

EFFECTIVENESS OF STP ON KNOWLEDGE & PRACTICE AMONG MOTHERS OF LOW BIRTH WEIGHT BABIES REGARDING KANGAROO MOTHER CARE

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Abstract

A pre experimental study was conducted to assess the knowledge and practice regarding kangaroo mother care among mothers of low birth weight babies at selected hospitals of Indore. One group pre-test posttest research design was adopted. 30 postnatal mothers were selected using purposive sampling technique from NICU's & postnatal wards. Pre-test was conducted using structured knowledge Questionnaire to assess knowledge & Observational checklist to assess the practice, following which structured teaching was administered using Booklet on Kangaroo Mother Care (KMC) & Demonstration method. Seven days after structured teaching post-test was conducted with the same tools. The findings of the study revealed that mean post-test knowledge score (14.43) and the mean post-test practice score (11) were significantly higher than mean pre-test knowledge score (2.9) and mean pre-test practice score (0) respectively. There was no significant association with pre-test knowledge score and selected demographic variables. It is also evident by computed 't' test value of pre and post test knowledge score ($t_{29} = 39.75, p \leq 0.001$), that the structured teaching was highly effective in improving the knowledge & practice of mothers of low birth weight babies regarding KMC.

Key words: Kangaroo Mother Care (KMC), Low Birth Weight (LBW), Postnatal Mother, Knowledge, Practice, Neonatal Intensive Care Unit (NICU)

Background

In India alone 6 to 8 million LBW infants are born annually. Over 70 % of perinatal deaths, 85 % of neonatal deaths & 50 % infant deaths occur among LBW babies. The LBW infants are five times more likely to die in the perinatal period & three times more likely to die during infancy (Parthasarathy, A. 2007). Kangaroo mother care is a technique that involves using the mother as a warmer to keep the infant's condition stable. It is defined as, "early, prolonged and continuous skin-to-skin contact between a mother and her newborn low birth weight infant both in hospital & after early discharge of the baby". Mother acts as a source of warmth, comfort and nourishment. It normalizes infant's physiology, improves weight gain & provides sense of security (Taksande, Amar. & Vilhekar, K.Y., 2008).

Need of the Study

During the clinical experience in the hospital, the investigator had opportunity to participate in and observe the care of low birth weight babies in NICU & postnatal wards. Such babies are very prone to develop hypothermia & apnea. The charges of warmer care to prevent hypothermia in these neonates are very high in hospitals & most of the parents belong to low-income group, they cannot afford long-term care in Nurseries & NICU. Furthermore, the care provided by these sophisticated equipments lack humanized touch and sense of security for the babies. The investigator felt that if Kangaroo Mother Care is initiated in hospital setting & continued at home, it would reduce the incidence of hypothermia & apnea among these babies without much expenditure. To initiate Kangaroo Mother Care in hospitals & to start awareness program at community level, the investigator has to know first that how effective the structure-teaching program will be. This idea motivated the researcher to plan health-teaching program with the use of self-structured instructions for the mothers of LBW babies.

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