



A STUDY TO ASSESS THE KNOWLEDGE REGARDING PREVENTION OF HYPOTHERMIA IN NEWBORN AMONG POSTNATAL MOTHERS OF SELECTED AREAS OF WARDHA.

Obstetrics & Gynaecology

Ms. Ashwini Vijay Patil Assistant Professor, Dept. of Obstetric & Gynecological Nursing, Smt. Sumitrabai Thakare College of Nursing, Yavatmal,

ABSTRACT

A newborn baby is god's divine precious gift given a another. Hence the birth of an newborn one of the most inspiring and marvelous joyful event that occurs in every women's life time. The WHO states that approximately 125 million infant born every year, 8 million die before reaching one year of life due to various complication among that about 2.5% newborns die due to hypothermia. **Objectives:-** 1) To assess the knowledge on prevention of hypothermia in newborn among the postnatal mothers. 2) To find out the association between knowledge score with selected demographic variables. **Material and method:** Non experimental descriptive survey approach was used to collect the data. 150 postnatal mothers were selected from areas of Wardha. Structured questionnaire was used to assess the knowledge regarding prevention of hypothermia in newborn among postnatal mothers. **Result:-** Postnatal mothers had good knowledge regarding prevention of hypothermia in newborn.

KEYWORDS

Knowledge, hypothermia, newborn, postnatal mothers.

INTRODUCTION

Indian mothers are not aware about newborn hypothermia due to various factors such as ignorance, low socioeconomic status etc. nurses plays vital role in prevention of newborn hypothermia during hospitalization of postnatal mothers. By enriching the mothers with knowledge¹

New born care refers to the essential care provided to the new born baby by the mother or by the care provider on breast feeding, maintaining body temperature, cares of the cord, care of eyes and prevention of infection and injuries. The first week after birth is a time of major metabolic and physiological adaptation for newborn infants. The early life all new born try to adapt to the external environment. It is very difficult to adapt. They need special care and need intensive monitoring and support during this critical period of adaptation²

Background Of The Study

Hypothermia in newborn is defined as a core temperature of <36.5c when core temperature is between 36 and 36.5c.³

Neonatal hypothermia is a risk factor for newborn survival in low and middle income countries, particularly when associated with preterm birth and severe infection⁴

Heat loss in neonates occur by evaporation, conduction, convection and radiation Heat loss by evaporation occurs immediately after birth if the baby is not dried and not covered adequately. Hypothermia also has profound metabolic consequences.

Thermo regulation is maintained by the process of heat production or gain and heat loss⁵ Neonatal hypothermia is associated with an increased mortality risk for 28 days. There are few community based data on specific risk factors for neonatal hypothermia.⁶

Problem Statement

A study to assess the knowledge on prevention of hypothermia in newborn among the postnatal mothers in selected areas of Wardha.

Objective

- To assess the knowledge on prevention of hypothermia in newborn among the postnatal mothers.
- To find out the association between knowledge score with selected demographic variables.

Assumption

- Postnatal mothers may have inadequate knowledge on prevention of hypothermia in newborn.

METHODS OF DATA COLLECTION

The various reviews of literature were done. This non experimental descriptive study was conducted on 150 postnatal mothers in selected areas of Wardha by using one stage cluster sampling. The structured questionnaire was used which consist of 24 questions on knowledge regarding prevention of hypothermia in newborn. Score 1 was given to

every correct answer and 0 for wrong answer. Based on the percentage of scores, level of knowledge was graded as poor, average, good and very good. Statistical analysis was done by using SPSS. The analysis was done by one way ANNOVA and one sample 't' test was used for intergroup comparisons $p < 0.05$ was considered significant.

RESULT

In this study it shows that there is association between knowledge score in relation to residential area, educational status and parity of postnatal mothers which is lower than the acceptable level of significance i.e. $p = 0.05$.

The analysis and interpretation of the observations are given in the following section:-

Section A- Distribution of postnatal mothers with regards to demographic variables.

Section B- Assessment of knowledge regarding prevention of hypothermia in newborn among postnatal mothers in selected areas of Wardha.

Section C- Association of knowledge regarding prevention of hypothermia in newborn with selected demographic variables.

The following are the major findings of the study.

SECTION I: - Demographic Variables

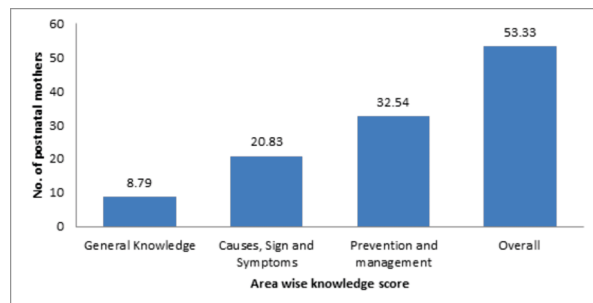
The distribution of postnatal mothers according to age of postnatal mothers depicts that 39(26%) of the samples were in the age group of 19-22 years, 63(42%) in 23-26 years of age, 26(17.3%) in 27-30 years of age and 22(14.7%) are above 30 years of age. Distribution of postnatal mothers according to their residential area shows that majority 80 (53.3%) them from rural area and 70 (46.7%) from urban area. Distribution of postnatal mothers according to their educational status shows that 0(0.00%) are illiterate, 33 (22%) have primary education, 88 (58.7%) have secondary education and 29 (19.3%) are graduate and PG. Distribution of postnatal mothers according to their occupation shows that 74 (49.3%) are housewife, 38(25.3%) are daily wage earner, 19 (12.7%) are self employed, and 19 (12.75%) have service. Distribution of postnatal mothers according to their type of family shows that nuclear 61(40.7%), joint 75(50%) and extended 14 (9.3%). Distribution of postnatal mothers according to their family monthly income shows that below Rs 3000 are 32 (21.3%), 3001-6000 Rs are 47(31.35%), 6001-9000 are 41(27.3%) and above 9000 are 30 (20%). Distribution of postnatal mothers according to their parity shows that primipara 65 (56.7%) and multipara 65(43.3%).

SECTION II: - General assessment with knowledge score

It shows that 10 (6.7%) of postnatal mothers were having average level of knowledge score, 139 (92.6%) had good level of knowledge score and 1 (0.7%) them had excellent level of knowledge score. The minimum score was 9 and the maximum score was 20, the mean score was 14.92 ± 1.62 with a mean percentage score of 93.25 ± 6.75

SECTION III:- Area wise assessment of knowledge score

Distribution of postnatal mothers according to their area wise knowledge shows that mean knowledge in the area of general knowledge was 2.11 ± 0.93 , for causes, sign and symptoms it was 5.00 ± 1.08 and for the area of prevention and management it was 7.81 ± 1.48 . Overall mean knowledge score was 14.92 ± 1.62 with a mean percentage of 53.33%.



Graph 1: Area wise assessment of knowledge score

SECTION IV:- Association of knowledge score in relation to demographic variables

There was no significant association between knowledge score and demographic variables except residential area and parity. In this study postnatal mothers from rural area have more knowledge score it is 80 (53.33%) and urban mothers have 70 (46.66%). The primipara postnatal mothers have 85 (35%) knowledge score and multipara mothers have 65 (27.83%) knowledge score that means multipara mothers have more knowledge than primipara mothers.

DISCUSSION:-

The discussion is in accordance with the objectives of the study to assess the knowledge regarding prevention of newborn hypothermia among postnatal mothers of selected areas of Wardha.

Demographic variables

In this study shows that majority of women (42%) in 23-26 years of age, 80 (53.3%) from rural area, 88 (58.7%) have secondary education, 74 (49.3%) are housewife, joint 75 (50%), 3001-6000 Rs are 47 (31.35%) and multipara 65 (43.3%).

Similar study was conducted by Shrishail Tambakd on 50 postnatal mothers which shows that maximum mothers 28 (46.66%) belonged to the age group of 21-25, Majority of mothers 45 (75%) were house wives, and Majority of mothers 42 (70%) belonged to nuclear family, Maximum others 40 (66.66%) were belonged to rural, Majority of mothers 26 (43.33%) belonged to 6001 to 8000 Rs monthly income.⁷

Similar findings were noted in the study conducted to assess the knowledge of mothers on care of newborn by Binu Margaret, where majority of mothers 90% belonged to the age group of 20-35 years, majority of mothers 56% had high school education, majority of the mothers 70% belonged to joint family.⁸

Knowledge on prevention of Hypothermia in newborns among mothers

In this study 10 (6.7%) of postnatal mothers were having average level of knowledge score, 139 (92.6%) had good level of knowledge score and 1 (0.7%) of them had excellent level of knowledge score. The rural postnatal mothers have good knowledge about prevention of hypothermia is 56.66% (80) and urban 43.33% (70) and primipara mothers have knowledge score 53.33% (85) and multipara mothers have 46.66% (65).

Similar study conducted by Shrishail Tambakd and the findings of the study was majority of the mothers 39 (65%) had average knowledge, 11 (18.33%) had good knowledge, and 10 (16.66%) had poor knowledge and this study supported to my study.⁹

The finding of study were similar to the findings of study conducted by Binu Margaret, noted that among 50 mothers 10 (20%) had good knowledge, 23 (46%) had average knowledge and 17 (34%) had poor knowledge and this study supported to my study.¹⁰

CONCLUSION

In this study from detail analysis it shows that majority of 10 (6.7%) of postnatal mothers were having average level of knowledge score, 139

(92.6%) had good level of knowledge score and 1 (0.7%) of them had excellent level of knowledge score and only residential area and parity having significant association with demographic variable.

Future Scope

1. The findings can be utilized for conducting research on the contributing of health professional in mothers knowledge.
2. There is a need for extended and intensive nursing research in the area of health education of mothers to improve their knowledge regarding neonatal hypothermia.
3. The finding of the study will help the nursing professional working in the obstetric unit as well as in community in knowing the knowledge of mothers and helping in planning and implementing the health education.
4. Nurses working in the obstetric unit and community can benefit from such researches, as it will provide more insight regarding the neonatal hypothermia. They should know about neonatal hypothermia.

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