

A STUDY TO ASSESS THE EFFECT OF HEALTH TEACHING ON KNOWLEDGE REGARDING PREVENTION OF HYPOTHERMIA IN NEONATES AMONG MOTHERS OF NEONATES ADMITTED IN SELECTED HOSPITAL IN PUNE CITY.

Mr. KRISHNA NAND MITTAL
(PRINCIPAL)
D H COLLEGE OF NURSING, JAIPUR
Corresponding email: knmittal03@gmail.com

ABSTRACT

Introduction The world health organization recognizes neonates' thermal care as a critical and essential component of essential newborn care; however, hypothermia continues to remain under-documented and under-managed. **Material & Methods:** Quasi experimental one group pretest and post test research design was used. Sample comprise of 60 mothers of neonates admitted in bhosari hospital and jijamata hospital in pune city. Non-Probability Convenience sampling technique was used. The structured interview schedule was used in this study. **Result:** The scores obtained by the sample in the pre-test phase was mean knowledge score is 13.63 and in post phase was increased to 17.28. **Conclusion:** The health teaching on knowledge of prevention of hypothermia found to be effective in increasing the knowledge of mother. The samples had a highly significant gain in knowledge after the health teaching program.

Keyword: assess, knowledge, hypothermia, neonates, mothers.

INTRODUCTION

At birth, the neonate has to strike a balance between its capacities to generate heat, and the imminent processes of heat loss if it is to successfully transit from intrauterine to extra uterine life. However, even the initial delivery room resuscitation may impede with this balance, and heat loss overwhelms the limited capacity of the preterm infant for heat production. The urgency of the initial resuscitative procedures often takes precedence over the attention given to thermoregulation inevitably leading to hypothermia.

The World Health Organization (WHO) clearly defines normal newborn temperature to be between 36.5-37.5°C

(97.7-99.5°F). Furthermore, it classifies that cold stress as occurring between 36.0-36.5°C, moderate hypothermia at 32.0-36.0°C, and severe hypothermia at <32°C . The consequences of severe hypothermia are well known. It leads to a vicious cycle of severe hypoxia and acidosis that result in a failed adaptation to extrauterine life and death. It has been shown to be independently associated with death and predictive of oxygen dependency in infants <26-week of gestation.

OBJECTIVES OF THE STUDY

- 1) To identify the existing knowledge related to prevention of hypothermia in neonates among mothers of neonates.
- 2) To determine the post test knowledge related to hypothermia in neonates among mothers of neonates after health teaching.
- 3) To find an association between level of knowledge of mothers of neonates with selected demographic variables

RESEARCH METHODOLOGY

RESEARCH APPROACH This study aimed at the developing and evaluating a teaching program. Hence, it was felt that an evaluative research approach enables the investigator to evaluate the effectiveness of this health teaching in terms of knowledge gain.

RESEARCH DESIGN In the present study the investigator selected single group pre test-post test design.

VARIABLES: In this study Independent variables the health teaching on Prevention of hypothermia in neonate. In this study Dependent variable in the study is knowledge score among the mothers.

SETTING OF THE STUDY The study was conducted in bhosari hospital and Jijamata hospital in pune city.

SAMPLE AND SAMPLING TECHNIQUE

Non-Probability Convenience sampling technique.

SAMPLE SIZE Sample comprise of 60 mothers of neonates admitted in bhosari hospital and jijamata hospital in pune city. The sample size was 60.

DATA COLLECTION TECHNIQUE
structured interview schedule techniques

TOOLS & TECHNIQUE

Structured interview schedule

DESCRIPTION OF THE TOOL

Structured interview schedule

The structured interview schedule questionnaire consisted of two sections.

Section I Consisted of 6 items on demographic data such as age, education, occupation, family, monthly income, family type, religion, etc.

Section II comprised of 20 items to assess the effect of health teaching on knowledge of mothers regarding prevention of hypothermia in neonates.

In Section-II- this section comprised of 20 knowledge items with a maximum score of 20 categorized under two broad areas and one score was given for each correct response and zero for wrong response. The maximum score was 20 and minimum was zero.

SECTION I

Analysis of data related to effect of health teaching on knowledge in study group.

Table 1:

Description of Category wise distribution of the knowledge scores.

N=60

Sr. No.	Areas	Pre-test knowledge score	Pre-test frequency	Post-test knowledge score	Post-test frequency
1	Meaning of Hypothermia	118	65.5%	151	83.89%
2	Causes of Hypothermia	107	89.16%	114	95%
3	Sign-Symptoms Hypothermia	72	60%	92	76.67%
4	Management of Hypothermia	336	70%	409	85.20%
5	Complication of Hypothermia	20	33.34%	46	76.67%
6	Prevention of Hypothermia	161	67.08%	208	86.67%

ANALYSIS OF DATA RELATED TO KNOWLEDGE OF MOTHER OF NEONATE BEFORE AND AFTER HEALTH TEACHING.

Table 2: DESCRIPTION OF CATEGORY WISE DISTRIBUTION OF THE AVERAGE KNOWLEDGE SCORES

N=60

Sr. No.	Areas	Pre-test knowledge score		Post-test knowledge score		paired 't' value	Degree of freedom	'p' value
		Mean Score	SD	Mean Score	SD			
1	Meaning	1.98	.537	2.52	.504	-6.626	59	.000
2	Causes	1.78	.415	1.90	.303	-2.791	59	.000
3	Sign and symptoms	1.20	.684	1.53	.566	-4.106	59	.000
4	Management	5.62	1.075	6.82	.748	-7.460	59	.000
5	Complication	.33	.475	.77	.427	-6.717	59	.000
6	Prevention	2.72	.904	3.50	.651	-6.452	59	.000
7	total	13.73	1.593	17.28	.976	-15.97	59	.000

SECTION –III

ANALYSIS OF DATA RELATED TO EFFECT OF HEALTH TEACHING ON KNOWLEDGE CORRECT ANSWERS IN STUDY GROUP

There were 60 mothers of neonates in a sample. Each of them has answered 20 questions. Their pre and post-test correct answer were recorded and mean and standard deviation of the test score are obtained as below:

Table 3: Pre test and Post Test knowledge scores

N=60

Test	Mean	SD	Paired 't' value	DF	'p' value
Pre Test	13.73	1.593	-15.97	59	0.00
Post Test	17.28	.976			

SECTION IV

Table 4 Average knowledge Score according to Education

ONEWAY ANOVA

N=60

Education	N	Mean	St.Deviation
Illiterate	3	10.67	1.155
Primary Education	54	13.93	1.478
Secondary Education	3	13.33	.577
Total	60	13.73	1.593

ANOVA					
	Sum of Squares	D F	Mean Squares	F	'p' value
Between Groups	16.105	2	8.053	3.435	.039
Within Groups	133.628	57	2.344		
Total	149.733	59			

ANOVA					
Education	Sum Of Squares	DF	Mean Square	F	''P'' value
Between Groups	30.696	2	15.348	7.349	.001
Within Groups	119.037	57	2.088		
Total	149.733	59			

Table No- 5 AVERAGE KNOWLEDGE SCORE ACCORDING TO TYPE OF FAMILY

Type of Family	N	Mean	Std. Deviation
Joint Family	45	13.91	1.571
Nuclear Family	14	13.50	1.414
Extended Family	1	10.00	-
Total	60	13.73	1.593

CONCLUSION

The following conclusions were drawn from the following finding of the study.

The health teaching on knowledge of prevention of hypothermia found to be effective in increasing the knowledge of mother. The samples had a highly significant gain in knowledge after the health teaching program.

Age group of 20-30 yrs. showed a gain in knowledge in all the content areas of health teaching.

RECOMMENDATION: Keeping in view the finding of the study, the following recommendations are made:

- A comparative study can be done in hospital mothers regarding prevention of hypothermia.
- An experimental study can be conducted by giving general system model to the mothers, who are attending the hospital as an outpatient on knowledge regarding the prevention of hypothermia in neonates.

- A study can be conducted to assess the knowledge practice of mothers regarding prevention of hypothermia in neonates.
- A study can be conducted to assess the effectiveness of a health teaching on knowledge of mothers regarding prevention of hypothermia.
- A similar study may be conducted by using various methods of teaching like charts, flash cards, flip cards health teaching etc.
- A similar study can be done on a larger sample.

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