Original Research Paper

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PRACTICES OF ESSENTIAL NEWBORN CARE AMONG BIRTH ATTENDANTS IN LABOUR ROOM OF A TERTIARY HOSPITAL IN LONI

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ABSTRACT **Introduction:** New essential born immediate care includes include thorough drying of the baby, skin to skin contact, delayed cord clamping and early initiation of breast feeding. In the world, almost 99% of neonatal deaths occur in developing countries and these deaths can be prevented by the presence of a skilled birth attendant during labour. Baseline Analysis showed that the birth attendants in the labour room did not have a complete idea about essential care of new born. This study was done to assess the practices of birth attendant towards immediate new born care. **Methodology:** Short term Quality improvement (QI) project was undertaken for a period of eight weeks among the nursing staff, resident doctors and faculty members. Reasons for sub optimum new born care was analysed. Essential new born care protocol was implemented. Practices of essential new born care were reassessed through close supervision and monitoring. **Results:** It was found that after implementation of thorough drying of the baby after delivery ,it was increased from 96% to 100%..After inititation of early skin to skin contact before implementation it was 40% it increased to 88%.The practice of delayed cord clamping increased from 54% to 78%.The practice of breastfeeding at first hour increased from 88 % to 96%. **Conclusion:** There was a significant improvement in the implementation of all components of essential newborn care after a short term quality improvement project.

KEYWORDS :

INTRODUCTION :

Nearly 99% of neonatal deaths worldwide take place in developing countries, and these deaths can be avoided by having a trained birth attendant present during labour.

The immediate care provided to a newborn in the delivery room by trained professionals is known as newborn immediate care. Both the neonate and the mother's survival are incredibly important throughout the neonatal and postnatal period, which is the first 28 days and weeks following childbirth.

Major changes take place during this time that affect the health of both mothers and their infants . During this time, inadequate care could cause serious illness and even death.[1]

The care provided at birth (i.e., immediate newborn care) is extremely important for a child's development and for it to reach its full potential in the future, and it is influenced by the newborn care and maternal care services received at health facilities at the time of birth as well as the home care practices of mothers.

Essential newborn care to the Newborn in the Labour room includes

- drying of the baby,
- delayed cord clamping,
- skin-to-skin contact, and
- early initiation of exclusive breastfeeding.2

However, due to a number of reasons, such as inadequate information, socio-cultural, economic, and demographic issues influencing mothers as well as caretakers, it may not always be possible for caregivers to provide babies with the care they require.[2]

Baseline Analysis showed that the birth attendants in the labour room did not have a complete idea about essential care of new born. This study was therefore done to assess the practices of birth attendant towards immediate new born care..

MATERIALS AND METHODS:

A cross-sectional descriptive design was used to determine the knowledge and practices of birth attendants in labour room towards immediate newborn care The study population was 40 skilled birth attendants which included the nursing staff, resident doctors and faculty members working in the labour room .

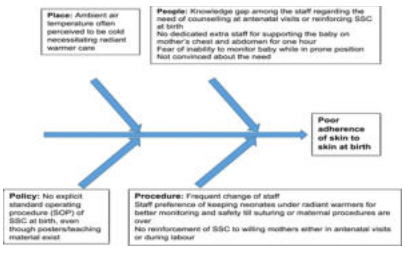
Reasons for sub optimum new born care was analysed by fishbone analysis and Practices towards newborn care was assessed before the QI project.

Educational programmes were conducted about essential new born care in the labour room. Short term Quality improvement (QI) project was developed and implemented for a period of eight weeks duration in Pravara Rural hospital, Loni.

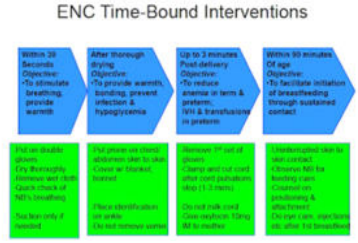
Essential new born care protocol were practiced in the labour room . The element “immediate and thorough drying” meant that the baby was completely wiped with a clean cloth prior to placental delivery. An infant was considered to have received the “immediate skin to skin contact” element if they were placed on the mother's chest/ abdomen before delivery of the placenta. Delayed cord clamping was was defined as clamping of the umbilical cord within 3 minutes or uptil pulsations cease to persist. “Early initiation of breastfeeding” means initiating breastfeeding within the first hour postpartum.[3]

These practices of essential new born care were reassessed through close supervision and monitoring.

The results of the study was analysed using descriptive method of analysis.



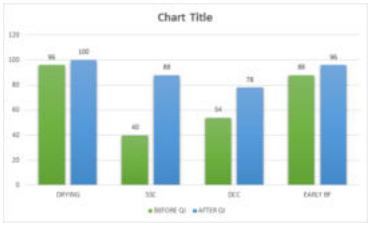
FISHBONE TECHNIQUE OF ANALYSIS



RESULTS:

COMPONENT OF ENC	BEFORE QI PROJECT	AFTER QI PROJECT

DRYING OF THE BABY	96%	100%
SKIN TO SKIN CONTACT	40%	88%
DELAYED CORD CLAMPING	54%	78%
EARLY BREASTFEEDING IN 1 HOUR	88%	96%



1.DRYING OF THE BABY 2.SSC= SKIN TO SKIN CONTACT 3.DCC= DELAYED CORD CLAMPING 1-3 MINS 4. EARLY INITIATION OF BREAST FEEDING.

DISCUSSION:

This study found that the proportion of birth attendants with good knowledge of immediate newborn care was 69.5 percent and that it has improved to 90.5 percentage after this project in our labour room. 1
It was noted that after implementation of the project,

- Immediately after delivery 96% of the birth attendants thoroughly dried the baby and it has increased to 100%.
- Skin-to-skin contact between the mother and the newborn has increased from 40% to 88% after delivery.
- According to this survey, 54% to 78% of participants cut the umbilical cord of a crying newborn during the first two to three minutes of birth or until the cord pulsation stops.
- The percentage of women who start breastfeeding within a half-hour of giving birth raised from 88% to 96%.

This analysis demonstrated that the greater the number of WHO's elements of essential newborn care that an infant receives, it increases the knowledge and practices of essential newborn care in our hospital .It has been found that, skin to skin contact, delayed cord clamping, and early initiation of breastfeeding were all associated with lower risks of mortality and less NICU admissions.

There was a significant improvement in the implementation of all components of essential newborn care after a short term quality improvement project. The delivery attendants in this study have a fair degree of knowledge about providing urgent care for newborns, and their practice is also adequate. However, it highlights the need for more information and instruction. The practice of essential newborn care among obstetric care providers was found to be predicted by in-service training, understanding of critical newborn care, and educational level programmes

CONCLUSION:

There was a significant improvement in the implementation of all components of essential new born care after a short-term quality improvement project.

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