



IMPACT OF VIDEO ASSISTED TEACHING ON COGNITION REGARDING BENEFITS OF EARLY INITIATION OF SKIN TO SKIN CONTACT TO NEWBORNS AMONG NURSING OFFICERS IN SELECTED HOSPITALS MADHYA PRADESH

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ABSTRACT In the ideal birth scenario, early skin-to-skin contact/ care (SSC) begins immediately after the birth of the baby. The naked newborn is placed prone on the mother's bare chest, with no diaper. Research demonstrates that extra tactile, odor and thermal cues provided by SSC. The benefits during this "early golden hour" are believed (WHO) is currently conducting a review of activities in support of the health of children in the light of the Sustainable Development Goals and with a focus on universal health coverage. The mean score (26.10±5.69 points) of cognition at post-test stage found to be significantly higher than pre-test stage while the ranges of total score found to be from 9 to 34 points.

KEYWORDS : Video Assisted teaching, Cognition, Skin to skin contact, Newborn, Nursing officers.

INTRODUCTION

WHO recommends "Kangaroo Mother Care" or continuous skin-to-skin contact between mothers' full term baby and low-birth weight or premature babies, and exclusive breastfeeding, as soon as they are born? Skin-to-skin contact is a key part of the WHO Baby Friendly Initiative standards. It helps the baby to adjust to life outside the womb and is highly important for supporting mothers to initiate breastfeeding and to develop a close, loving relationship with their baby.

During pregnancy, babies are as close to their moms as they can be—getting warmth, food, protection, and oxygen from their mother's body. Then, labor occurs and babies suddenly find themselves without immediate access to those essential needs. It is not surprising that study after study has shown a host of benefits for babies who experience skin-to-skin care (sometimes called "kangaroo care") with their mothers. When babies are held naked against their mother's skin, it is the closest they can get to being back in the warmth and security of the womb.

Review Of Literature

Espino Luis Fernando S, Zuniga Gregorio, Luis Jose (2019), conducted a video assisted teaching educational programme to implement skin-to-skin contact and early breastfeeding in a rural hospital in Mexico. A two-step educational intervention was designed. They analyzed that average time of initiation of skin-to-skin contact in the first and last month of the study was 18.5 (± 2.2) and 9.6 (± 2.2) minutes of life, respectively ($p < 0.001$). The average duration of SSC in the first and last month was 22 (± 10.9) and 40.9 (± 17.4) minutes, respectively ($p < 0.001$). The average time of onset of breastfeeding in the first and last month was 48.9 (± 15) and 34.4 (± 16.7) minutes of life, respectively ($p < 0.001$).

RESEARCH OBJECTIVES

- 1] To assess the pre-test score of cognition regarding benefits of early initiation of skin to skin contact to newborn among nursing officers in selected hospital.
- 2] To determine the effectiveness of video assisted teaching programme regarding benefits of early initiation of skin to skin contact to newborn among nursing officers in selected hospital.
- 3] To find out the association between pre test & post-test scores of cognition regarding early initiation skin to skin contact to newborn with selected demographic variable among nursing officers in selected hospital.

Research Hypothesis

H₀₁ -There will be no significant difference between pretest and post test score of cognition regarding benefits of early initiation of skin to skin contact to newborn among nursing officers in selected hospital.

H_{A1}- There will be significant difference between pretest and post test score of cognition regarding benefits of early initiation of skin to skin contact to newborn among nursing officers in selected hospital.

H₀₂ -There will be no impact of Video Assisted teaching on cognition regarding benefits of early initiation of skin to skin contact to newborn among nursing officers in selected hospital.

H_{A2} - There will be impact of Video Assisted teaching on cognition regarding benefits of early initiation of skin to skin contact to newborn

among nursing officers in selected hospital.

H₀₃ - There will be no significant association between pretest and post-test score of cognition with selected demographic variables among nursing officers.

H_{A3} - There will be a significant association between pretest and post-test score of cognition with selected demographic variables among nursing officers.

METHODOLOGY

A pre- experimental research approach with one group pretest & posttest research design adopted. A total 52 nursing officers as a subject used. Sampling technique is followed by Non probability convenient sampling technique. The researcher constructed Cognition questionnaire as a tool of the research.

RESULTS

Table – 1 Selected features and characteristics of nursing officers-

- Investigation showed that a large chunk (32, 61.5%) of population of nursing officers were most commonly belonged to the age group of 20-34 years and that followed by fifteen (28.8%) nursing officers who belonged to the age group of 35-49 years.
- Gender of nursing officers revealed that most of the studied population of nursing officers found to be female. However, major parts (36, 69.2%) of population of nursing officers were more frequently female.
- Investigation showed that the educational qualification of most (19, 36.5%) of the population of nursing officers were most commonly B. Sc. Nursing. Further this was noted that the second most common level of education of eighteen (34.6%) of the nursing officers was General Nursing Midwifery.
- Enquiry reported that the marital status of large chunk of nursing officers found to be married. However, thirty-nine (75.0%) studied population of nursing officers found to be married.
- Demographic feature demonstrated that the present posting area of large chunk (30, 57.7%) of nursing officers found to be most commonly labor room. Further, this was noted that more than one-fourth (14, 26.9%) of the population of nursing officers were posted in pediatric ward.
- Demographic information projected that the duration of working of approximately half (24, 46.2%) of the nursing officers found to be most commonly from 4.1 to 8.0 years whereas thirteen (25.0%) nursing officers reported that their duration of working was from 8.1 to 12.0 years.
- Major part (38, 73.1%) of population of nursing officers reported with previous knowledge about benefits of early initiation of skin to skin contact to new-born and that had gained from various sources.No any source of previous knowledge about benefits of early initiation of skin to skin contact to new-born revealed by fourteen (26.9%) nursing officers.
- The most common source of previous knowledge about benefits of early initiation of skin to skin contact to new-born of exactly half

(50.0%) of the nursing officers found to be educational institutions.

Selected features of Nursing Officer	Frequency (N)	Percent (%)
Age in years-		
20-34 years	32	61.5
35-49 years	15	28.8
50-64 years	05	09.6
Gender-		
Female	36	69.2
Male	16	30.8
Educational Qualification-		
General Nursing Midwifery	18	34.6
Post Basic B.Sc. Nursing	10	19.2
B.Sc. Nursing	19	36.5
M. Sc. Nursing	05	09.6
Marital Status		
Married	39	75.0
Unmarried	13	25.0
Present posting area-		
Pediatric Ward	14	26.9
Obstetrical Ward	02	03.8
Labor Room	30	57.7
Other Ward	06	11.5
Working Experience-		
≤ 4.0 years	09	17.3
4.1-8.0 years	24	46.2
8.1-12.0 years	13	25.0
> 12.0 years	06	11.5
Previous Knowledge -		
No	14	26.9
Yes	38	73.1
Source of Knowledge-		
Educational Institution	26	50.0
CNE/Conferences	02	03.8
Mass Media	08	15.4
Print Media	08	03.8
Total	52	100.0

Table – 2 Assessment Of Scoring Of Cognition Among Nursing Officers-

Scale of Measurement	Assessment of Score		
	Mean Pre-Score	Mean Post Score	p-value (LOS)
Cognition	12.79	26.10	p<0.001

The mean (Mean ± Standard Deviation) of total score rated on cognition scale (questionnaire) among all (N=52) studied Nursing officers found to be 12.79±5.17 points and the ranges of total score found to be from 6 to 24 points prior to administration of video assisted teaching programme (pre-test). But, after administration of video assisted teaching programme, the mean score (26.10±5.69 points) of cognition at post-test stage found to be significantly higher than pre-test stage while the ranges of total score found to be from 9 to 34 points.

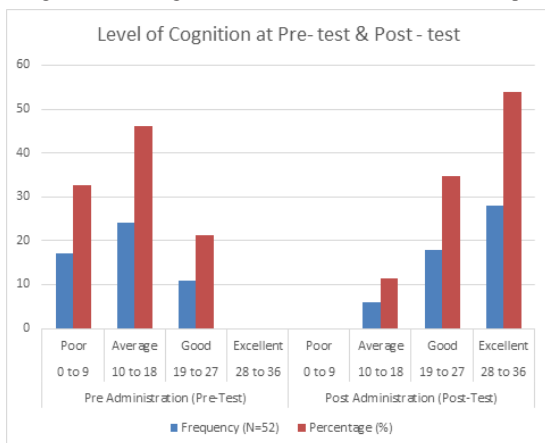


Fig – 1 The Bar Diagram Showed The Cognition Score On Pre-test & Post-test

CONCLUSION

The assessment of the cognition of selected nursing officers was

carried out before (pre-test) and after administration (post-test) of video assisted teaching programme to judge the change in these parameters. Comparison indicated that there was a significant difference between pre and posttests scoring of cognition.

Henceforth, present findings of pilot project statistically demonstrated that the video assisted teaching programme found to be an effective programme in improving cognition towards benefits of early initiation of skin to skin contact to new-born among selected nursing officers.

Limitations

- 1] Study will be conducted in the selected hospitals of Madhya Pradesh.
- 2] Nursing officers who will be present during the period of date of collection.
- 3] Nursing officers who are willing to participate in the study.

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