

Effectiveness of Planned Teaching Programme on Knowledge Regarding Prevention of Hypothermia In Neonates among Mothers of Neonates At Selected Hospitals of Pune City

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INTRODUCTION

A newborn baby is a god's divine precious gift given to a mother. Hence the birth of an newborn is one of the most awe inspiring and marvellous joyful events that occurs in every women's life time. The WHO stated that approximately 125 million infant born every year, 8 million die before reaching one year of life due to various complications among that about 2.5% newborn die due to hypothermia .

The cry of newborn is the only means of communication and brings a message that, I need care. The newborn babies need special care to meet the basic physiological and psychological needs. This also aims at keeping the newborn safe from the environmental and practical harm such as maintaining the normal body temperature. One of the most critical factors in the survival of newborn babies is the satisfactory maintenance of their body temperature. Birth is a major challenge to the newborn to negotiate successfully from Intrauterine to extra uterine life. At birth, the newborn must adopt to transition from warm uterine environment to the cooler extra uterine environment to maintain stable body temperature. Dr. Abdul Kalam says, 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.⁸

BACKGROUND

Hypothermia describes a state in which the body mechanism for temperature regulation is overwhelmed in the face of cold stressor. Hypothermia is classified as an accidental or intentional primary or secondary and by the degree of hypothermia. Many newborns are recovered from severe hypothermia early recognition and promote initiation of optimum treatment.² "A baby is born with a need to be satisfied & never out grows it. Maternal & child health has always been a topic of concern for the health professionals our country has always given mother and children the place of importance in societies. Newborn are the most vulnerable group in the community. As per IMNCI 2009 they have been shown that the neonatal mortality rate continuous to be over 64% of infant death. As the infant mortality in India continuous to be high at 68/100 live birth and under five mortality at 95/100 live birth and most of this death occurs during first week of life.²

NEED OF STUDY

A study conducted on prevention of neonatal hypothermia in the childbirth ward. at birth ,the newborn infant emerges from the warm ,heat regulated environment of a mother womb into a comparatively harsh, extra uterine environment. the newborn infant's immature thermoregulatory mechanisms can permit hypothermia as core body temperature is allowed to fall. such hypothermia among newborns is a serious condition contributing to neonatal mortality and morbidity, all efforts must therefore be made to prevent the onset of infant hypothermia in both the delivery ward and during transfer to a neonatology ward.to

prevent the development of neonate hypothermia upon delivery, the temperature in the delivery ward must be raised to 28 degree c prior to delivery. The room should not be air-conditioned windows and doors closed to eliminate air currents and the reanimation table and materials with which to clean and dry the infant preheated.⁸

PROBLEM STATEMENT-

“Effectiveness Of Planned Teaching Programme On Knowledge Regarding Prevention Of Hypothermia In Neonates Among Mothers Of Neonates In Smt.Kashibai Navale Hospital,Pune.”

OBJECTIVE:

1. To assess the previous knowledge on prevention of hypothermia in newborns among mother.
2. To evaluate the effectiveness of planned teaching programmed on prevention of hypothermia in newborns among mothers.
3. To find out the association between effectiveness of planned teaching programme on knowledge regarding prevention of hypothermia in neonates among mothers of neonates at selected hospital.

HYPOTHESIS:-

- **H₀**:-There is no significant effect of structured teaching programme on knowledge a prevention of hypothermia.
- **H₁**:- There is significant effect of structured teaching programme on knowledge a prevention of hypothermia.

REVIEW OF LITERATURE:

An experimental study was conducted to compare the temperature, metabolic adaptation and crying behaviour in 50 healthy full term newborn infants who were randomized to be kept either skin-to-skin with the mother or next to the mother in a separate cot. The babies were studied during the first 90 minutes after birth. Axillary and skin-to-skin temperatures were significantly higher in the skin-to-skin group at 90 minutes after birth. Keeping the baby skin-to-skin with the mother preserves energy and accelerates metabolic adaptation and may increase the wellbeing of the newborn.¹⁰

Gana [2008] conducted a training programme because each year over four million babies less than one month of age die, most of them during the critical week at life, for this the intervention is strengthen health system as well as community intervention. The five days training programme for pregnancy mother and post partum mothers on essential newborn care about care of the baby keeping baby warm, breast feeding. According to Dr. Upul Senarath [2006] the study was evaluate the effect of essential newborn care training programme for maternity ward staff in improving newborn care. Pre and post test conducted mothers who had given birth in two hospitals in the Puttalam district in Sri Lanka. The intervention 4 days training programmes, and aim is increasing knowledge and skill of essential new born care. Among health care providers. 150 mothers interviewed after 3 months that is increase knowledge about care of card and breast feeding.¹³.

RESEARCH METHODOLOGY:

In this study the sample technique use is Non probability convenient sampling The investigator preferred to choose the sampling technique because of the constraint of the time in order to complete the data collection within the stimulated time.

ANALYSIS AND INTERPRETATION OF DATA :

SECTION 1

Distribution of sample with regard to demographic data

11(18.30%) participants were income less than 5000 and 30 (50%) participants belongs to monthly income group of 5000 – 10,000, 14 (23.33%) participants belong to monthly income group of 10,001-15,000, 5 (8.33%) participants belong to monthly income group of 15,001-20,000, 0 (0%) participants belong to monthly income group of 20,001 and above.

Knowledge of neonate mothers regarding the prevention of hypothermia in neonates in study group.

Parameters		No. of cases	Percentage
Age (years)	18-20	16	26.66%
	21-25	30	50%
	26-30	11	18.33%
	31-35	03	03%
	36 and above	00	00%
Age of neonate	0-10	60	100%
	11-20	00	00%
	21-28	00	00%
Number of children	01	25	41.66%
	02	30	50%
	03	05	8.33%
Place	Urban	27	45%
	Rural	33	55%
Education of mother	Illiterate	12	20%
	1 to 10	34	56.66%
	11 to 12	14	23.33%
	Graduate	00	00%
Mother occupation	House wife	60	100%
	Working	00	00%
Income	Less than 5000	11	18.30%
	5001-10,000	30	50%
	10001-15000	14	23.33%
	15001-20000	05	8.33%
	20000 and above	00	00%

Result:

To analyze the association between demographic variables with effect of planned teaching program on knowledge regarding prevention of Hypothermia in neonates among mothers of neonates, we have used Fisher's exact test. Income and effect of planned teaching program are not independent. It shows a prior to the administration of planned health teaching 47 (78.33%) of the participant had poor knowledge (score 0-7) and 13 (21.66%) of the participants as average knowledge (score 8-14) regarding prevention of hypothermia , while good (score 15-20) was not observed in any participants. In post test , there was high improvement in knowledge as 34 (56.66%) of participants has average knowledge (score 8-14) and 26 (43.33%) of had good knowledge (score 15-20).

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