ORIGINAL RESEARCH PAPER

Nursing

EFFECTIVENESS OF 'STRUCTURED TEACHING PROGRAMME' ON KANGAROO MOTHER CARE ON PRETERM BABIES AMONG STAFF NURSES

KEY WORDS: Kangaroo Mother Care, Preterm, Staff Nurses

Jatinder Kaur

RN, RM, MSN, Clinical Instructor/tutor, Paediatric Nursing

The study was aimed at evaluating the knowledge gained with 'Structured Teaching Programme' regarding Kangaroo Mother Care among staff nurses

METHODS: In this study from 30 staff nurses working in obstetric unit one pretest was taken then 'Structured Teaching Programme' was conducted after that post-test knowledge was assessed on the basis of structured knowledge questionnaire

RESULTS: The results showed that: In pretest 7[23%] staff nurses have moderately adequate knowledge and 23[77%] staff nurses have inadequate knowledge—whereas in post-test 19[63%] staff nurses have moderately adequate knowledge and 11[37%] staff nurses have adequate knowledge which shows the effectiveness of Structured Teaching Programme.

CONCLUSION: The improvement in the knowledge level of staff nurses was up to above average level in 63% staff nurses, so there is need to adopt a good continue education programmes for health care workers to keep them up to date with knowledge on Kangaroo Mother Care.

INTRODUCTION

"The mother's skin is the baby's natural environment, and both the physically & emotionally the healthiest place for the baby to be."

A healthy newborn baby born at term between 38-42 weeks of gestation having average birth weight of 2.5kg cries immediately following birth establishes independent rhythmic respiration & quickly adopts extra uterine life. The babies born before 37 completed weeks of gestation calculating from 1st day of last menstrual period are called preterm baby. World Health Organization has defined low birth weight as less than 2500gm irrespective of the gestational age. For the early management of preterm babies adequate facilities for thermal control & feeding and nursing care is necessary as well as experienced and skilled midwifery, obstetric & pediatric staff nurses must be available for taking care of mother & baby. It is said that to touch and be touched is a basic need that every human being needs .. Touch also stimulates brain function activity. The children who are deprived of touch will develop more social and emotional problems in their future life.

Based on these reasons & many other known benefits it is essential component for effective care of preterm's called kangaroo mother care.KMC is based on basis of how kangaroo take care of their baby kangaroo. The infant kangaroo is always born prematurely; when the little kangaroo is born it crawls into maternal pouch, where it receives warmth safety & food until maturation. Similar to the kangaroo mother the human mother provides a safe warm environment for her premature baby by using KMC method that was first presented by Dr.Ray & Dr Martinez in Bogota, Colombia. After almost two decades of implementation & research have made it clear that KMC is more than on alternative to incubator care. The Kangaroo Mother Care helps in effective thermal control & bonding between parents and their babies. But KMC is being ignored in many hospitals; one of the reasons is lack of adequate knowledge. It was an attempt made to assess the effectiveness of 'Structured Teaching Programme' on Kangaroo Mother Care to improve their knowledge regarding effective implementation of KMC

METHODS:

The study was aimed at evaluating the knowledge gained with 'Structured Teaching Programme' regarding Kangaroo Mother Care on total 30 staff nurses working in obstetric unit tertiary care Hospital, Ludhiana, Punjab selected by purposive sampling technique. The tool developed was

based on the related studies, informal discussion, with opinion of experts, problem statement and objectives of the study. The final format of structured questionnaire was validated by experts and contained two sections. A) Ten questions related to Sociodemographic data. B) Thirty questions related to knowledge about Kangaroo Mother Care.

DATA COLLECTION PROCEDURE:

The Pre-test was taken by a structured knowledge questionnaire then structured teaching programme conducted and after 7 days post-test taken of same group by using same questionnaire.

DEMOGRAPHIC VARIABLES

TOOLS INSTRUCTIONS: THE INFORMATION GIVEN WILL BE KEPT CONFIDENTIAL
 PLEASE TICK MARK THE CORRECT ANSWER. SECTION-4 DATE: 1. Code No:to) Ovaduate c) Post-graduate c) 10-20vvs S. Marital status: to 32-Energian e) Widow di Divorce 9. Religion a) Christian NO SHARK c) Hindu 10. Have you ever assisted for Kangaroo MotheCare in a) Yes b) No 11. Have you ever attended any In Service Education Programme regarding Kangaroo Mother Care? a) Yes

DESCRIPTION OF TOOLS:-

The final format of structured questionnaire which was used in the study contained two sections:

SECTION A:-

 $Contains \, ten \, questions \, related \, to \, Socio \, demographic \, data.$

SECTION B:

 Contains thirty questions related to knowledge about Kangaroo Mother Care.

- Each right answer was one mark.
- · Total questions are of 30 marks.
- The subjects who were scored above 75% were considered adequate knowledge.
- The subjects who score between 50-75% were considered moderately adequate knowledge.
- And those who score below 50% considered as inadequate knowledge.

RESULTS:

DISTRIBUTION OF SAMPLES:

Regarding age 53% staff nurses belongs to age group of 21-30 years and 47% to the age group of 31-40 years. All subjects were females. 27% were unmarried and 73% were married and according to religion 90% are Christian and 3% are Sikh and 7% are Hindu. The 87% staff nurses having academic qualification up to 10+2 and 13% were graduates. Among them 80% are diploma nurses and 20% are graduate nurses. The 20% have experience of <5 years and 53% have experience between 5-10 years and 27% were between 10-20 years and 63% staff nurses assisted for KMC & 37% were never assisted for KMC whereas 13% have attended inservice education and 87% were never attended any inservice education related to KMC.

KNOWLEDGE SCORE OF STAFF NURSES:

In pretest 7[23%] staff nurses have moderately adequate knowledge and 23[77%] staff nurses have inadequate knowledge whereas in post-test 19[63%] staff nurses have moderately adequate knowledge and 11[37%] staff nurses have adequate knowledge which shows the effectiveness of Structured Teaching Programme.

S.no	Group PRE- TEST	LEVEL OF KNOWLEDGE					
		Adequate Knowledge [>75%]		Moderately Adequate Knowledge [>50-75%]		Inadequate Knowledge [<50%]	
		Frequency (n)	Percentage (%)	Frequency (n)	Percentage {%}	Frequency (n)	Percentage {%}
		NIL	0	7	23	23	77
2.	POST TEST	11	37	19	63	0	NIL

TABLE SHOWS COMPARISON OF PRETEST AND POST-TEST KNOWLEDGE SCORE OF SUBJECTS

The paired t-test was applied to find out the statistics significance of Structured Teaching Programme. The results have shown that calculated t-value (0.44) is less than tabulated value of t (2.05) at the 29 degree of freedom. The calculated value was {0.44}. Calculated value was less then table value {2.05} at the level of df (29). This showed that study was found to be effective.

DISCUSSION

Kangaroo Mother Care is an effective method for caring the preterm babies for thermoregulation, bonding and establishing breastfeeding, can be performed by mother, father or care-taker so the health personnels. All should have enough knowledge so that they can assist & teach parents for effective implementation of KMC. A strong step was taken to assess the knowledge of staff nurses regarding KMC. All staff nurses under study were working in obstetric unit who were female. It had been analyzed that 53% of staff nurses were in the age group of 21-30 years and 47% were in age group of 31-40 years.80% of them were diploma nurses. Maximum of staff nurses (53%) were having experience of 5-10 years and 27% were having experience of 10-20 years. As per findings of study revealed that post-test score of staff nurses increased up to 71% as compared to pre-test score. One of the study was conducted in NIMS Institute, Hyderabad to assess the knowledge gain on KMC with the help of video assisting programme among B.Sc nursing students. It shows that with pretest scores the students at below average level is about

70% and at average level is about 30%. In post-test the students at average level

CONCLUSION

An Evaluatory study was conducted. The target population in research study was staff nurses' working in obstetric unit, and the study was conducted in tertiary care Hospital, Ludhiana, Punjab. Purposive sampling technique used while collecting the data. The sample size was of 30staff nurses In the present study the level of knowledge assessed about the Kangaroo Mother Care. This study has shown the improvement in the knowledge level of staff nurses up to above average level in 63% staff nurses, so there is need to adopt a good continue education programmes for health care workers to keep them up to date with knowledge on Kangaroo Mother Care.

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