

“A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON NEWBORN CARE AMONG PRIMIGRAVID WOMEN IN A SELECTED HOSPITAL AT LUCKNOW”

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ABSTRACT

The data was planned to analysis on the basis of the objective and hypothesis of the study. The obtained data was tabulated and analyzed using statistical methods such as numbers, percentage, mean, standard deviation, paired 't' test, chi square test. Among 60 primi gravid women four (6.7%) primi gravid women had inadequate knowledge on maintenance of personal hygiene and 33 (55.0%) had moderately adequate knowledge and 23 (38.3%) had adequate knowledge. About thermo regulation six (10%) primi gravid women had inadequate knowledge and 13 (21.7%) had moderately adequate knowledge and 41 (68.3%) had adequate knowledge. Regarding breast feeding 49 (81.7%) primi gravid women had adequate knowledge and 11 (18.3%) had moderately adequate knowledge, no one had inadequate knowledge. Regarding immunization 16 (26.7%) had inadequate knowledge, 23 (38.3%) had moderately adequate knowledge and 21 (35.0%) had adequate knowledge. Considering umbilical cord care 20 (33.3%) primi gravid women had in adequate knowledge, 22 (36.7%) had moderately adequate knowledge and 18 (30.0%) had adequate knowledge. In the overall knowledge 20 (33.3%) primi gravid women gained moderately adequate knowledge and 40 (66.7%) primi gravid women gained dequate knowledge and no one had inadequate knowledge. This showed that the overall knowledge had increased after structured teaching programme. There was an association between income and knowledge of primi gravid women at $P < 0.05$ level. Primi gravid women with higher income had more knowledge in post -test than women of lower income. The overall findings showed that the structured teaching programme for primi gravid women was effective in selected hospital at Lucknow . This type of educational programme could bring about a change in primi gravid women's knowledge and create awareness in caring the newborn. On the whole the study confirmed the hypothesis which was formulated at the beginning of the study (i.e.,) there is a significant association between the pre and post -test knowledge on new born care among primi gravid women after structured teaching programme. The findings of this study indicate that the structured teaching programme on newborn care to primi gravid women is effective in improving their knowledge

Keyword- primygravid mothers ¹, Assess² newborn ³, Structured Teaching ⁴

INTRODUCTION

The birth of a baby is one of the most happiest and emotional event that can occur in one's life time. After nine months of anticipation and preparation the baby arrives with full excitement. The new born baby gives the pleasure and excitement to the parents and family members.

Good hygiene would reduce the likelihood of cold, dermatitis, herpes, and skin diseases being spread to more sensitive individuals. New born babies are also at risk from maternal infection if hygiene is not adequate. The daily cleansing of the infant affords an excellent opportunity for making the observations that are necessary during the immediate post natal period¹ New born baby is homoeothermic, but his ability to stay warm may be easily overwhelmed by extremes of environmental temperature. A new born is more prone to develop hypothermia because of a large surface area per unit of body weight. Over exposure of the baby should be avoided to prevent hypothermia, the room temperature should be maintained at 19° – 21°C². An important task

that the infant must maintain the thermo regulation. Although the fact produces heat in uterus, the constant warm temperature of the amniotic fluid makes thermo regulation unnecessary

OBJECTIVES

- To assess the level of knowledge on new born care among primi gravid women.
- To determine the level of knowledge of the primi gravid women on new born care after structured teaching programme.
- To associate the findings based on the demographic variables and the knowledge of primi gravid women on new born care before and after the structured teaching programme.

HYPOTHESIS

METHODOLOGY

- **Research Design-** The research design applied for this study was descriptive research design.
- **Setting of the Study-** the Study was conducted in selected villages (Chinhat and Jinabad) at Lucknow.
- **Population of the Study-** The accessible population selected for the study was prim gravid women's.
- **Sample Size-** The sample of 60 primigravid womens who met the inclusion criteria was selected for the study
- **Sampling Technique-** Convenience sampling technique was used to select the sample of 60 primigravid womens

Criteria for Sample Selection

Inclusion criteria:-

- All the primigravid women whoever attending antenatal clinic
- Primigravid women who knows Hindi and English
- Primigravid women who give consent to participate in the study.

Exclusion criteria:-

- Primigravid women's who do not know Hindi and English.
- All multi gravid mothers.
- Primigravid women's who are not having interest to participate.

DATA ANALYSIS AND INTERPRETATION

This chapter deals with the analysis of data collected, which are tabulated and presented as follows:

The interview schedule comprised of two sections

SECTION A: It consists of demographic data with 8 items.

SECTION B: It consists of 30 questions pertaining to knowledge domain regarding new born care under 5 aspects which is mentioned below:

ASPECT I: Maintenance of personal hygiene.

ASPECT II: Thermoregulation.

ASPECT III: Breast feeding.

ASPECT IV: Immunization.

Distribution of Level of Knowledge Regarding New born Care among Primi Gravid Women in the Pre-test

Table No 1: Association between behavioral problem of preschool children and Degree of malnutrition of non- working mothers 'children.

Knowledge Aspects	Inadequate		Moderately Knowledge		Adequate	
	No	%	No	%	No	%
Maintenance of personal hygiene	35	58.3	22	36.7	3	5.0
Thermo regulation	51	85.0	8	13.3	1	1.7
Breast Feeding	48	80.0	12	20.0	-	-
Immunization	32	53.3	22	36.7	6	10.0
Umbilical cord care	40	66.7	16	26.7	4	6.7
Over all	46	76.7	14	23.3	-	-

Table 2: Distribution of Level of Knowledge Regarding New Born Care among Primi Gravid Women in the Post Test

Knowledge Aspects	Inadequate		Moderately Knowledge		Adequate	
	No	%	No	%	No	%
Maintenance of personal hygiene	4	6.7	33	55.0	23	38.3
Thermo regulation	6	10.0	13	21.7	41	68.3
Breast Feeding	-	-	11	18.3	49	81.7
Immunization	16	26.7	23	38.3	21	35.0
Umbilical cord care	20	33.3	22	36.7	18	30.0
Over all	-	-	20	33.3	40	66.7

Table .3 Association between Level of Primi Gravid Women's knowledge on newborn care in post-test and the Demographic Variables.

Sl. No	Demographic Variables	Moderate adequate (50 – 75%)		Adequate (>75%)		value P - value
		No	%	No	%	
1.	Age					$\chi^2 = 0.44$ d.f. = 2 P > 0.05 (NS)
a.	≤ 20 Yrs	3	42.9	4	57.1	
b.	21-25Yrs	13	31.0	29	69.0	
c.	26-30Yrs	4	36.4	7	36.6	
d.	≥ 31 Yrs	-	-	-	-	
2.	Religion					$\chi^2 = 4.58$ d.f. = 2 P > 0.05 (NS)
a.	Hindu	18	31.6	39	68.4	
b.	Christian	2	100.0	1	100.0	
c.	Muslim	-	-	-	-	
3.	Educational Status					$\chi^2 = 11.63$ d.f. = 3 P < 0.001 (SS)
a.	Illiterate	3	25.0	9	75.0	
b.	Primary Middle	11	45.8	13	54.2	
c.	School	3	18.8	13	81.3	
d.	High School	3	37.5	5	62.5	

4.	Occupational Status					$\chi^2 = 2.26$
a.	Private Employed Govt.	-	-	-	-	d.f. = 2
b.	Cooly	1	100.0	13	72.2	P > 0.05
c.	H.W	5	27.8	27	65.9	(NS)
d.		4	34.1	-	-	
5.	Income(in Rs)					$\chi^2 = 9.13$
a.	≤ 1000	1	20.0	4	80.0	d.f. = 3
b.	1001-2000	11	32.4	23	67.6	P < 0.05
c.	2001-3000	7	36.8	12	63.2	(SS)
d.	≥ 3001	1	50.0	1	50.0	
6.	Type of Family					$\chi^2 = 0.53$
a.	Nuclear	18	32.1	38	67.9	d.f. = 2
b.	Joint	2	50.0	2	50.0	P > 0.05
						(NS)
7.	Utilization of Health Services					$\chi^2 = 5.83$
	Govt Organisation Private	3	18.8	13	81.3	d.f. = 3
a.	Nursing Homes	14	35.0	26	65.0	P > 0.05
b.	Voluntary Health Services	2	100.0	-	-	(NS)
c.		3	150.0	1	50.0	
8.	Gestational Age in Weeks					$\chi^2 = 2.39$
a.	Below 12 weeks					d.f. = 2
b.	12 – 24weeks	5	31.3	11	68.8	P > 0.05
c.	25 – 40weeks	10	28.6	25	71.4	(NS)
		5	55.6	4	44.4	

SUMMARY

A one group pretest posttest design was chosen to assess the effectiveness of structured teaching programme on newborn care among primi gravid women in selected hospital Lucknow. A total number of 60 primi gravid women who met the inclusion criteria was selected by convenient sampling. An interview schedule was used to assess the knowledge of primi gravid women regarding new born care, before and after the structured teaching programme. After seven days, post test was conducted on the same samples using the same questionnaire. Identify the problem. In the pretest 46 (76.7%) primi gravid women had inadequate knowledge, 14 (23.3%) had moderately adequate knowledge and no one had adequate knowledge. In the post test 20 (33.3%) primi gravid women had moderately adequate knowledge and 40 (66.7%) primi gravid women had adequate knowledge. The statistical analysis showed significant increase in the knowledge in the post test. In relation to the effectiveness of structured teaching programme, (improvement score) the paired t-test showed that the teaching programme had statistically significant improvement on knowledge of primi gravid women on new born care at $p < 0.001$ level. On the whole the study confirmed the hypothesis which was formulated at the beginning of the study (i.e.,) there is a significant association between the pre and post -test knowledge on new born care among primi gravid women after structured teaching programme.

CONCLUSION

The overall findings showed that the structured teaching programme for primi gravid women was effective in selected hospital at Lucknow. This type of educational programme could bring about a change in primi gravid women's knowledge and create awareness in caring the new born. On the whole the study confirmed the hypothesis which was formulated at the beginning of the study (i.e.,) there is a significant association between the pre and post test knowledge on new born care among primi gravid women after structured teaching programme. The findings of this study indicate that the structured teaching programme on newborn care to primi gravid women is effective in improving their knowledge.

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