



Assess The Effectiveness of Health Teaching on Knowledge and Practice Regarding Kangaroo Mother Care Among Postnatal Mothers

KEYWORDS

LBW : Low birth weight babies, VLBW: Very Low birth weight babies, IMR : Infant mortality rate

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ABSTRACT To main aim of this study to assess the effectiveness of health teaching on knowledge and practice regarding kangaroo mother care among postnatal mothers admitted at Dhiraj general hospital . Objectives To assess the effectiveness of health teaching mothers of low birth weight babies regarding KMC to the experimental group. Background of the study In 1979, a simple method for care of Low Birth Weight infants called "The Kangaroo Mother Care (KMC)" was developed to overcome the inadequacies of the neonatal care in developing countries. Kangaroo Mother Care was designed to reduce hypothermia- a drop in body temperature, which poses a serious risk to newborn even in warmest climates. When a baby is born, its temperature drops because babies are born wet and room temperature air is cold on their skin. To assess the effectiveness of health teaching mothers of low birth weight babies regarding KMC to the experimental group. methodology A Quazi experimental approach was used in the study to assess the effectiveness of health teaching on knowledge and practice regarding kangaroo mother care among post natal mothers admitted at Dhiraj general hospital. The Investigator Adopted non-probability convenience sampling technique. Sample size 30 post natal mothers in Post natal ward .result analysis of findings of the data collected from 30post natal mothers in the post-natal ward of Dhiraj general hospital. The Analysis was carried out in 3 parts .Demographic characteristics of post natal mothers and analysis of knowledge of health teaching of KMC of post natal mother .Findings revealed that pre-test score mean(29.50%) .whereareas the post- test mean (%) score was (64.2%). The paired 't' test (11.16) shows that the gain in knowledge is very highly significant conclusion The study was undertaken to assess the effectiveness of health teaching on knowledge regarding health teaching of KMC among postnatal mother Attending Dhiraj general hospital. The study involved quazi experimental design-non-equivalent control group design was used to draw the samples. The size of sample was 30 and selection of the sample was done according to inclusion and exclusion criteria. The post-natal mothers answer the self -structured administered questionnaire in pre-test .followed by implementation of slide and flash cards. The results were analyzed by using both descriptive and inferential statistics.

INTRODUCTION

"A STUDY TO ASSESS THE EFFECTIVENESS OF HEALTH TEACHING ON KNOWLEDGE AND PRACTICE REGARDING KANGAROO MOTHER CARE AMONG POSTNATAL MOTHERS ADMITTED AT DHIRAJ GENERAL HOSPITAL"

In 1979, a simple method for care of Low Birth Weight infants called "The Kangaroo Mother Care (KMC)" was developed to overcome the inadequacies of the neonatal care in developing countries. Kangaroo Mother Care was designed to reduce hypothermia- a drop in body temperature, which poses a serious risk to newborn even in warmest climates. When a baby is born, its temperature drops because babies are born wet and room temperature air is cold on their skin².

Kangaroo mother care (KMC) is still a new intervention in many countries and many hospitals. Different forms of education and training are used to introduce KMC to health professionals. However, providing knowledge and skills do not always translate into implementation and practice. Skin to Skin contact means it is women-infant skin-to-skin contact that is between the baby's front and mother's chest. It should ideally be continuous day and night and uninterrupted but even shorter periods are still helpful³.

NEED OF THE STUDY

According to 2000 statistics, IMR of Andhra Pradesh, was 65/1000 live births. Krishna District has high rates of LBW and preterm births in urban and semi urban slums. The

main causes are

- Poor socio economic status
- Illiteracy
- Cultural and social factors.
- Depriving the baby of first milk or colors nutritional intake by mothers.

Kangaroo care is used to promote closeness between a baby and mother and involves baby upright between the women's breasts for skin-to-skin contact. The low birth weight baby remains beneath the mother's clothing for varying periods of time that suit the mother. There are no rules or time limitations applied, but contact should be reviewed if there are any clinical signs of neonatal distress. Kangaroo mother care appears to be the central mediator for all the crucial elements needed to maintain a healthy status in Low Birth Weight babies, namely thermoregulation, effective breast feeding and prevention of hypoglycemia Kangaroo Mother Care is easy to use to promote the health and wellbeing of low birth weight babies. Kangaroo Mother Care helps in maintaining temperature of infant; facilities breast feeding; reduces infection; mother-infant bonding⁹

Under the National Rural Health Mission [NRHM] programme, the government of India is committed to improve the newborn care and bring down the neonatal and infant mortality to meet the millennium development Goals. It is therefore important to operationalize primary health for round the clock deliveries and upgrade the health facil-

ties at the district hospital and referrals centers. It is also important to build up public private partnership at each level.⁸

OBJECTIVES:

- To assess existing knowledge and practice of mothers of low birth weight baby regarding KMC to the experimental group and control group.
- To plan and administer health teaching mothers of low birth weight babies regarding KMC to the experimental group.
- To assess the effectiveness of health teaching mothers of low birth weight babies regarding KMC to the experimental group.
- To find out the Correlation between pretest knowledge and practice through health education among mothers of low birth weight babies regarding KMC in experimental group and control group.

METHODOLOGY

RESEARCH APPROACH

Research approach is an umbrella that covers the basic procedure for conducting research. An evaluative research approach was considered to be the most appropriate and adopted in order to assess the effectiveness of health teaching on knowledge & practice regarding kangaroo mother care among postnatal mothers.

RESEARCH DESIGN

The research design refers to all researchers overall plan for obtaining answer to the research questions and it spells out strategies that the researchers adopted to develop information that is accurate, objective and interpretable. A quasi experimental -non-equivalent control group design has been used to attain the objectives of present study.

SETTING

Setting is the physical location and condition in which data collection takes place in a study." The present study was conducted in the Dhiraj hospital among post natal mothers Piparia Baroda.

POPULATION

The population referred to as the target population, which represents the entire group or all the elements like individuals or objects that meet certain criteria for inclusion in present study comprises of postnatal mothers in Dhiraj general hospital.

SAMPLE

Sample refers to subset of a population that is selected to participate in a particular study the sample size was 30 postnatal mothers who were selected from Dhiraj general hospital piparia baroda.

SAMPLING TECHNIQUE:

Sampling defines the process of selecting a group of people or other elements with which to conduct a study. Non probability convenience sampling technique will be used for the study.

DISCUSSION

This chapter deals with the discussion, based on the formulation objectives of the study and hypothesis. The study was designed to assess the effectiveness of health teaching on knowledge and practice regarding kangaroo mother care among postnatal mothers" This study was conducted on "Effectiveness of health teaching on knowledge and practice regarding kangaroo mother care among postna-

tal mothers admitted at Dhiraj general hospital.Socio demographic characteristics of respondent (53.33%)were in the age of 18-25year,(80%) were from the rural area, with Hindu religion (86.66%) with education level 21% respondents have primary school education , 70%were in the post obstetric history Primipara mother (53.33%)previous knowledge having KMC (13.33%) and 100 % mother not having breast complication.

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