



POSTNATAL MOTHERS: KNOWLEDGE OF NEWBORN DANGER SIGNS

Dr. Sathish Kumar J*

*Research Supervisor, Himalayan University, Itanagar, Arunachal Pradesh, India.

DOI: <http://doi.org/10.47211/tg.2024.v11i01.003>

ABSTRACT

Postnatal mothers play a crucial role in the care and well-being of their newborns. Having knowledge about the danger signs that may indicate potential health issues in newborns is essential for early detection and timely intervention. This knowledge can help postnatal mothers ensure the health and safety of their babies.

One important aspect of postnatal care is educating mothers about the danger signs that may arise in their newborns. These danger signs can vary from mild to severe and may indicate underlying health conditions that require immediate medical attention. By recognizing these signs, postnatal mothers can seek appropriate medical help and prevent complications.

Some common danger signs in newborns include difficulty breathing, persistent high fever, severe jaundice, poor feeding or inability to suckle, persistent vomiting, excessive sleepiness or lethargy, and abnormal movements or seizures. These signs can be indicators of serious health conditions such as respiratory distress, infections, jaundice, or neurological problems.

Key Words: *danger signs, new born danger signs, postnatal mothers.*

INTRODUCTION

Postnatal refers to the time after childbirth, also known as the postpartum period. It's a critical phase for both the mother and the newborn as they adjust to their new roles and recover from the birthing process.

During the postnatal period, the mother's body undergoes various physical and hormonal changes as it heals and returns to its pre-pregnancy state. This period typically lasts for about six weeks, but it can vary for each individual. It's important for new mothers to take care of themselves by getting enough rest, eating a balanced diet, and staying hydrated.

Emotionally, the postnatal period can bring a mix of joy, exhaustion, and sometimes even feelings of overwhelm. It's completely normal to experience a range of emotions during this time. It's important to reach out for support from loved ones, friends, or healthcare professionals if mother is feeling overwhelmed or struggling with mental health.

For the newborn, the postnatal period is a time of adjustment and development. They are getting used to life outside the womb and are dependent on their caregivers for their needs. Newborns require frequent feeding, diaper changes, and lots of love and attention.

Overall, the postnatal period is a unique and special time for both the mother and the baby. It's a time of bonding, recovery, and adjustment. Remember to be patient with the self, seek support when needed, and cherish the precious moments with the little one. Newborn baby is going through many changes in getting used to life in the outside world. This adjustment almost always goes well but there are certain warning signs one should watch for with newborns. These include :Not urinating (this may be hard to tell ,especially with disposable diapers),No bowel movement for 48 hours, Fever , Breathing fast ,Pulling in of the ribs when taking a breath retraction, Wheezing , grunting, or whistling sounds while breathing etc.

In poorly resourced areas key risk factors and associations are infection, hypothermia, lack of breast-feeding failure to recognize signs of illness in their baby and failure to provide adequate basic resuscitation at birth. Education package focused on improving neonatal mortality therefore include information on maintaining warmth; drying; wrapping ; so skin to skin contact ;supporting breast feeding infection prevention including hand washing, cord care, recognizing signs of illness in their newborn baby and infant and basic life support.



During the postnatal period, it's important for mothers to take care of themselves both physically and emotionally. Here are a few things that can be beneficial:

1. **Rest:** Getting enough rest is crucial for the body to heal and recover from childbirth. Taking naps when baby sleeps and ask for help from loved ones to give mother some time to rest.
2. **Nutritious Diet:** Eating a well-balanced diet provide with the necessary nutrients to support the recovery and breastfeeding journey. Include plenty of fruits, vegetables, whole grains, lean proteins, and healthy fats in the meals.
3. **Hydration:** Stay hydrated by drinking an adequate amount of water throughout the day. Breastfeeding mothers especially need to ensure they are drinking enough fluids.
4. **Emotional Support:** Surround the self with a supportive network of family and friends who can offer emotional support and lend a helping hand when needed. Don't hesitate to reach out to healthcare professionals if mother is experiencing postpartum blues or postpartum depression.
5. **Gentle Exercise:** Once mother have received clearance from the healthcare provider, engaging in gentle exercises like walking or postnatal yoga can help improve the mood and energy levels. Start slowly and listen to the body. Remember, every mother's journey is unique, so it's important to listen to the body, trust the instincts, and seek guidance from healthcare professionals if mother have any concerns.

Globally 2.5million children died in the first month of life in 2017 approximately 7000 newborn deaths every day with about one million dying on the first day and close to one million dying within the next 6 days .Before embarking on parent education, understanding the risk factors for neonatal mortality is important.

A new born is referred to who have completely covers the normal gestational age 38 weeks and its weight is 2.5-3.5 kilogram and normal from birth to 4 weeks(28 days) age the baby is called neonate or newborn .Performing reflexes, spontaneous and normal color. The dangerous signs include in new born are: Not feeding well, Hypothermia, Hyperthermia, Convulsion, Drowsy or unconsciousness, Body movements only when stimulated or no body movement if stimulated, Fast breathing, Grunting and Sever chest in drawing, Central cyanosis.

Potential dangers for newborns:

1. **Sudden Infant Death Syndrome (SIDS):** SIDS is the sudden and unexplained death of a seemingly healthy baby, typically during sleep. To reduce the risk of SIDS, it's recommended to place babies on their backs to sleep, keep their sleep area free of soft bedding or toys, and ensure a safe sleep environment.
2. **Infections:** Newborns have developing immune systems, making them more susceptible to infections. It's important to maintain good hygiene practices, such as washing hands before handling the baby, keeping their environment clean, and ensuring visitors are healthy and free from contagious illnesses.
3. **Accidental injuries:** Newborns are delicate and vulnerable to accidental injuries. It's crucial to handle them with care, support their head and neck properly, and avoid rough play or shaking. Keep hazardous objects out of reach, use car seats correctly, and ensure a safe environment at home.
4. **Feeding difficulties:** Newborns may encounter challenges with breastfeeding or bottle-feeding. Seek guidance from healthcare professionals to ensure proper latch, feeding techniques, and adequate nutrition for the baby.
5. **Jaundice:** Jaundice is a common condition in newborns, characterized by yellowing of the skin and eyes due to elevated bilirubin levels. While most cases are harmless and resolve on their own, severe jaundice may require medical intervention. Monitor the baby's skin color and consult a healthcare professional if have concerns.

It's important to note that this is not an exhaustive list, and each baby is unique. Regular check-ups with healthcare professionals, following safe practices, and seeking guidance when needed will help ensure the well-being of the precious little one. The care seeking behavior among the postnatal mothers underlines an urgent need to generate awareness among them to able to recognize the danger sign in the newborn. Operational interventions include promoting behavior changes among the community to avail newborn care services and building linkage with health facility in majority of cases correct knowledge and care seeking behavior during illness of newborn were lacking among students and this should be promoted through improve coverage with existing health services.



THE GENESIS

A Peer Reviewed Refereed Indexed Journal



ISSN 2395-2164

Volume: 11 Issue: 1

January - March 2024

CONCLUSION

The potential dangers for newborns, including Sudden Infant Death Syndrome (SIDS), infections, accidental injuries, feeding difficulties, and jaundice. We also talked about the importance of creating a safe sleep environment, practicing good hygiene, handling newborns with care, seeking guidance for feeding, and monitoring their health.

ABOUT AUTHOR:



Author, Mr. Sathish Kumar J is Research Supervisor, Himalayan University, Itanagar, Arunachal Pradesh, India. He has attended various National and International conferences and given extension lectures.