

## EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE REGARDING KANGAROO MOTHER CARE OF LOW BIRTH WEIGHT AMONG POST NATAL MOTHERS IN ANKURA HOSPITAL HYDERABAD ,TELANGANA STATE

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### ABSTRACT

**Background and objectives:** Kangaroo Mother Care was initially conceived in Bogota, Colombia in 1978 as an alternative to incubator care for the low birth weight baby. Kangaroo Mother Care is a humane, low cost method of care of low birth weight (LBW) infants particularly for those weighing less than 2500gram at birth. It consists of skin-to- skin contact, exclusive breast feeding early discharge and with an adequate follow- up.

Thus, Kangaroo Care ensures people from all economic standards to give the needed care for their preterm babies. The preterm babies gain temperature slowly and prevent hypothermia. Therefore, the preterm baby becomes calm and relaxed. It also helps the baby to conserve energy and bring the organs to normal functioning. The study was done to identify the effectiveness of planned teaching Programme on knowledge regarding kangaroo mother care of low birth weight among post natal mothers in Ankura Hospital Hyderabad, Telangana State. **Materials and methods:** The research design adopted for the study was pre experimental one group pretest and posttest design. 40 mothers were selected by using purposive sampling technique. A structured self-administered questionnaire was used for data collection which consisted of two parts. Part A consisting of demographic data of the mothers and Part B consisting of items regarding kangaroo mother care of low birth weight among post natal mothers. **Results:** The collected data was analyzed by using both descriptive and inferential statistics such as frequency and percentage distribution, mean, standard deviation, paired "t" test and chi square test at 0.001 levels off significance with 29 df. Among 40 post natal Mothers, in pretest 22 (55%) were under below average knowledge level in pretest whereas in post-test were found nil, 18 (45%) were under average knowledge level in pretest whereas 7 (17.5%) were average knowledge level in post-test, above average knowledge level in pretest were found nil, whereas 33 (82.5%) were under above average knowledge level in post-test. There is significant difference ( $p < 0.01$ ) in pre test and post test knowledge scores of postnatal Mothers on kangaroo mother care of low birth weight babies which was evident by the significant t values. Hence the planned teaching Programme was effective. There is significant association between the knowledge of post natal. Mothers with selected demographic variables such as age, religion, educational status, occupation, and income per month, place of living and source of information. **Conclusion:** The study has showed that there was an overall improvement in the knowledge of the mothers after implementation of structured teaching Programme.

**Key words:** kangaroo mother care, postnatal mothers, low birth weight.

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**INTRODUCTION:**

Kangaroo care also called skin-to-skin contact, is a technique of newborn care where babies are kept chest-to-chest and skin-to-skin with a parent, typically their mother (occasionally their father).

More than 20 million babies are born each year with low birth weight. This represents 15.5% of all births. Of these low birth weight babies, 95.6% are born in developing countries. One in 12 babies (8.3% of live births) was low birth weight in 2005 in India. Between 1995 and 2005, the number of infants born low birth weight infants born in India increased to 11%. Because of the poor care and resources, this rate was increasing steadily.

KMC is particularly important when caring for low birth weight (LBW) infants in poor countries where there is often a high mortality rate in hospitals which cannot offer sophisticated care. These small infants often die of hypothermia (cold) or infection. Studies have shown that the number of low birth weight infants dying in hospitals without incubators can be dramatically reduced if KMC is introduced. Even in industrialized countries, the mortality rate can be reduced with KMC.

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**NEED FOR THE STUDY:**

World health organization: - In general, prematurity and intra uterine growth retardation or low birth weight are the leading cause of neonatal morbidity and mortality. WHO stated that 16% of infant deaths (109.5 per 1000 live births) are due to specified low birth weight? Kangaroo mother care is recommended for the routine care of newborns weighing 2500 g or less at birth, and should be initiated in health-care facilities as soon as the newborns are clinically stable.

Newborns weighing 2000 g or less at birth should be provided as close to continuous Kangaroo mother care as possible. Intermittent Kangaroo mother care, rather than conventional care, is recommended for newborns weighing 2000 g or less at birth, if continuous Kangaroo mother care is not possible. Current World Health Organization (WHO) recommendations indicate starting kangaroo mother care only after the baby is stabilized in an incubator or warmer, which can take on average 3-7 days. This new study suggests that, when compared with the existing practice, starting kangaroo mother care immediately after birth can save up to 150,000 more lives each year. Keeping the mother and baby together right from birth with zero separation will revolutionize the way neonatal intensive care is practiced for babies born early or small, said Dr. Rajiv Bahl, Head of the Newborn Unit at WHO, and the coordinator of the study. When started at the soonest possible time, kangaroo mother care can save more lives, improve health outcomes for babies and ensures the constant presence of the mother with her sick baby.

**PROBLEM STATEMENT:**

"A Study to assess the effectiveness of planned teaching Programme on knowledge regarding kangaroo mother care of low birth weight among post natal mothers in Ankura Hospital Hyderabad, Telangana State."

**OBJECTIVES:**

- To assess the knowledge of post natal mother regarding kangaroo mother care of low birth weight babies.
- To evaluate the effectiveness of planned teaching programmed among post natal mother of low birth weight babies regarding kangaroo mother care.
- To find out association between post test level of knowledge score of post natal mother with their selected demographical variable.

**HYPOTHESIS:**

H<sub>1</sub>:- There will be significant difference between pre-test and post-test knowledge scores

H<sub>2</sub>:- There will be significant association between knowledge of post natal mothers on kangaroo Mother Care with selected variables.

**MATERIALS AND METHODS:**

The research design adopted for the study was pre experimental one group pretest and posttest design. 40 mothers were selected by using purposive sampling technique. A structured self-administered questionnaire was used for data collection which consisted of two parts. Part A consisting of demographic data of the mothers and Part B consisting of items regarding kangaroo mother care of low birth weight among post natal mothers.

**RESULTS:**

The collected data was analyzed by using both descriptive and inferential statistics such as frequency and percentage distribution, mean, standard deviation, paired "t" test and chi square test at 0.001 levels off

significance with 29 df. Among 40 post natal Mothers, in pretest 22 (55%) were under below average knowledge level in pretest whereas in post-test were found nil, 18 (45%) were under average knowledge level in pretest whereas 7 (17.5%) were average knowledge level in post-test, above average knowledge level in pretest were found nil, whereas 33 (82.5%) were under above average knowledge level in post-test. There is significant difference ( $p < 0.01$ ) in pre test and post test knowledge scores of postnatal Mothers on kangaroo mother care of low birth weight babies which was evident by the significant t values. Hence the planned teaching Programme was effective. There is significant association between the knowledge of post natal. Mothers with selected demographic variables such as age, religion, educational status, occupation, income per month, place of living and source of information

**TABLE 1:** Pre test and post test mean knowledge scores and paired t-test of significance on kangaroo mother care among postnatal mother. n=40 39df Table t-value 3.55  $p < 0.001$

Knowledge scores	Pre test	Post test
Mean	10.53	19.68
Standard Deviation	3.05	2.07
Paired t-test	19.51**	

The table .1 shows that the pre test mean was 10.54 with 3.05 standard deviation and that of post test was 19.68 with 2.07 standard deviation. The calculated t' value was 19.15, which is higher than the table t value 3.55 at 39df with 0.001 level of significance. It shows that there is significant difference ( $p < 0.001$ ) in pre test and post test knowledge scores.

Hence it concluded after planned teaching Programme on kangaroo mother care of low birth weight babies the knowledge scores of the postnatal Mothers have been increased. The positive result gives a clear indication of effectiveness of planned teaching Programme on kangaroo mother care of low birth weight among post natal mothers. Hence H<sub>1</sub> was accepted.

Chi square value was computed to determine the association between the post test knowledge score with selected demographic variables of staff nurses. Significant association was not found between the post test knowledge score with selected demographic variables of postnatal mothers. Hence H<sub>2</sub> was rejected.

#### RECOMMENDATIONS:

- A similar study can be carried out in various settings among staff Nurses.
- A similar study can be replicated with experimental and control group.
- A comparative study can be conducted to evaluate the effectiveness of information booklet and structured teaching Programme.
- A descriptive study can be conducted to assess the knowledge of staff Nurses regarding kangaroo mother care

#### INTERPRETATION AND CONCLUSION:

The study has showed that there was an overall improvement in the knowledge of the postnatal mothers after implementation of structured teaching Programme.

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