

# **Effectiveness of Kangaroo Mother Care among the Mothers of Hospitalized Newborn**

S.Geetha, Prof. V. Hemavathy

Asst. Professor, Sree Balaji College of Nursing, Works Road, Chrompet, Chennai, India

Principal, Sree Balaji College of Nursing, Works Road, Chrompet, Chennai, India

**ABSTRACT:** Newborn or neonate refers to an infant in the first 28 days of life old. The term "newborn" includes pre mature infants, post mature infants and full term newborns. About 12% of newborns are born prematurely (preterm),the objectivities of the study To assess the level of knowledge regarding kangaroo mother care among mothers of Hospitalized newborn.To assess the effectiveness of structured teaching program me regarding kangaroo mother care among mothers of Hospitalized newborn.To associate the level of knowledge among Hospitalized newborn regarding Kangaroo mother care To comparison of pre and post –test level of knowledge of mothers of Hospitalized newborn regarding Kangaroo mother care. Evaluative research approach and a pre-experimental (one group pre-test-post test design) was used for this study. The study result concluded that Over all the pretest knowledge mean score was 12.7 with the standard deviation of 4.2.In the Post test knowledge mean score was 24.7 with the standard deviation 2.0 and the paired t test 20.8\*\*\* The paired ‘t’ test values shows that there is a stastically significant improvement score in the knowledge regarding kangaroo mother care.The paired ‘t’ test value Of the knowledge was highly significant at  $p < 0.001$  between Pre and Post test

## **I. INTRODUCTION**

Newborn or neonate refers to an infant in the first 28 days of life old. The term "newborn" includes pre mature infants, post mature infants and full term newborns. About 12% of newborns are born prematurely (preterm).

Worldwide, prematurity accounts for 10% of neonatal mortality, or around 5,00,000 deaths per year. The birth of a premature infant is documented to be a time of stress and crisis for parents. Nursing staff at the Health Sciences Centre, Winnipeg, Manitoba introduced "Kangaroo Care" to their neonatal units in an attempt to diffuse some of the stressors associated with premature birth

Kangaroo care seeks to provide restored closeness of the newborn with mother and/or father by placing the infant in direct skin-to-skin contact with one of them. This ensures physiological and psychological warmth and bonding. The kangaroo position provides ready access to nourishment. The mother's body responds to the needs of the infant directly, helping regulate temperature more smoothly than an incubator, her milk adjusts to the nutritional and immunological needs of her fragile infant, and the baby sleeps more soundly.

## **II. STATEMENT OF THE PROBLEM**

A Study To Assess The Effectiveness Of Structured Teaching Programme On Knowledge Regarding Kangaroo Mother Care Among The Mothers Of The Hospitalized Newborn.

### **OBJECTIVES**

- To assess the level of knowledge regarding kangaroo mother care among mothers of Hospitalized newborn.
- To assess the effectiveness of structured teaching program me regarding kangaroo mother care among mothers of Hospitalized newborn.
- To comparison of pre and post –test level of knowledge of mothers of Hospitalized newborn regarding Kangaroo mother care.
- To associate the level of knowledge among Hospitalized newborn regarding Kangaroo mother care.

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## HYPOTHESIS:

H1 : There is a significant difference between pre-test and post test scores of the Hospitalized newborn regarding Kangaroo mother care.

H2 :There is significant association between knowledge scores and selected demographic variables.

## III. MATERIALS AND METHODS

A study was conducted on 60 mothers of Hospitalized newborn to evaluate the effectiveness of structured teaching programme on knowledge regarding kangaroo mother care

Evaluative research approach and a pre-experimental (one group pre-test-post test design) was used for this study. Convenient sampling technique was adopted for selection of samples. Structured interview questionnaire was used as data collection instrument. It was made with the experts help and research guides. Content validity of the tool was done by experts from Paediatrics nursing. Data collection tool was divided into three sections as collection of (i)demographic data,(ii)Knowledge based questionnaire It consists of 30 closed ended questions. Each correct answer was given a score of one and wrong answer was given a score "Zero". Total knowledge score is 30.

The findings were interpreted as follows:

Below 50 % - Inadequate knowledge.  
50 – 75 % - Moderately adequate knowledge  
Above 75 % -Adequate knowledge.

## CRITERIA FOR SAMPLE SELECTION

### Inclusion Criteria

- Mothers who are willing to participate in the study.
- Mothers who can understand Tamil and English.

### Exclusion Criteria

- Mothers who are not willing to participate in the study.
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## VALIDITY:

The validity of the tool and the structured teaching programme was assessed by obtaining opinion from five experts in the field of childhealth Nursing and medicine.The experts suggested simplification of language,reorganization and addition of certain items.Appropriate modification were accordingly made and the tool was finalized.

## Reliability:

The Reliability of the tool was established by test-retest method.Data was collected and was tabulated according to objectives of the study using descriptive and inferential statistics.

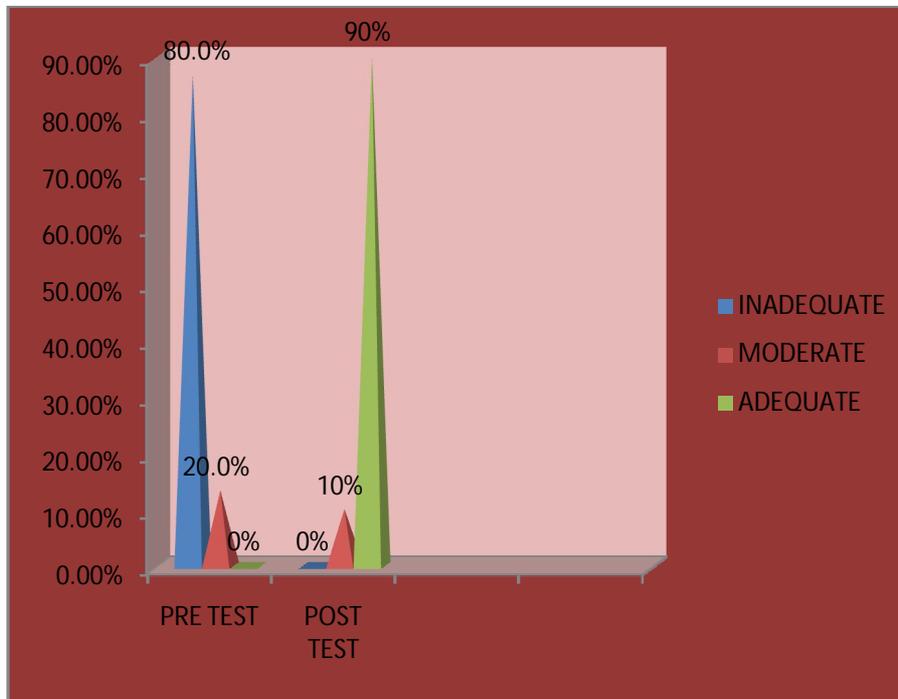
## IV. MAJOR FINDINGS OF THE STUDY

The pretest over all knowledge level of Mothers of newborn shows that 48(80.0%) had inadequate knowledge ,12(20.0)% had moderately adequate knowledge and none of the Mothers of newborn had adequate knowledge. In Post test over all knowledge level shows that 6 (10%) of mothers of newborn had moderately adequate knowledge, 54(90%) had positive knowledge and mothers of newbornInadequate knowledge.

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Over all the pretest knowledge mean score was 12.7 with the standard deviation of 4.2. In the Post test knowledge mean score was 24.7 with the standard deviation 2.0 and the paired t test 20.8\*\*\*. The paired 't' test values shows that there is a statistically significant improvement score in the knowledge regarding kangaroo mother care. The paired 't' test value of the knowledge was highly significant at  $p < 0.001$  between Pre and Post test.

The association of demographic variables with knowledge revealed that Age of mother (0.003) is significant. There is significant association in the Post test knowledge, on kangaroo mother care, which is significant at  $p < 0.001$  level.

## V. NURSING IMPLICATION

### Nursing Practice

The nursing professionals can conduct health education programmes in the wards, outpatient departments and in the community regarding care of the newborn.

### Nursing Education

Nursing educators should emphasize and motivate the nursing students to give planned health teaching debates regarding kangaroo mother care. Encourage the nursing students to conduct health education programmes in community area.

### Nursing Administration

The nurse administrator should plan to organize educational programme for nursing personal regarding kangaroo mother care. Administration of private and government health agency can organize health education programmes, camps, and puppet show in the community and in the hospital setup to create awareness to the public on newborn care.

### Nursing Research

The findings of the study help the professional nurses to develop the inquiry by providing a baseline. This study will help the nurse researchers to develop in depth into the development of teaching module and set information on newborn care among mothers of Newborn.

## RECOMMENDATION

- A similar study can be done with large number of samples.
- A similar study can be done with the mothers of preterm.

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- A similar study can be done among the mothers of newborn in community.
- A standard teaching programme can be given to the mothers and the effectiveness can be studied.

## VI. CONCLUSION

The present study associated with the effectiveness of structured teaching Programme on Kangaroo Mother Care Among The Mothers Of Hospitalized Newborn In selected hospital Chennai. The study findings revealed that there was significant improvement score in post test which shows the effectiveness of structured teaching. So educating the mothers of newborn regarding kangaroo mother care will help to prevent the neonatal death and to promote the healthy of the newborn.

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