

# Effectiveness of STP on Knowledge of Postnatal Mothers Regarding Kangaroo Mother Care in Selected Hospital, Moga, Punjab

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## ABSTRACT

**Background:** Thermal protection of the newborn is the series of measures taken at birth and in the first day of life to ensure that the newborn does not become either cold or over heated and maintained a normal temperature of 36.5<sup>0</sup>C-37.5<sup>0</sup>C. The newborn cannot regulate its temperature as well as an adult and they are able to tolerate only a limited range of environmental temperature. The smaller the newborns, the greater the risk. Thermal stability improves gradually as the body increases weight.

**Aim:** The aim of the study was to assess the Effectiveness of STP on The Knowledge of Postnatal Mothers Regarding Kangaroo Mother Care

**Objectives:** 1. To assess the knowledge of post natal mothers regarding kangaroo mother care. 2. To compare the pre test and post test knowledge score of post natal mothers regarding kangaroo mother care. 3. To find out the relationship between knowledge of post natal mothers with selected variables. **Methods:** Pre-experimental approach with one group pretest-posttest design, 80 postnatal mothers were selected by using Non-probability purposive sampling technique.

**Results:** In pretest, majority of postnatal mothers (80%) had average knowledge and 20% had below average knowledge regarding kangaroo mother care. In post-test, majority of postnatal mothers (95%) had good knowledge and 5% had average knowledge regarding kangaroo mother care.

**Conclusion:** The study concluded that, the structured teaching programme on kangaroo mother care was effective in improving the knowledge level of postnatal mothers.

**Key Words:** Fetal Development, Antenatal Mothers.

## INTRODUCTION

Adele Pillitteri (2007) <sup>[1]</sup> Kangaroo mother care increases the levels of confidence and competence of mothers, especially when it is started early (day 1 or 2 after birth). Mothers prefer skin-to-skin contact because it allows for their infants to be close to them and they feel more at ease, fulfilled, and satisfied by the experience than with conventional methods of care. During stressful situations, such as prolonged hospitalization of their infants,

mothers practicing KMC feel more competent than do mothers who practice conventional methods of care.

Martine and Celine(2006) <sup>[2]</sup> Kangaroo mother care is defined as early, prolonged and continuous skin-to-skin contact between a mother and her newborn low birth weight infant, both in hospital and after early discharge, until at least the 40th week of postnatal gestational age. Kangaroo mother care does not need sophisticated equipment, can be applied almost anywhere,

could contribute to the humanization of neonatal care, and contain costs. For these reasons, KMC is attractive to neonatal units in both low- and high-income countries. The care of preterm & low birth weight infants in developing countries is a heavy burden within the limited resources of health care. Kangaroo Mother Care is an effective way to meet the baby's basic needs like warmth, breastfeeding, and protection from infection, stimulation, safety, & love within limited resources.

### Need For the Study

Hypothermia remains a significant challenge of prevent strategies have been identified hypothermia is still a common events, especially in extreme low birth infants. Increased efforts will be necessary to prevent early hypothermia in very preterm infants. [3] Every year about 200 million infants of low birth weight are born worldwide which impose a heavy burden on healthcare and social system in developing countries. Four millions newborns die each year, 99% in developed countries. 28% of newborn deaths are attributed to LBW and prematurity and 26% to severe infections including pneumonia. Still many of the mothers are not having adequate knowledge regarding newborn care includes, breast feeding, KMC, eye care and immunization etc. [3]

Kathryn L et al.,(2000) [4] performed this randomized trial to determine whether infants receiving skin-to-skin care (SSC) grew more rapidly and had a shorter duration of hospital stay compared with infants held by their parents in a traditional way. Infants who met eligibility criteria ( $\leq 32$  wk of gestation,  $\leq 1500$  g, minimal ventilator support, and thermodynamically stable) were randomized to traditional holding (TH) or SSC groups. Parents in both groups were allowed to hold infants for a total of 8 hours per day (periods of up to 4 hr, twice/d). During the study, infants in the TH group were held  $4.8 \pm 3.5$  times per week and  $76 \pm 39$  minutes per day, and infants in the SSC group were held  $4.0 \pm 2.8$

times per week and  $79 \pm 40$  minutes per day. No significant differences were observed in weight accretion or linear growth. However, exposure to SSC was associated with greater head growth, even after controlling for head circumference at birth ( $p = .03$ ). SSC may increase the likelihood of successful breastfeeding.

Among the attachment behavior between mother and baby, body contact and proximity of the mother to the infant are essential for the child's growth. [5]

### Problem Statement

A study to assess the effectiveness of Structured Teaching Programme on the knowledge of post natal mother regarding Kangaroo mother care in selected hospital, Moga, Punjab.

### Objectives

1. To assess the knowledge of postnatal mothers regarding kangaroo mother care.
2. To compare the pre test and post test knowledge score of postnatal mothers regarding kangaroo mother care.
3. To find out the relationship between knowledge of postnatal mothers with selected demographic variables.

### Research Hypothesis

H<sub>1</sub>: The mean post test knowledge score of the group after structured teaching programme regarding kangaroo mother care will be significantly higher than the pretest.

### Delimitations

The study was limited to;

1. Postnatal mothers who were attending civil hospital, Moga.
2. Postnatal mothers who delivered a live newborn in civil hospital, Moga.
3. Postnatal mother who were willing to participate in the study.

## MATERIALS AND METHODS

**Research Approach:** Pre-experimental research approach

**Design:** One group pretest - posttest design

**Setting:** The study was conducted among postnatal mothers at Civil hospital, Moga, Punjab.

**Population:** Target Population: All postnatal Mothers.

**Accessible Population:** Postnatal mothers from selected hospital, Moga.

**Sample size:** The sample size of the study was 80 postnatal mothers.

**Sampling Technique:** Non-probability Purposive sampling method.

**Sampling criteria**

**Inclusion Criteria**

- Primigravida and Multigravida Mothers
- Postnatal Mothers who were willing to participate in the Study.
- Postnatal Mothers Available at the Time of Data Collection.

**Exclusion Criteria**

- Postnatal Mothers who are not available at the time of data collection
- Newborn with High Risk Conditions.

**Description of the tool**

The final tool consists of following two parts:-

- Part I: – Sample characteristics

The part consists of items for obtaining personal information about subjects i.e. Age in years, Mother’s Educational Status, Mother’s Occupation, Religion, Type of family, Birth order, Birth weight of newborn and Place of residence

- Part II: – A Structured Questionnaire to assess the knowledge regarding kangaroo mother care

This part consists of 34 multiple choice questions regarding Kangaroo mother care. Each right question carries one mark and incorrect answer carries 0 mark. The maximum score was 34 and the minimum score was 0.

**SCORE INTERPRETATION**

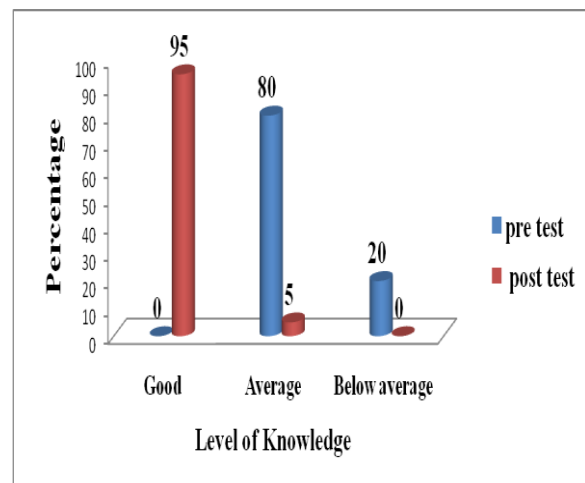
S. No	Level of knowledge	Score	Percentage
1.	Good	26-34	76-100%
2.	Average	18-25	51-75%
3.	Below average	≤ 17	≤50%

**RESULTS & DISCUSSION**

**Table-1: Frequency and Percentage Distribution of Pre test and Post Test Knowledge Score of Postnatal Mothers Regarding Kangaroo Mother Care. (N=80)**

S. No	Level of knowledge	Score			
		Pretest		Post test	
		F	P	F	P
1.	Good	-	-	76	95
2.	Average	64	80	4	5
3.	Below average	16	20	-	-

Table-1 shows that, In pretest, majority of postnatal mothers (80%) had average knowledge and 20% of had below average knowledge regarding kangaroo mother care. In post-test, majority of postnatal mothers (95%) had good knowledge and 5% had average knowledge regarding kangaroo mother care. Thus, it shows that the structured teaching programme on kangaroo mother care was effective in improving the knowledge level of postnatal mothers.



**Fig-1: Frequency and Percentage distribution of pretest and post test knowledge score of postnatal mothers regarding kangaroo mother care.**

**Table-2: Comparison of Mean and standard deviation of Pretest and Posttest knowledge score of postnatal mothers (N = 80)**

Knowledge score					
Pretest		Post test		df	't'
Mean	S.D	Mean	S.D		
21.38	3.39	29.46	2.000	79	22.754***

Table-2 shows that, the pre-test mean knowledge score was 21.38 with standard deviation 3.39 and the posttest mean knowledge score was 29.46 with standard deviation 2.000.

III. Relationship between levels of knowledge regarding fetal development among antenatal mothers with socio demographic variables.

There was a significant relationship between level of knowledge of postnatal mothers with socio demographic variables like mother’s educational status, Birth order and Type of family.

**Major Findings of the Study**

- In pretest, majority of postnatal mothers (80%) had average knowledge and 20% of had below average knowledge regarding kangaroo mother care. In post-test, majority of postnatal mothers (95%) had good knowledge and 5% had average knowledge regarding kangaroo mother care. Thus, it shows that the structured teaching programme on kangaroo mother care was effective in improving the knowledge level of postnatal mothers.
- The pre-test mean knowledge score was 21.38 with standard deviation 3.39 and the posttest mean knowledge score was 29.46 with standard deviation 2.000.
- There was a significant relationship between level of knowledge of postnatal mothers with socio demographic variables like mother's educational status, Birth order and Type of family.

## CONCLUSION

In pretest, majority of postnatal mothers (80%) had average knowledge and 20% of had below average knowledge regarding kangaroo mother care. In post-test, majority of postnatal mothers (95%) had good knowledge and 5% had average knowledge regarding kangaroo mother care. Also, the pre-test mean knowledge score was 21.38, and the posttest mean knowledge score was 29.46. There was a significant difference between pretest and post test mean knowledge score. Thus, it shows that the structured teaching programme on kangaroo mother care was effective in improving the knowledge level of postnatal mothers

## Recommendations

- A descriptive study can be conducted to assess the knowledge, practices, attitude

of postnatal mothers regarding kangaroo mother care.

- A comparative study can be conducted to assess the knowledge, practices, attitude of postnatal mothers regarding kangaroo mother care among working and non –working mothers.
- A comparative study can be conducted to compare the effectiveness of kangaroo mother care on Preterm babies and Term babies among postnatal mothers.
- A quasi experimental study can be conducted to assess the knowledge, practices of postnatal mothers regarding kangaroo mother care.

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