

# Effectiveness Of Planned Teaching Programme On Knowledge Of Postnatal Mothers With Regard To Essential Newborn Care At CHC, Dasapalla, Odisha

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## **ABSTRACT**

Newborn care often receives less than optimum attention. Although over the past 25 years, Child survival programs have helped to reduce the death rate among children under age 5, the biggest impact has been on reducing mortality from diseases that affect infants and children more than 1 month old.

### **Aim**

Effectiveness of planned teaching programme on Knowledge of Postnatal mothers with regard to essential newborn care

### **Settings and Design**

Experimental approach, a subtype of quantitative approach was used for the One group pre-test post test experimental design. Non probability convenient-sampling technique was used on 300 post natal mothers .

### **Results:**

In the Knowledge group , the pre-test mean score was 14.5 and post-test mean score was 20. The calculated t value 15.5 is significant at 0.05 level. The findings implies that the planned teaching programme has significant effect in the improvement of knowledge regarding essential newborn care.

**KEYWORDS:** New born care, mortality, postnatal woman

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## **INTRODUCTION**

Birth, the bestowing of some shape of lifestyles with the aid of the nature, to this world. The community health nurse can educate the mothers regarding essential new born care and regarding antenatal care and postnatal care and regarding importance of institutional deliveries and through proper guidance and education regarding essential newborn care (Benny. W. Elizabeth, 2004).

Babies have incredible abilities. Yet they are totally depended on others for feeding, heat and comfort. Newborn is a continuum of the fetal lifestyles and very vital transient time to undertake more uterine life. The traditional practices like applying cow dung on the umbilical stump, oil instillation into nose, eyes also contribute to newborns risk of morbidity and mortality (Kesterten, A. J, 2018). The most needed is warmth of the mother by skin to skin contact to avoid hypothermia, early initiation of breastfeeding by breast crawl, hygiene to prevent infection, support for the mother infant relationship and early management for low birth weight or sick infants (WHO, 2020). It is rich in anti-infective factors and protects the baby from respiratory infections and gastro intestinal infections caused by enterococci, otitis media, numerous allergies and atopy (Hocken Berry and Wilson, 2015).

The proportion is generally higher in rural areas. According to World Health Report 2005, global neonatal mortalities rate is 36/1000, while in developing countries, the rate is 39/1000

(Belsey. M, 2010). The rate of neonatal mortality varies widely among the different states ranging from 10 per 1000 live births in Kerala to around 60 in Orissa and Madhya Pradesh. The states of Uttar Pradesh, Madhya Pradesh and Bihar together contributed to over half of all newborn deaths in India (Park. K, 2017).

Best practices of newborn care that includes maintenance of temperature, exclusive breastfeeding, skin care, eye care, cord care, prevention of infection, immunization (Mathur, N. B, 2018). It has been argued that nearly three quarters of all neonatal deaths would be prevented if women were adequately nourished and received appropriate care during pregnancy, child birth and in the postnatal period (Singhal. K, 1998). A study done by Baqui, et.al., (2006) in rural Uttar Pradesh showed that out of 618 neonatal deaths, 32% deaths were on the day of birth, 50% occurred during the first 3 days of life and 71% were during the first week of life. (Indian Institute of population 2019).

### **Title of the study**

Effectiveness of planned teaching programme on Knowledge of Postnatal mothers with regard to essential newborn care at CHC, Dasapalla, Odisha.

### **Objectives**

- To assess the existing knowledge of postnatal mothers with regard to essential newborn care.
- To evaluate the effectiveness of planned teaching programme with regard to essential newborn care.

### **REVIEW OF LITERATURE**

Dulitha N. Fernando (2020) conducted a cross sectional study to assess knowledge of mothers on newborn care as well as factors associated with poor knowledge among 446 mother-newborn pairs. Results showed that primipara (95%), unemployed women (95%) and those with delayed antenatal booking visits (95%), were more likely to have poor knowledge. Mothers had a satisfactory level of knowledge about breastfeeding and recognition of danger signs, but knowledge about care of the umbilical cord was poor. Maternal education programmes should place more emphasis on primiparas, unemployed women and those with delayed booking visits.

Vidhya. K (2016) conducted a pre-experimental study to assess the effectiveness of innovative teaching

programme on newborn care among antenatal mothers in Raja Muthaiah Hospital in North India. This study demonstrated that video teaching programme was effective in imparting knowledge to the antenatal mothers.

**METHODOLOGY**

Experimental approach, a subtype of quantitative approach was used for the present study. Quasi experimental involves the manipulation of an independent variable that is implementing of an intervention. The research design provides an overall plan for conducting the study. One group pre-test post test experimental design. Q1 is pre-test assessment, Q2 is post-test assessment and X is intervention. The study was conducted at Dasapalla CHC, Odisha, which is situated 2kms away from the college. During well-baby clinic around 20-30 mothers attending the clinic. Independent variable was planned teaching programme on essential new born care among postnatal mothers. The dependent variable was knowledge of postnatal mothers regarding essential newborn care. Influencing variables were demographic variables. The sample size included for the study consists of 300 post natal mothers . Non probability convenient-sampling technique was used for selecting the samples.

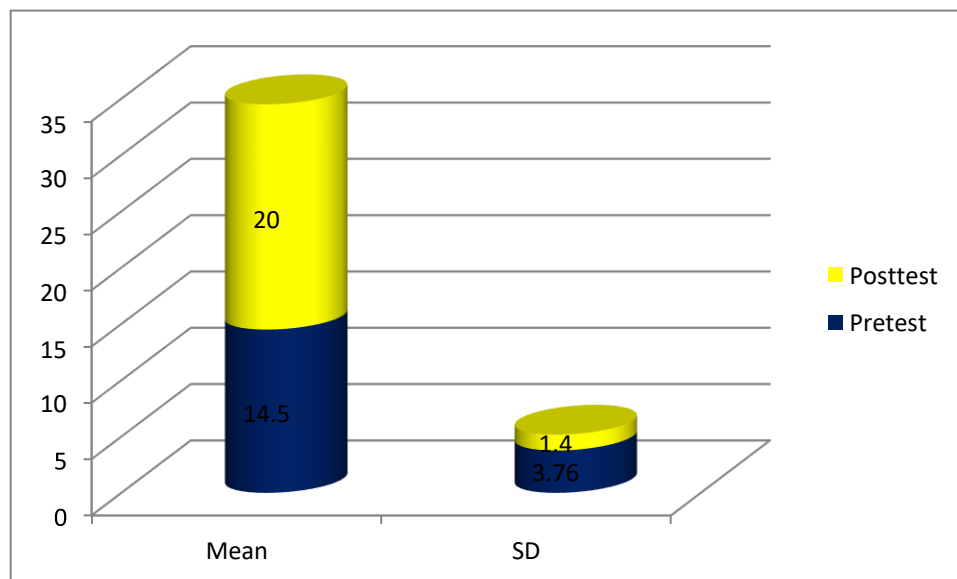
**RESULTS**

**Distribution of Statistical Value of Pretest and Post Test Knowledge Scores of Postnatal Mothers with Regard to Essential New Born Care (N = 300)**

S. No	Knowledge	Mean	S.D	't' value
1	Pretest	14.5	3.76	15.5*
2	Posttest	20	1.4	

\*significant at 0.05 level

Above Table shows that the pre-test mean score was 14.5 and post-test mean score was 20. The calculated t value 15.5 is significant at 0.05 level. The findings implies that the planned teaching programme has significant effect in the improvement of knowledge regarding essential newborn care.



**Mean Pre and post-test level of Knowledge**

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