



RESEARCH ARTICLE

A STUDY TO ASSESS THE EFFECTIVENESS OF INSTRUCTIONAL PACKAGE ON PRETERM CARE AMONG THE MOTHERS OF PRETERM BABIES ADMITTED IN NEONATAL INTENSIVE CARE UNIT OF GOVERNMENT RAJAJI HOSPITAL, MADURAI

*Saroja Pandian

3G, Union Bank, Colony 2nd Street, New, Vilangudi, Madurai 625018, India

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ABSTRACT

Introduction: Low birth weight and preterm birth are associated with high neonatal and infant mortality and morbidity. About 10- 12% of Indian babies are born preterm. Babies born before 3 weeks of gestation are called preterm infants. The birth of premature infants represents a crisis for most parents and may adversely affect the development of the parent- infant relationship.

Objectives of the study:

- To assess the pretest knowledge, attitude and practices of mothers of preterm babies regarding preterm care.
- To evaluate the effectiveness of instructional package pretest and posttest on preterm care among the mothers of preterm babies.
- To associate the knowledge, attitude and practices of mothers of preterm babies with selected demographic variables.

Materials and methods: One group pretest and posttest design was used to evaluate the effectiveness of the instructional package on "preterm care among mothers of preterm babies admitted in Neonatal intensive care, Govt. Rajaji Hospital, Madurai. A structured questionnaire was used to assess the knowledge, attitude and practices among 50 mothers of preterm babies regarding definition, causes, temperature regulation, nutritional requirements and infection control among the mothers of preterm babies and the collected data is analyzed by differential and inferential statistics. Conceptual framework used for this study was general system theory.

Results: The pretest evolved that the mothers' knowledge on preterm care was inadequate knowledge (82%). After instructional package majority of the mothers knowledge on preterm care was improved to 90%. There was unfavorable attitude towards preterm care before instructional package. The moderately adequate health practices in relation to preterm care before instructional package was only 20%. It became 94% after the instructional package.

Conclusion: This study demonstrates that the knowledge, attitude and practices of mothers were inadequate before instructional package. After instructional package the knowledge, attitude and practices were increased significantly.

INTRODUCTION

"Today's children are tomorrow's citizens and leaders. The resources spent on the care and health of the young are an investment for the future". By Dr. Abdul kalam. Children are the precious gift of God. Children are like the clay in the potter's hand. Handle them with love and care, they become something beautiful or else they break. In US 11-13% of pregnancies delivered premature babies. 60% of deliveries with twins, triplets and multiple deliveries will result in premature births. A preterm birth is when a child born before 37 weeks of pregnancy. This is divided into 3 types. Late preterm (34-36 weeks), moderately preterm (32-36 weeks) and early preterm (less than 32 weeks).

As important as this care is for preterm baby's survival. The parents should learn about the holding, breastfeeding and bonding with her right after delivery. The parents should prepare themselves - either emotionally or practically. The birth may have come as a big shock, and they may also be coping with the realities of health problems for the mother or the baby.

In the present era of science and technology where quality is the supreme priority, quality of life can only be accredited by decreased morbidity and mortality rate of the new born babies. According to WHO report (2003) some 20 million low birth weight babies are born each year, because of either preterm birth or impaired prenatal growth, mostly in less developed countries. Low birth weight and the preterm birth are associated with high neonatal and infant mortality and morbidity. About 10-12% of Indian babies are born preterm.

*Corresponding author: Saroja Pandian,

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MATERIALS AND METHODS

The approach used for the study is one group pretest and posttest design. The sample was mothers of preterm babies admitted in Neonatal intensive care, Govt. Rajaji Hospital, Madurai. The samples were selected by using a convenient sampling technique. A structured questionnaire was used to assess the knowledge, attitude and practices among 50 mothers of preterm babies regarding definition, causes, temperature regulation, nutritional requirements and infection control among the mothers of preterm babies before giving instructional package, then health education was given to the subjects individually with the help of instructional package and flash cards on preterm care for 30 minutes which helped the subjects to understand the concept clearly. After the instructional package, 10 minutes were allotted to the group, to clear their doubts and then the same questionnaire was given and assesses the same factors and the collected data is analyzed by differential and inferential statistics.

Conceptual Framework Used For This Study Was General System Theory: In this study, general system theory was applied in following manner. Input was assessing the knowledge, attitude, practices of mothers regarding preterm care. Activity phase where instructional package was given regarding preterm care. Output was the change in knowledge, attitude and practices of mothers regarding preterm care after the instructional package which was measured by using a structured questionnaire on preterm care. Feedback is necessary to strengthen the input and output when the result shows any inadequate knowledge regarding preterm care.

RESULTS

The study was undertaken to assess and improve the knowledge practices of mothers regarding pre-term care ad there by reducing the mortality and morbidity among preterm baby. The findings of the study shows that the majority of the mothers (46%) were primary educated. The study is also to evaluate the effectiveness of instructional package on preterm care. The mean standard deviation score of knowledge, attitude and practice level of the subjects in pretest and posttest shows that there is significant increase in the level f knowledge , attitude , practice of the subjects on preterm care in the posttest compared to the pretest, which is confirmed with $P < 0.005$ level. The study is to associate the knowledge, attitude and practices on preterm care with demographic variables and knowledge, attitude and practice. The scores were compared with demographic variables by t test method. Result proved that there is no significant relationship exists between knowledge, attitude and practice of mothers of preterm cae with demographic variable which is confirmed with paired t test at $p < 0.005$ level.

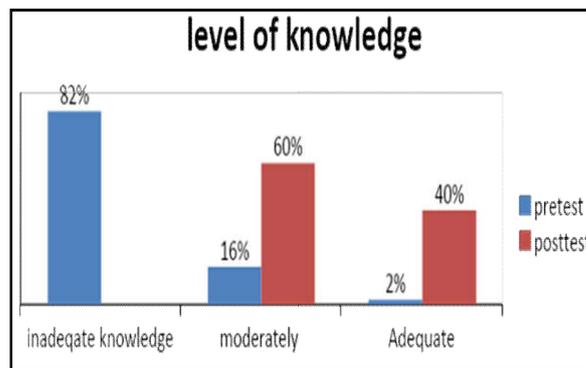


Figure 1. Represents the level of knowledge of the subjects in the pretest and posttest

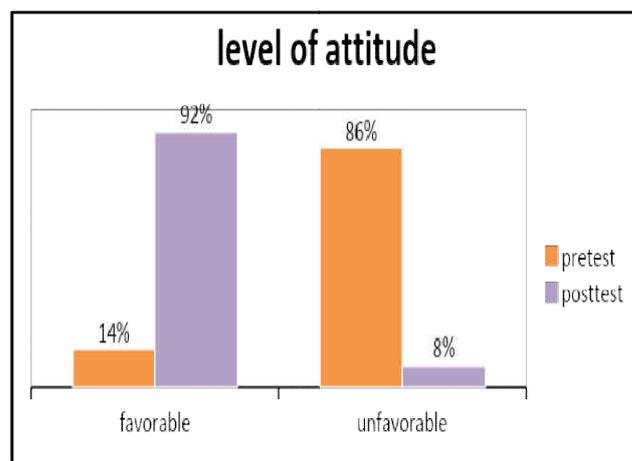


Figure 2. level of attitude of the subjects in pretest and posttest

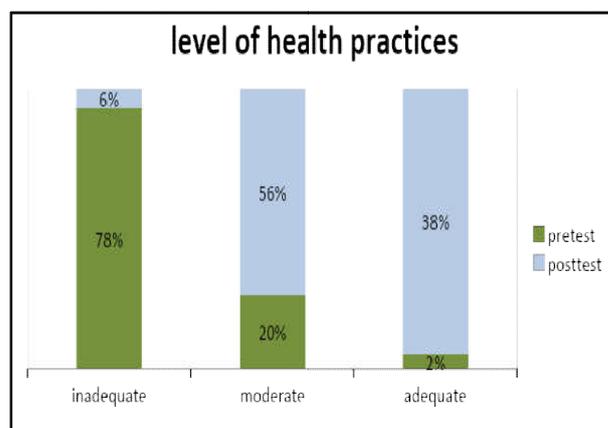


Figure 3. Level of health practices in pretest and posttest

Conclusion

This study demonstrates that the knowledge, attitude and practices of mothers were inadequate before instructional package. After instructional package the knowledge, attitude and practices were increased significantly. In pretest there is majority of the mothers were having inadequate knowledge, unfavorable attitude of the preterm care and inadequate health practices. After giving health education with instructional package and flash cards the majority of mothers were experiencing moderate knowledge, favorable attitude of the preterm care and moderate knowledge about the health practices.

There is a significant association between level of knowledge, attitude and health practices with the selected demographic variables.

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