



ORIGINAL RESEARCH PAPER

Nursing

EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME REGARDING CARE OF LOW BIRTH WEIGHT BABIES ON KNOWLEDGE AMONG RURAL PRIMI MOTHERS ADMITTED IN NEONATAL INTENSIVE CARE UNIT AT GGH KURNOOL, A.P.

KEY WORDS: Effectiveness, LBWB, STP

Mrs. Ch. Kameswari*

I/C Principal, Govt. College Of Nursing, Ongole. *Corresponding Author

ABSTRACT

NICU stands for new born intensive care unit. This is a nursery in a hospital that provides around the clock care to the sick or premature babies. It has health care providers who have special training and equipment to give babies the best possible services. In India about in 30% percents neonates are born low birth weight (LBW). **OBJECTIVES :** (1) To assess the existing knowledge of Rural primi mothers regarding care of Low birth weight babies (LBWBs) by conducting pretest (2) to develop and conduct the structured teaching programme (STP) on Knowledge of mothers regarding Care of LBWBs. (3) to analyze the effectiveness of STP on knowledge of Rural primi mothers regarding Care of LBWBs by conducting post test (4) to associate the knowledge of mothers regarding care of LBWBs with their selected socio demographic variables. **MATERIALS AND MOTHODS:** Quasi experimental research approach with one group pre test and post test design was used. 30 Rural Primi mothers with LBWBs were selected by non probability, convenient sampling technique, with structured interview schedule, by using structured questionnaire the data was collected. The data was analyzed in terms of objectives of the study using descriptive and inferential statistics. **STUDY RESULTS:** Majority (93%) of mothers had above average knowledge regarding care of LBWBs after implementation of STP.

INTRUDUCTION

According to WHO Babies with a birth weight of 2500g or less should be designated as low birth weight babies. The magnitude of LBWB infants in developing world is enormous. out of 22 million such infants in the world, Out of 22 million, 21 million belongs to developing countries. India's share is quite substantial 7-10million. LBW constitutes (30%) of live births in India. **ITIOLOGY :** Maternal malnutrition, intra uterine infections, placental dysfunction, maternal diseases, genetic or chromosomal disorders, twin pregnancy, and **MISCELLANIOUS :** Teenage pregnancy, terratogenic agents, tobacco smoking, high attitude, irradiation and pregnancy out of wedlock. **RISKS** are aspiration of meconium, cerebral anoxia, fetal hypoxia, death from placental dysfunction, pulmonary hge, hyper biliribunemia etc. care of LBWB includes expert neonatologist for prompt management as well as skilled Nursing care is essential for better recovery from various problems due to physiological handicaps.

NEED FOR THE STUDY: Globally more than 20 million infants are born with LBW. 72% of LBW infants are born in Asia. Hence the essential elements in ensuring care of preterm and LBWBs includes identification and care during preterm labour, preterm ensuring warmth, alternative method of feeding, type of feeding, neonatal referral and transport, and counseling plays very major role in reducing IMR also. Researcher found that suffering of mothers with LBWBs admitted in NICUs during her clinical experience led her to choose this problem to investigate to give clear guidance to primi mothers from Rural areas.

STATEMENT OF THE PROMBLEM: A study to evaluate the effectiveness of structure teaching programme (STP) regarding Low Birth Weight Babies (LBWBs) on knowledge among Rural primi mothers admitted in NICU at GGH Kurnool, A.P.

OBJECTIVES: (1) To assess the existing knowledge of Rural primi mothers regarding care of Low birth weigh babies (LBWBs) by conducting pretest (2) To develop and conduct the structured teaching programme (STP) on Knowledge of mothers regarding Care of LBWBs. (3) To analyze the effectiveness of STP on knowledge of Rural primi mothers regarding Care of LBWBs by conducting post test (4) To associate the knowledge of mothers regarding care of LBWBs with their selected socio demographic variables.

HYPOTHESES: There will be significant improvement in

post test knowledge of mothers regarding care of LBWBs. (2) There will be significant association between the effectiveness of STP and knowledge of Rural Primi Mothers regarding Care of LBWBs.

OPERATIONAL DEFINITIONS: (1) Effectiveness: Significant improvement in post test score over pre test score after the STP on knowledge of Rural Primi Mothers regarding the care of LBWBs. (2) LBWBs : Babies born with a birth weight of 200g or less (WHO) (3) STUCTURE TEACHING PROGRAMME : Teaching plan with Audio Visual aids on care of LBWBs prepared and conducted by the research for the month.

ASSUMPTION: Mothers will gain Knowledge regarding care of LBWBs. (2) Structured teaching programme will improve the knowledge scores of mothers in care of LBWB's.

LIMITATIONS: The study is limited to Rural Primi Mothers with LBWBs (2) Mothers who are able to read and write Telugu language.

RESCARCH APPROACH: Experimental approach was used to evaluate the effect of STP on care of LBWBs.

RESARCH DESIGNE: A quasi experimental with one group pre test and post test design was used.

SETTING OF THE STUDY: NICU at GGH Kurnool was chosen considering the availability of sample subjects acquaintance of the investigator with the areas and cooperation from the sample subjects and unit staff, and also the well established NICU with 40 beds with tertiary Counseling in the Kurnool city.

STUDY POPULATION: All Rural Primi Mothers given birth to LBWBs.

ACCEBLE POPULATION: All Rural Primi Mothers with LBWBs admitted in INCU.

SAMPLE SIZE: Sample size consists of 30 Rural Primi Mothers.

SAMPLING TECHNIQUE: Non probability, convenient sampling technique.

VARIABLES

a) **Independent Variable:** Structured teaching programme

regarding Care of LBWBs.

- b) **Dependent Variable:** Knowledge of Rural Primi Mothers Regarding care of LBWBs.
- c) **Extraneous Variables:** Which could influence the knowledge of mothers. i.e., education, Occupation, influence of Media.

Criteria for sample selection

Inclusion Criteria: Mothers with LBWBs who are willing to Participate in the study and able to respond honestly.

Exclusion Criteria: Mothers who are not willing to participate in the study due to very sickness of the Baby.

SAMPLE CHARACTERISTICS: The Sample was described in terms of demographic data includes age, education, type of family, occupation and income of the family.

DEVOLOPMENT AND DISRIPTION OF TOOL: To assess the knowledge of Rural Primi mothers regarding LBWBs by using STP, and developed with the help of AV Aids and selected literature for various text books, journals, internet etc., tool was prepared with suggestions of experts in the field of pediatrics and nursing suggestions.

QUATIONNAIRE: It was divided into 2 parts.

PART 1: Demographic Data (Age, Education, Occupation, Income, Type of Family, Food Habits and Antenatal Checkups.

PART 2: Structured interview schedule on care of LBWB on knowledge of Rural Primi mothers. Total number of questions 35 (MCQ Type). With one correct answer, and carries one mark.

DEVELOPMENT OF STP: After thorough review of various literature and books the investigator developed STP on Care of LBWBs includes definition, magnitude, causes, risks and management of LBWBs in very simple manner which suites to Rural mothers Standard the method of teaching adopted was lecture cum discussion using audio visual aids after the validity and suggestions of experts. STP Translated in to Telugu.

DATA COLLECTION: Pilot study was done with 5 primi gravida mothers with LBWBs to check feasibility of study followed by main study, taken 4 weeks time to complete in NICU at GGH Kurnool. Post assessment was conducted 3 hours after STP.

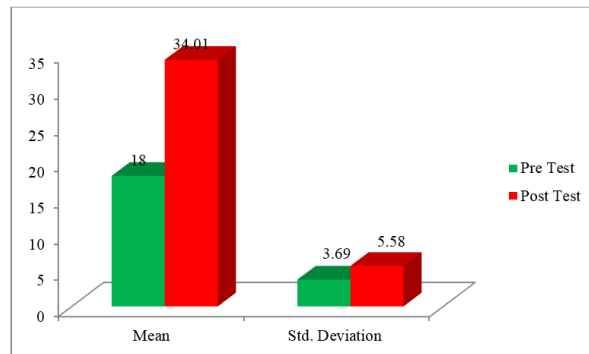
DATA ANALYSIS: Collected data was analyzed adopting descriptive and inferential statistics.

RESULTS AND DISCUSSION: The study findings revealed that structured teaching programme is effective in increasing the knowledge of rural mothers in caring LBWBs, and provided that there is no significant association between the selected variables and knowledge of mothers in taking care of LBWBs such as age, education, income and type of family.

CONCLUSION AND IMPLICATIONS: The study findings present that structured teaching program regarding care of LBWBs is effective and also there is no significant relationship between the knowledge of rural primi mothers regarding care of low birth weight babies and selected demographic variables like age, education and income of the family.

The below shows that Chi-square value of knowledge of rural primi mothers with low birth weight babies and income at pre-test level is 5.74 at degree of freedom is 3 and post-test level is 2.405 at degree of freedom 3. The chi-square values are less than the table values; it is observed that there is no significant relationship between the knowledge of mothers

regarding care of low birth weight babies and their family income.



Pre test and Post test mean knowledge scores of rural primi mothers and standard deviation regarding care of LBWBs

Bar diagram showing mean knowledge scores and standard deviation regarding care of LBWBs.

Relationship between knowledge of rural primi mothers regarding care of LBWBs and their family income

Family Income	Pre-test knowledge levels						Post-test knowledge levels					
	Below Average		Average		Above Average		Below Average		Average		Above Average	
	F	P	F	P	F	P	F	P	F	P	F	P
< `5,000	02	6.7	08	26.7	0	0	0	0	01	3.3	09	30.0
<`5,001 – 10,000	00	00	07	23.3	0	0	0	0	01	3.3	06	20.0
< `10,001 – 15,000	00	00	08	26.7	0	0	0	0	01	3.3	07	23.3
> `15,000	02	6.7	03	10.0	0	0	0	0	02	6.7	03	10.0

$\chi^2 = 5.74, df=3, \chi^2 = 2.405, df=3$

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