitive development, every day will be a new challenge for you. Going home with a new baby is exiting, but it can be scary too. New borns have various needs like frequent feeding and diaper changes. Babies can have health issues different from older children and adults. A newborn is an infant who is within hours, days, or up to a few weeks from birth. In medical contexts, newborn or neonate (from Latin, neonatus, newborn) refers to an infant in the first 28 days after birth.¹ The term "newborn" includes premature infants, post mature infants and full term newborns. For most mothers, pregnancy is just the onset of being a parent and thus during that period of pregnancy, mothers are supposed to be able to start tuning their thoughts and emotions to accept the great role ahead of them so that sudden happenings does not come to them.²

The vast majority of newborns enter the world healthy. But sometimes, infants develop conditions that require medical tests and treatment. Newborns are particularly susceptible to certain diseases, much more so than older children and adults. Their new immune systems aren't adequately developed to fight the bacteria, viruses, and parasites that cause these infections.³

Areas of newborn care consist of taking care of baby skin. This is the main factor to be considered in baby parenting as the skin is the protective shield that readily gets in touch with the new environment. It has great adaptability to adverse environments but requires special care. Other aspect is taking care of the umbilical cord, before and after the umbilical cord falls off, maintain cleanliness around the area to avoid future hassles of infection. Newborn

care also consist of taking care of the head, sunburns and rashes ,use of diapers and immunizations. A baby's head includes soft hair and requires sufficient care to avoid infection.

The skin has a natural ability to adapt to any environment but you should try to keep the baby away from direct sunlight for a prolonged period in order to avoid heat rashes and sunburns. Sunburns affect the skin more at young ages, and babies really have a hard time sleeping when they are uncomfortable. Most of the babies require diapers as they wet frequently but the parents should take utmost consideration while using the diapers. Appropriate steps towards immunization is an important measure concerned with baby parenting. We can find numerous deadly diseases that need to be prevented by properly immunizing your infant.⁴

The baby will be given a first bath, and the umbilical cord stump will be cleaned. Most hospitals and birthing centers provide personal instructions (and sometimes videos) to new parents that cover feeding, bathing, and other important aspects of newborn care.³ Baby parenting is utmost rewarding and wonderful job for a mother. A mother knows how to take care of her young one in a natural way. However, with the advice of experts and experienced personalities, you can perform the duty of baby parenting even more effectively and efficiently. Take proper care of babies with successful baby parenting tips to keep your baby happy and healthy.⁴

Proper Early and follow on Neonatal care lead to normal and healthy growth of the baby and can prevent them from Growth failure and various infectious diseases like Neonatal Septicaemia, Neonatal Tetanus, Diarrhoea, Malnutrition, Acute Respiratory infections/Pneumonia and Other infectious diseases. It can directly results in Reduction of

Neonatal and Infant Mortality and Morbidity rate.

Materials & Methods:

A cross-sectional observational study was carried out over 100 randomly selected primi gravida mothers admitted in obstetric ward of M.Y.H Hospital of Indore for their awareness about Knowledge, attitude and practice regarding Neonatal care. A Semi structured questionnaire was used to collect the desirable data over a period of three months (Dec '14 to Feb '15). Inclusion criteria- Primi gravida mothers admitted in MYH Indore and only those who are willing to participate.

Primi gravida mothers who were absent at the time of data collection or who are not willing to participate are excluded from the study.

Study was carried out using a pre-tested Semi structured questionnaire questionnaire, which included demographic variables like Age, Occupation, Obstetrics Score, and Address. The data was analyzed using appropriate statistical software.

Results:

88% of the mothers have vaccinated their child at the time of birth. 80% of the mothers are aware of their child's weight. 81% of the mother considered 2.5-3 kg as the normal weight of the baby at the time of birth. 93% of the mothers breastfed their baby at every 2 hours interval and when baby started crying. 83% of the mothers believed that exclusive breastfeeding should be done for the 1st 6 months. 97% of the mothers breastfed their baby from both the breasts. 72% of the mothers did not use pacifier for feeding their baby. 80% of the mothers did top feeding because their milk came out in small amount. 77% of the mothers top fed their baby sometimes. 86% of the mothers denied giving water/ food products to their babies. 98% of the mothers believed that massage (maalish) is beneficial for their baby. 92% of the mothers believed that their family members wash their hands before touching baby. 95% of the mothers agreed that they will take their baby to hospitals in future for routine immunisation. 81% of the mothers were aware about kangaroo mother care. 82% of the mothers believed that cold baby's hands are suggestive of hypothermia. 88% of the mothers believed that wrapping their baby in multiple layers of woolen clothes and keeping them in contact with their body would protect their baby from cold.

Discussion:

In the present study majority of mothers had excellent knowledge and practice on newborn care. The findings are supported by a survey study conducted in 2006 which

reveal that mothers knowledge and practices were within good and satisfactory average scores in most of the studied items related to newborn care.⁵

In another study conducted by IndMedica Paediatric research knowledge of mother was inadequate in areas of Umbilical cord care 35%, Thermal care 76% and vaccine preventable diseases. 61% of them administer gripe water.⁶ However the current study reveals improved findings in all these aspects.

In another study conducted by WHO showed that with regard to personal hygiene 6.7% had inadequate knowledge, 55% had moderate and 38.3% adequate level of knowledge. In area of thermoregulation 10% inadequate knowledge, 21.7% had moderate and 68.3% adequate level of knowledge. With regard to breast feeding 18.3% had moderate and 81.7% adequate level of knowledge. In area of umbilical cord care 33.3% inadequate knowledge, 36.7% had moderate and 30.3% adequate level of knowledge.⁷

A study of JP Journal showed that among 160 subjects only 47% members defined hypothermia correctly. 52.2% of the interviewers considered it to be an uncommon problem. Lethargy 97.5%, refusal of feed 80% & cold to touch 77.5% were mentioned as common symptoms of neonatal hypothermia by respondents respectively.⁸ In a study conducted at selected hospital in Trivandrum 67% of mothers were aware of newborn danger sign. Only 39% of them were aware of hypothermia. The current study also reveals the similar observations.

Conclusion:

Based on our research's observation and results, which was done on a sample of 100 primi gravida mothers admitted in obstetric ward of M.Y.H Hospital of Indore, we concluded that Majority of the Mothers are aware about the routine and regular immunisation of the child and they are willing to take them to hospital for future immunisation. They are aware about their child's normal weight at the time of birth. Majority of them breastfed their baby at regular interval & they know the significance of exclusive breastfeeding. Maximum mothers did not prefer pacifier for their baby and they also avoided top feed. Mothers considered massage beneficial for their baby. Majority of mothers knew about the importance of KMC (kangaroo mother care) & signs of hypothermia.

To conclude the Newborn care by mother is not merely a responsibility rather it is an art to provide them tender and loving care and to nurture them well leading to their Healthy and Disease free life in future.

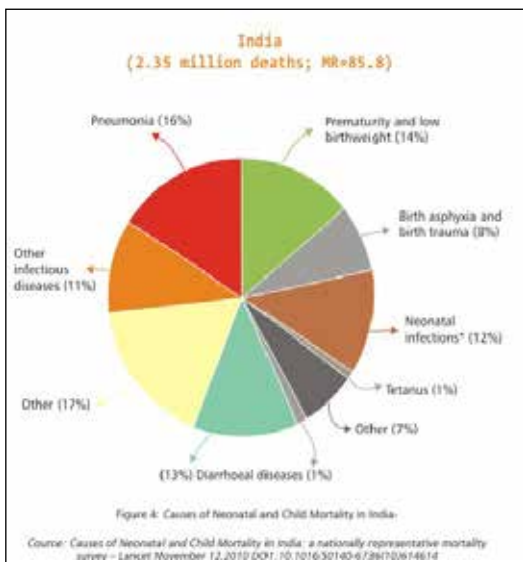
Table 1: Showing Responses obtained in Relation to Breast feeding Practices

Questions		Responses given by Mothers			
		Half hour after birth	When baby starts crying	After 1 hr of birth	When mothers milk starts coming
Breastfeeding should be started at ?	No. of Respondents	34	36	27	3
When did u first breastfeed your baby ?	After half hour		1 hr after Birth	2 hrs after birth	None of these
	No. of Respondents	15	42	21	22
At what time interval do you breastfeed your baby ?	Every 2 hrs and when the baby cries		Every 3 hrs	Every 4 hrs	Every 5 hrs
	No. of Respondents	93	3	3	1

Exclusive breastfeeding should be continued till how many months ?		1st 4 months	1st 6 months	1st 9 months	None of these
	No. of Respondents	2	83	12	3
What are the advantages of breastfeeding to mothers ?		Creates strong bonding between mother and child	Prevents pregnancy for sometime	Prevents infection	All of the above
	No. of Respondents	13	4	28	55
If you have done top feeding of your baby, then why ?		Mothers milk is not sufficient for baby /Mothers milk comes in small amount	For giving extra nutrition to baby	Mothers milk alone is insufficient for baby's growth	Not done
	No. of Respondents	84	5	2	9
How often do you topfeed your baby ?		Sometimes	Never	Mostly	Always
	No. of Respondents	77	14	7	2

Table 2: Showing Responses obtained in Relation to Prevention of Hypothermia and Neonatal Hygiene Practices and Immunization.

Questions		Responses given by Mothers			
		Immediately after birth	After 1 hr of birth	After 4-6 hrs	Not Yet
When did you first bath your baby ?					
	No. of Respondents	12	34	13	41
How to take care of the baby's umbilicus ?		It should be kept covered	Wash with water	Apply antibiotics or alcohol	Nothing should be done
	No. of Respondents	30	26	16	28
How can you protect your baby from cold ?		Wrapping baby in multiple layers of woollen clothes	Keeping baby in contact with the mothers body	Both	None of these
	No. of Respondents	11	1	88	0
Do you know about Kangaroo Mother Care ?		Yes		No	
	No. of Respondents	19		81	
Can any member of your family do kangaroo mother care of your baby ?		Yes		No	
	No. of Respondents	12		7	
Will you visit hospital for routine immunisation of your baby in future ?		Yes		No	
	No. of Respondents	95		5	
Do you use kajal for your baby's eyes ?		Yes		No	
	No. of Respondents	38		62	



References-

- <http://www.carryfitness.com/how-to-care-new-born-baby/>
- http://www.parentingnation.in/New-Born/how-to-be-a-good-mother-for-a-newborn-baby?_82
- http://kidshealth.org/parent/infections/common/neonatal_infections.html
- <http://www.babyoopsbaby.com/pages/newborn-hygiene-and-care.html>
- F Castalino et al knowledge and practices of postnatal mothers on newborn care in tertiary care hospital of udupi district nitte.edu.in/journal/June2014/98-101.
- Mohamed Asif Padiyath, Vishnu Bhat B, Maheswari Ekambaram Knowledge attitude and practice of neonatal care among postnatal mothers Vol. 14, No. 2 (2010-07 - 2010-12)
- J JOSEPH et al a study to assess the effectiveness of an information booklet on knowledge, attitude and practice regarding newborn care among primi gravida mothers of selected rural communities, tumkur. www.rguhs.ac.in/cdc/onlinecdc/uploads/05_N047_25255
- K Lunze and D H Hamer (May 2012) Thermal protection of the newborn in resource-limited environments **Journal of Perinatology** 32, 317-324