



Effectiveness of Structured Teaching Programme on Knowledge Regarding Neonatal Care at Home among Mothers at Selected Rural Community Areas Bengaluru, Karnataka

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Abstract

A study has been conducted on “Effectiveness of structured teaching programme on knowledge regarding Neonatal Care At Home among mothers at selected rural community areas Bengaluru, Karnataka.”

Objectives: To assess the knowledge of mothers regarding “neonatal care at home” at selected rural community area, Bengaluru. To prepare and conduct structured teaching programme on “neonatal care at home” at selected rural community area Bengaluru. To evaluate the effectiveness of structured teaching programme regarding the “neonatal care at home” among the mothers at a selected rural community area, Bengaluru. To find the association between knowledge regarding neonatal care among the mothers and their selected demographic variables.

Hypothesis: H1- There will be significant difference between pretest and post-test knowledge scores on “neonatal care at home” among the mothers. H2- There will be significant association between pretest and post-test knowledge scores and their selected demographic variables.

Methodology: 50 mothers of neonates were chosen. Purposive sampling used. **Tool for data collection** in 2 parts. **Major findings:** The present study shows in pre-test 33[60.0%] mothers had inadequate knowledge, 17[34.0%] had moderate knowledge, and in the post-test 16[32.0%] had gained moderately adequate knowledge, 34[68.0%] had gained adequate knowledge. The improvement mean of knowledge was 44.5% with the standard deviation of 11.5%, t value of 27.36*.

Conclusion: The improvement mean of knowledge was 44.5% with the standard deviation of 11.5%, t value of 27.36*. It shows that there is a significant improvement in knowledge of mothers on neonatal care at home after administration of structured teaching programme.

Keywords: Neonatal Care, Mothers, Rural Community, Home, Structured Teaching Programme and Knowledge.

Introduction

Children are vital to the nation’s present and future. Parents are usually committed to provide every advantage

possible to the children in their families. Most of the neonates are born naturally and are normal. Although it is normal during the process of birth the baby has to face many physiological and environmental changes. Neonatal period is the period until 28 days after birth. This is 1 the most critical period of life. Many complications and death may occur during this 2 period if the neonate gets deprived of its vital needs. The neonate needs to adjust to extra uterine life to a maintain normal physiological activity. Hence teaching the importance of newborn and

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infant care to mothers helps in preventing infections and disease with providing productive and fruitful life to newborn who will be the citizens of tomorrow³. Essential care of the normal healthy newborn can be best provided by mothers. The knowledge of care of newborn is essential for a mother. The normal term baby should be kept with their mothers rather than in a separate nursery. She has to prepare herself for proper care of the newborn. Mother participates in the nursing care of the baby and develops self-confidence in her. The care of newborn begins with bathing, clothing, feeding, positioning and care of umbilical cord of the baby etc.

Background: Children are vital to the nation's present and future. Parents are usually committed to provide every advantage possible to the children in their families, and to ensure that they are healthy and have the opportunities that they need to fulfill their potential. In order to educate and encourage the parents and to improve their knowledge regarding neonatal care at home.

Statement of the Problem: "Effectiveness of structured teaching programme on knowledge regarding Neonatal Care At Home among mothers at selected rural community areas Bengaluru, Karnataka."

Objectives

- To assess the knowledge of mothers regarding "neonatal care at home" at selected rural community area, Bengaluru.
- To prepare and conduct structured teaching programme on "neonatal care at home" at selected rural community area Bengaluru.
- To evaluate the effectiveness of structured teaching programme regarding the "neonatal care at home" among the mothers at a selected rural community area, Bengaluru.
- To find the association between knowledge regarding neonatal care among the mothers and their selected demographic variables.

HYPOTHESIS:

H1- There will be significant difference between pretest and post-test knowledge scores on "neonatal care at home" among the mothers.

H2- There will be significant association between pretest and post-test knowledge scores and their selected demographic variables.

REVIEW OF LITERATURE:

In March to April 2008, WHO implemented a 10-min educational program on basic neonatal care for women receiving prenatal care. The educational intervention was a structured, face-to-face interactive module taught by using pictographic and written materials about temperature control, umbilical cord care and signs of neonatal illness. The result was, out of recruited 101 women (average age=26.3 years), the knowledge of neonatal care increased by 10% on immediate post-test, especially regarding knowledge of umbilical cord care and temperature control (normal temperature 18 ranges, thermometer use). Maternal education ($P=0.025$) and previous births ($P=0.037$) correlated positively with higher pre-test scores. Higher maternal education correlated with higher post test scores.

Methodology

RESEARCH APPROACH:

The selection of research approach is the basic procedure for the conduction of research enquiry. A research approach tells about what data to collect and how to analyse it. It also suggests possible conclusions to be drawn from the data. In view of nature of the problem selected and objectives to be accomplished, evaluative approach was considered appropriate for the present study.

RESEARCH DESIGN:

A researchers overall plan for obtaining answers to the research questions or for testing the research hypothesis is referred as the research design. It is the blue print; the researcher selects to carry out the study. The design used in my study is one group pre test post test design in which pre-test is conducted followed by structured teaching programme and then conducting post-test for same group after 7 days (Table 1)

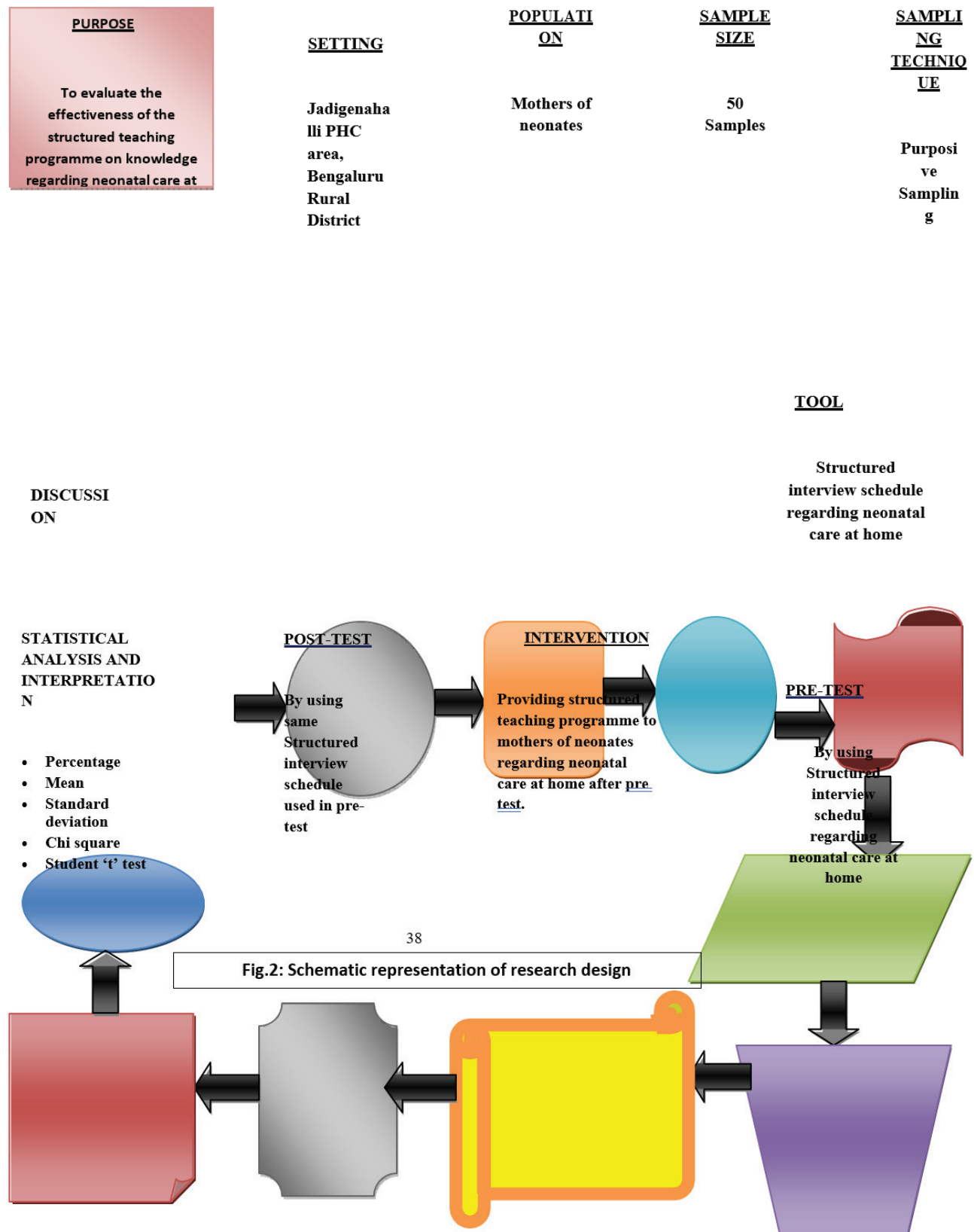
Table 1: Research Design

Pre test	Treatment	Post Test
Assessment of knowledge	Structured teaching programme	Assessment of knowledge
O ₁	X	O ₂

The symbols used are described as

O1 - Pretest knowledge of the mothers regarding neonatal care at home. X - STP regarding neonatal care at home

O2 -Post test knowledge of mothers regarding neonatal care at home.



SETTING OF THE STUDY

The study subjects were selected from the selected rural community areas, which come under Jadigenahalli PHC area, Bengaluru Rural District; which covers 8 areas with 12,065 populations. The criteria for selecting this setting were geographical proximity, feasibility of conducting the study, availability of the samples in the setting.

VARIABLES UNDER STUDY:

Independent variable: Structured teaching programme on Neonatal care at home.

Dependent Variable: Performance pre test, Performance post test.

Target Population: Population refers to the aggregate or totality of all the objects, subjects or members that confirms to a set of specification.

The target population for the present study comprises mothers of neonates residing at selected rural community, Bengaluru rural District. A total number of 50 subjects were chosen for the study.

Sample: Mothers of neonates residing at Jadigenahalli PHC areas. **Sample Size:** The sample size was 50 mothers of neonates. **Sampling Technique:** a purposive sampling method through non-probability sampling approach was used for selection of subjects. **Tool for data collection:** Comprised of 2 parts. **Part-A:** This part of the tool consists of questions related to demographic data. It consists of 8 items. **Part B:** structured interview schedule with 44 items divided as 8 subsections. The content validity was obtained from 11 experts including 10 experts in the field of pediatric nursing, 1 statistician.

Result

MAJOR FINDINGS OF THE STUDY:

- Majority 50.0% of the respondents was in the age group of 21-24 years.
- Majority 30% of respondents with high school education. Majority 40% of the respondents were private employees.
- Majority 75% of respondent's received health information through electronic media.
- Majority 54% of respondent were Muslims. 64% of respondents from nuclear family and 36% from joint family.
- Majority 66.0 % of respondents belongs to have their monthly income ranging between 5001-8000. Majority 46% of respondents had two children.

Findings related to knowledge on neonatal care at home.

- The overall pre test mean knowledge was 36.0 % and SD of 13.1%. The overall knowledge assessment shows that majority 66% of subjects had inadequate knowledge and 34 % of subjects had moderate knowledge and none of the subjects exhibited adequate knowledge regarding neonatal care at home..
- The overall post test mean knowledge was 80.5% with SD of 7.7%. The overall posttest knowledge assessment shows that majority 68% of subjects had adequate knowledge and 32% of subjects had moderate knowledge where as none of them exhibited inadequate knowledge regarding neonatal cares at home.
- Findings related to effectiveness of structured teaching programme showed that the overall mean knowledge score in pre test is 36.0% and in post test 80.0% with the enhancement of 44.5% and it is significant at 5% level. Analysis of demographic variable showed there is significant association between knowledge level and selected demographic variables such as education (11.42*), occupation (8.72*), religion (4.18*), type of family (4.19*), monthly income (5.19*).

Conclusion

The present study evaluated the effectiveness of structured teaching programme on knowledge of mothers on neonatal care at home., in pre test 33[60.0%] mothers had inadequate knowledge, 17[34.0%] had moderate knowledge, and in the post test 16[32.0%] had gained moderately adequate knowledge, 34[68.0%] had gained adequate knowledge. The improvement mean of knowledge was 44.5% with the standard deviation of 11.5%, t value of 27.36*. It shows that there is a significant improvement in knowledge of mothers on neonatal care at home after administration of structured teaching programme. Thus the investigator concludes that structured teaching programme is effective in improving the knowledge of mothers of the neonates on neonatal care at home. **IMPLICATIONS:** Nursing Practice: The nursing personnel should be prepared as stake holder to take leadership role in educating mothers of the neonates on neonatal care at home. As a community health nurse, nurse can make all the attempts to create awareness and initiate activities regarding neonatal care at home. Nursing professionals needs to update their knowledge in regards

to neonatal care at home and incorporate the knowledge in daily practice.

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