

## A Literature Review To Assess prevalence of common traditional practices for newborn care among mothers in selected rural area of Anand district.



## Nursing

**KEYWORDS:** Prevalence, Traditional practices, newborn

**Ms.Ravina R Khristi**

2<sup>nd</sup> year M.Sc. Nursing student, Manikaka Topawala Institute of Nursing –CHARUSAT, Changa, Ta. Petlad, Dist. – Anand, Gujarat-388421.India.

**Mr.Vipin Vageriya**

Assistant Professor cum HOD Child Health Nursing, Manikaka Topawala Institute of Nursing –CHARUSAT, Changa, Ta. Petlad, Dist. – Anand, Gujarat-388421.India

### ABSTRACT

The researcher aims to assess prevalence of common traditional practices for new born care among mothers. Multiple databases were searched focusing of the prevalence of common traditional practices for newborn care.

It was concluded that unsafe and harmful traditional practices are prevalent in the communities of various part.

### 1. Introduction:

Studies on newborn care in some communities show that the knowledge and practice of basic newborn care and child care for feeding of colostrums, instance prevention of hypothermia, prelacteal feeding, exclusive breast-feeding, cord care, application of substance in eyes, prevention of some minor disorders at home are lacking; even awareness regarding care seeking on the identification of life threatening signs has been found to be very low. In India, traditional practices of child care are not studied inclusively and hence for caring the child less knowledge exists about the influence of practiced traditional newborn care practices on newborn survival. The World Health Organization recommends improving essential newborn care practices at birth in order to reduce neonatal morbidity and mortality.<sup>1</sup>

Worldwide neonatal mortality rate is 19/1000 live births also the newborn babies who died within the first 28 days of life are 2.7 million.<sup>2</sup> Infant mortality rate by SRS 2013 in Gujarat is 36/1000 live births and in India It is 40/1000 live births.<sup>3</sup> According to world bank India's neonatal mortality rate in 2015 is 28/1000 live births.<sup>4</sup>

To study the same, the researcher reviewed many literature and it was obtained through various database includes MEDLINE (Medical Literature Analysis & Retrieval System Online), CINHALL (Cumulative index TO Nursing & Allied Health Literature), ProQuest Science Direct, Springer Link, PubMed & Google scholar.

**2. Material Methods & findings:** The study is headed mainly on to assess prevalence of common traditional practices for new born care among mothers.

A Cross sectional study was done by Manisha Khunt et al. on practices regarding child birth and basic newborn care among Urban slum population, Ahmadabad. Total 100 mothers were interviewed using a pre-designed questionnaire. Study Result shows that in 93% of cases cow dung (70%), and rest by hing and other substances was applied over umbilical cord, prelacteal feeds were given to the 84% babies in form of honey, jaggery water 32%, and colostrum was given to 14% of newborns. Kajal application was done in all newborns. Conclusion of study tells that Traditional and unacceptable methods of newborn care are still persisting significantly in slum areas. Early initiation of breast feeding and Kangaroo mother care practices are far away from reality in an urban slum, which needs to be given more emphasis by health education and awareness.<sup>5</sup>

A study was conducted by Baiju Dinesh shah and Laxmi Kant Dwivedi on A newborn care practices: a case study of tribal women Gujarat, For case studies the block was divided into different sectors( sector being the Panchayat of that Block) to explore all possible new born care practices and other contributing factors for neonatal deaths in the district. Of total 106 neonatal deaths randomly selected from the list available from Non-Government Organization Sampling frame, 33 deaths had been selected randomly for case studies considering the sectors. The data for case studies was collected using different interview techniques, with in-depth

interview of mothers who had experienced neonatal death, and whenever possible even of an adult relative who had the closest contact with the child during terminal illness. Analysis was done using latent content thematic analysis. Study result shows that wide variety of newborn care practices have been documented in study area. Cord cutting and clamping practices have been identified as risk factors for neonatal infection. Regarding prevention of hypothermia, it was found that wrapping was not practiced among home births while skin-to-skin care was not practiced in all home births and few institutional births. It was found that delayed bathing or non-bathing till seven days after birth was a common practice among home and institutional births. Both practices of non-wrapping as well as delayed bathing are result of a traditional belief of "chattipuja". Delayed breast-feeding especially up to three days was common and non-feeding of colostrum was recorded in all home births. This is a negative factor because if neonates are not breastfed within the first one hour of birth then it puts these neonates at an increased risk for death Pre-lacteal feeding was found universal i.e. pre-lacteal feeds were given for all home and institutional births.<sup>1</sup>

A cross-sectional study done by Ausvi Samina et al., Nagpur on prevalent neonatal care practices in rural area of central India: the truth revealed, this study was done in 370 mothers who had a child completed neonatal period, data collection was done using interview questionnaire and was analyzed using epi into statistical software. Result of study shows that much harmful and undicted neonatal care practices were prevalent in community. Mothers has traditional care practices pertinent to breastfeeding, bathing, kajal in eyes, massage of anterior fontanels, prelacteal feeds etc. Bathing the baby immediately at birth was commonly practiced in 60 %. 37.02% mothers initiated breast feeding within half hour of birth. Early initiation of breast feeding was more likely in neonates with mother with higher education and higher income and those belonging to joint families. 27.56 % mothers had not given Colostrum to their babies & in majority the reason was family customs or prohibited by elderly. Turmeric or ghee was applied to cord in 75.94 %. After 7 years of implementation of IMNCI strategy through NRHM they got mixed pattern of results in neonatal care practices. Unsafe and harmful traditional practices in neonatal care are more prevalent in the rural areas. Still 13% deliveries are home deliveries emphasizing the need for further education in safe and healthy practices to the mothers and the community. Unsafe and harmful traditional practices in neonatal care are more prevalent in the rural area.<sup>6</sup>

A Community based Descriptive (Cross sectional) and Explorative study was conducted in Baitadi, Nepal by Devkota MD and Bhatta MR, on newborn care practices of mothers in rural community, 71 mothers having less than 3 months infants are selected for the study and semi-structured pretest tool were used to interview mothers along with checklist for case studies. Data was analyzed using SPSS 11.5 for windows. Result shows that about 86.0% of the respondents did not use any substance on the stump, and one third (33.8%) did not wipe their babies. Most of the respondents (84.4%) burnt firewood for heating the room. More than two third (38%) of the respondents bathed their babies within one hour and only 18.3% of respondents

bathed their babies after 24 hours. Only 7.0% of the respondents breast fed their babies within one hour, though all babies were breast fed. Nearly one third (29.6%) of the respondents discarded the first milk (colostrum). Most of the respondents (87.3%) did not give pre lacteals to their newborns and more than two third (70.4%) did not seek any health services for their newborns. The common reasons behind harmful practices were lack of awareness, traditional cultural practices and lack of free time for the mothers. Therefore, there is an urgent need to introduce interventions to address newborn care practices focusing on marginalized and disadvantaged communities in the area.<sup>7</sup>

A longitudinal study was conducted by Nitin Joseph et al., on Infant rearing practices in south India. A study conducted on birth cohort of 194 infants. Information on rearing practices and anthropometric measurement were recorded every month for a period of 1 year. Data analysis was done using SPSS version 17 into categories and percentages. Study result shows that only 67(34.5%) newborns were breastfed within half an hour of delivery. Prolacteal feeds was given to 65(33.5%) newborns and this was seen more among home deliveries ( $P=0.018$ ). Demand feeding was practiced by 169 (87.1%) mothers. Exclusive breast feeding (EBF) for 6 months was practiced by 81 (41.7%) mothers. Bottle feeding was seen in 7 (3.6%) cases. Gain in all anthropometric measurements was more in the initial 6 months of infancy compared to latter. Four (2.1%) infants were malnourished. Oil massage before bath was practiced by 189 (97.4%) mothers. Over 50% mothers practiced oil application to eyes or ears of infants. Delayed initiation of bath (beyond 1week) was seen in 15 (7.7%) cases. Study concluded that faulty rearing practices need to be corrected in order to improve the health status of infant.<sup>8</sup>

A study conducted by Latika Nath Sinha et al., on the newborn care practices and home based postnatal newborn care programme Mewat, Haryana, 2013. A study conducted on 320 mothers, 61 ASHAs and observed 19 home visits. A cross-sectional survey was conducted among mothers who had delivered a child during the previous seven months using cluster sampling and interviewed mothers and ASHAs in the selected subcentres using semi-structured questionnaires on the six safe newborn care practices, namely safe breastfeeding, keeping cord and eyes clean, wrapping baby, kangaroo care, delayed bathing and hand washing. Study result shows that 60% of mothers adopted less than three safe practices. Wrapping newborns (96%) and delayed bathing (64%) were better adopted than cord care (49%), safe breastfeeding (48%), hand washing (30%), kangaroo care (20%) and eye care (9%). Cultural beliefs and traditional birth attendants influenced the mother's practices. Study concluded that Knowledge-practice gaps existed among mothers counseled by ASHAs.<sup>9</sup>

A study conducted by Florence Beinempaka, on the practices of traditional rituals and customs in newborns by mothers in selected villages in southwest Uganada, study was done using focus group discussions regarding traditional pregnancy/birth customs. 10 villages were randomly selected and from each village 8 to 12 individuals were purposively selected with VHT help. Open ended questionnaire was used. A total of 67 women and 37 men participated. Study result shows that the mother's first milk is prohibited because it may make the baby ill so it is given other fluids (ie, no colostrum given but instead potentially contaminated liquids), cutting baby's cord with a reed; adding mother's or friends' spit and/or materials such as dust, herbs, cow-dung powder and/or soot to the cord/stump to encourage healing (i.e., infection risk). For babies born in a health facility, traditional rituals are practiced when the baby goes home to the village.<sup>10</sup>

A descriptive study conducted by Ayşe Beşer et al., on the Traditional child care practices among mothers with infant less than one year old in four districts of Izmir, Turkey. 70 mothers were selected for the study. Data were collected using interview questionnaire. Data were analyzed using SPSS software windows version 10. Result shows that Turkish mothers had traditional child care practices pertinent to

bathing and cutting nails of babies for the first time, swaddling, removal of the umbilical cord, evil eye etc. study concluded that some of traditional practices can cause health risks.<sup>11</sup>

A descriptive study was conducted by Bölükbaş N et al. on traditional practices about child care of the mothers who owner 0-12 months baby in Turkey. Study included 203 mothers who participated voluntarily. Data was collected through Interview technique. Study result shows that 34.5% of the mothers feed their babies after half an hour of birth, 27.1% of them after two hour of birth. It was found that 1.0% of the mothers gave sugary water and 88.7% breast milk as first food, 66% made up do their first bath after cord fall down, and 53.2% of mothers wrapped the children swaddling clothes. 88.2% of the mothers cut the children nails three months after the birth who expected of complete forty after birth. 42.4% pray to keep evil eyes of infant.<sup>12</sup>

An exploratory study was conducted by Lesley Steinman et al. on Understanding infant feeding beliefs, practices and preferred nutrition education and health provider approaches among Somali mothers in USA. Qualitative grounded theory approach was used. Four Focused group techniques were used to collect data from 37 Somali mothers who ranged in series of three to eleven. Content analysis was done. Study result shows that a majority of the Somali mothers breastfed for roughly 1 year, although most did not breastfeed exclusively. Some traditional Somali infant feeding practices, such as breastfeeding and encouraging the mother to drink plenty of fluids, have continued after Somali families moved to the USA. Other cultural traditions mentioned during the focus groups include honey and Ramadan. Honey is often rubbed on lips or gums for medicinal purposes, or to soothe a teething baby.<sup>13</sup>

**3. Conclusion:** Various literature and studies reported that some traditional practices are prevalent for newborn care at various community level. Hence, Researcher felt need to work on this topic. So this study helps to find prevalence of common traditional practices for newborn care among mother.

**4. Conflict of Interest:** None

**5. Source of Funding:** No separate funding was received for this study.

**6. Ethical Clearance:** The ethical clearance obtained from our Institute (MTIN-CHARUSAT University, Changa).

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