

“Effect of teaching instructions on management of neonatal problems among postnatal mothers”.

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ABSTRACT

Introduction: The birth of a child is one of the most extraordinary, joyous, and life-changing moments in a woman's life a precious gift from God. While millions of babies are born each year, many tragically do not survive beyond their first year due to various factors. Children represent society's most valuable resource and our future. Effective care during the perinatal period is crucial for ensuring both physical and mental well-being. A newborn's health heavily depends on the family's healthcare practices, particularly those of the mother. For many infants, the window between the onset of illness and death can be alarmingly brief, sometimes just minutes or hours. **Material and methods:** Evaluative approach was used for the present study. Pre Experimental one group pre test post design was used. Study conducted at postnatal ward of Tertiary care Hospital, Karad. Samples were selected for present study were postnatal mothers admitted in postnatal ward of Tertiary care Hospital, Karad. Sample size was 100 postnatal mothers selected by convenient sampling technique. Variables under study were Dependent variable: Knowledge of postnatal mothers regarding knowledge and management of selected minor problems in neonates. Independent variable: Teaching instructions programme on management of minor problems in newborns. Postnatal mothers were selected as per inclusion criteria: Postnatal mothers, Willing to participate in the study, mothers who are having age between 18-38 years of age. Exclusion criteria The study will exclude postnatal mothers, those who are not available at the time of study. Those who can't read and understand marathi. The tool was prepared on the basis of the objectives of the study. Socio-demographic variables of the post natal mothers. Structured knowledge questionnaire to assess the knowledge regarding common minor neonatal problems and its

management. The study conducted after protocol was approved by the Institutional Ethical Committee and ethical committee. **Method of collection of data:** Written permission was obtained from the concerned authority for conducting research. Informed written content was obtained from the postnatal mothers. Pretest conducted using prepared structured questionnaire. Intervention given on same day and post test was conducted after 7 days. **Data analysis:** Obtained data was analyzed in the term of objectives for the study using descriptive and inferential statistics. **Results:** Pre- test knowledge score on management of neonatal problems, maximum 54% of postnatal mothers having average knowledge score, 43% having poor knowledge score and only 3% having good knowledge score. Post test maximum 69% of postnatal mothers having good knowledge score, 30% average knowledge score and only 1% of postnatal mothers having poor knowledge score after intervention. Pre test mean 6.06, SD 2.352 where as in post test mean 11.17, SD 2.308 and p value <0.0001, indicates teaching instruction programme was effective to increase the knowledge on management of neonatal problems. **Conclusion:** Study findings show that postnatal mothers having inadequate knowledge regarding management of neonatal problems. Teaching instructions on knowledge regarding management of neonatal problems was an effective to increase knowledge of postnatal mothers.

Keywords: Assessment, knowledge, minor neonatal problems, postnatal mothers”.

INTRODUCTION –

Giving birth to a new life, or "the birth of a mother," can be just as difficult as giving birth to a child. One of the most moving and uplifting experiences of a person's life is the delivery of a newborn.¹ first time moms are unaware of neonatal problems for a variety of reasons, including low socioeconomic level and ignorance. During postpartum moms' hospital stays, nurses are essential in preventing neonatal hypothermia.

We can lower newborn mortality and morbidity by educating mothers about neonatal hypothermia as nurses.

God's most beautiful gift to a woman is her newborn child. Therefore, one of the most amazing and wonderful happy events in a woman's life is the delivery of a newborn. About millions of babies are born each year, according to the WHO, and many of them pass away before turning one year old from a variety of causes.²

Newborns, or neonates, are the most fragile group of children since they cannot communicate their emotions such as happiness, sadness, pain, or discomfort, and their bodily systems are still developing as they begin to adapt to life outside the womb. The mother's role is crucial in detecting subtle developmental issues and early signs of disease because she observes her baby constantly and attentively. The most frequent minor issues seen in newborns include vomiting, constipation, diarrhea, breath-holding episodes, cradle cap, physiological jaundice, hiccups, diaper rash, abdominal colic, oral thrush, erythema toxicum (newborn rash), milia, Epstein pearls, neonatal acne, and neonatal conjunctivitis, among others. Neonatal infections and these minor issues remain significant contributors to mortality during the neonatal period.³

TITLE OF THE STUDY-

“Effect of teaching instructions on management of neonatal problems among postnatal mothers”.

OBJECTIVES:

1. To evaluate the effectiveness of teaching instructions on management of neonatal problems among postnatal mothers”.
2. **Material and methods**
3. Evaluative approach was used for the present study. Pre Experimental one group pre test post design was used. Study conducted at postnatal ward of Tertiary care Hospital, Karadand Medical Research Centre, Karad. Samples were selected for present study were postnatal mothers admitted in postnatal ward of Tertiary care Hospital, Karad. Sample size was 100 postnatal mothers selected by convenient sampling technique. Variables under study were Dependent variable: Knowledge of postnatal mothers regarding management of neonatal problems among postnatal mothers . Independent variable: Teaching instructions on management of neonatal problems. Postnatal mothers were selected as per inclusion criteria: Postnatal mothers, Willing to participate in the study, mothers who are having age between 18-38 years of age. The study will exclude postnatal mothers, those who are not available at the time of study. Those who can't read and understand marathi. The tool was prepared on the basis of the objectives of the study. Socio-demographic variables of the post natal mothers. Structured knowledge questionnaire to assess the knowledge of postnatal mothers regarding management of neonatal problems. The study conducted after protocol was approved by the Institutional Ethical Committee and ethical committee. **Method of collection of data:** Written permission was obtained from the concerned authority for conducting research. Informed written content was obtained from the postnatal mothers. Pretest conducted using prepared structured questionnaire. Intervention given on same day and post test was conducted after 7 days. **Data analysis:** Obtained data was analyzed in the term of objectives for the study using descriptive and inferential statistics.

RESULTS:

Table 1: Distribution of sample according to their socio-demographic variables.

N=100

Socio-Demographic Variables		Frequency	Percentage
Age			
1	18-25 years	60	60
2	26-30 years	40	40
Residence			
1	Urban	42	42
2	Rural	58	58
Religion			
1	Hindu	54	54
2	Muslim	24	24
3	Christian	22	22

Type of Family			
1	Joint	80	80
2	Nuclear	20	20
Mothers Education			
1	Primary Education	9	9
2	Secondary Education	58	58
3	Diploma	23	23
4	Degree	10	10
Mothers Occupation			
1	House Work	72	72
2	Government Job	4	4
3	Private Job	13	13
4	Farmer	4	4
5	Self Business	6	6
6	Other	1	1
Monthly Income			
1	Below 5000	2	2
2	5000-10000	38	38
3	10000-15000	32	32
4	Above 15000	28	28

The findings in above table revealed that Majority of sample 60% from 18-25years, 58% from rural area, 54% were Hindu, 80% were from joint family, 58% had secondary education, 72% of mothers were house maker and 38% of mothers having their monthly income above Rs.5,000-10,000.

Table 2: Frequency and percentage of pre test and post test knowledge score on management of neonatal problems among postnatal mothers.

N=100

	Pre test knowledge score		Post test knowledge score	
	Frequency	%	Frequency	%
Good	03	03	69	69
Average	54	54	30	30
Poor	43	43	01	01

Pre- test knowledge score on management of neonatal problems, maximum 54% of postnatal mothers having average knowledge score, 43% having poor knowledge score and only 3% having good knowledge score. Post test maximum 69% of postnatal mothers having good knowledge score, 30% average knowledge score and only 1% of postnatal mothers having poor knowledge score after intervention.

Table 3: Mean, SD and p value of pre test and posttest knowledge on management of neonatal problems.

	Pre test	Post test	p Value
Mean	6.06	11.17	<0.0001
SD	2.352	2.308	

Data in above table shows knowledge on management of neonatal problems pre test mean 6.06, SD 2.352 where as in post test mean 11.17, SD 2.308 and p value <0.0001, indicates teaching instruction programme was effective to increase the knowledge on management of neonatal problems.

Discussion

The findings of the present study revealed that Majority of sample 60% from 18-25years, 58% from rural area, 54% were Hindu, 80% were from joint family, 58% had secondary education, 72% of mothers were house maker and 38% of mothers having their monthly income above Rs.5,000-10,000. Pre- test knowledge score on management of neonatal problems, maximum 54% of postnatal mothers having average knowledge score, 43% having poor knowledge score and only 3% having good knowledge score. Post test maximum 69% of postnatal mothers having good knowledge score, 30% average knowledge score and only 1% of postnatal mothers having poor knowledge score after intervention. Pre test mean 6.06, SD 2.352 where as in post test mean 11.17, SD 2.308 and p value <0.0001, indicates teaching instruction programme was effective to increase the knowledge on management of neonatal problems.

Study finding supported by study done by S Girijamma and Dr. A Padmaja⁴ on Descriptive study to assess the knowledge on warning signs of selected newborn illness among the primimothers with a view to develop an information booklet. Result shows that Out of 100 primimothers 53% (53) primimothers had moderate knowledge on home care for selected newborn illness.

Study finding supported by study done by Sarika Yadav, Ms. Sonia.⁵ On effectiveness of Planned teaching program on knowledge regarding prevention of Neonatal Hypothermia among Postnatal mothers study findings revealed that majority (90%) had low knowledge, 10% had average knowledge regarding prevention of neonatal hypothermia in pre test. Similarly, the post test scores depicted that majority (80%) had good knowledge, 20% had average knowledge and none of them had low knowledge regarding prevention of neonatal hypothermia. This study showed that, the postnatal mother's knowledge regarding prevention of neonatal hypothermia was low and planned teaching program is effective to improve their knowledge.

Study finding supported by study done by Sumalatha CV, Kumari V, Subhashini L.⁶ A Study to Assess the Effectiveness of Planned Teaching Programme Regarding the Management of Selected Neonatal Health Problems among Mothers of Neonates in a Selected Hospital at Kolar. The research found that there is a remarkable advancement in relation to understanding of mothers of neonates after receiving the organised educational programme on management of neonatal health problems.

Study finding supported by study done by Begam RS, Suganthi S, Yadav KJ, Priya SR, Surendhiran N⁷. Effectiveness of planned teaching program on knowledge of minor disorders of newborn among postnatal mothers in selected hospital. The study shows that 68% of postnatal mothers had inadequate knowledge, 30%

moderate knowledge, 2% adequate knowledge in pretest. And in post-test, 0% inadequate knowledge, 30% moderate knowledge and 70% of had adequate knowledge.

Study finding supported by study done by Milu Mariya Joseph et.al.⁸ A study on knowledge on selected minor disorders of newborn among postnatal mothers in a selected hospital at Mangaluru. The findings revealed that majority (51.6%) of the postnatal mothers had good knowledge and 30.6% had average knowledge on selected minor disorders of newborn. 15.7% had excellent knowledge and very few (2.1%) showed poor knowledge on selected minor disorders of newborn.

Study finding supported by study done by Begam RS, Suganthi S, Yadav KJ, Priya SR, Surendhiran N⁷. Effectiveness of planned teaching program on knowledge of minor disorders of newborn among postnatal mothers in selected hospital Study findings showed that over all pretest mean score was 1.34% whereas in post test mean score was 2.70% revealing the difference of 95.96% shows the effectiveness of planned teaching program.

CONCLUSION

Study findings show that postnatal mothers having inadequate knowledge regarding management of neonatal problems. Mother's with adequate knowledge is an important factor for healthy infants. Teaching instructions on knowledge regarding management of neonatal problems was an effective to increase knowledge of postnatal mothers.

Recommendations:

Based on the study findings, following recommendations were made,

1. A similar study could be conducted on a large sample size to generalize the study findings.
2. A similar comparative study can be conducted among urban and rural areas of residence.
3. A similar study can be conducted with use of another method of educational intervention to create awareness regarding management of common minor neonatal problems and it's management.

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