

# New Born Care

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**Abstract:-** Newborn are very precious to the parents and they are the torch barriers of future generation. Being babies are having the right of caring. Since they are smaller, weak, more vulnerable, unable to help themselves and voice their rights, also their preferences and they represent the future. India has the highest number of neonatal deaths in the world. Of the three million neonatal deaths globally in 2012, 779,000 took place in India. In India 25 million newborn infants are born every year. When neonatal mortality was 47 per 1000 live births and it is contributed to 63% of infant's mortality rate. The current neonatal mortality rate 43.4 per 1000 live births and the current infant mortality rate is 67.6 per 1000 live births at the national level. A quantitative approach with quasi experimental design (one group pretest and post-test design) was adopted in this study. Simple random sampling technique (Lottery method) was used to select the samples. The sample size was 300. Study findings showed that 97.6% of mothers had inadequate knowledge and only 0.7% at mother had adequate knowledge before educational interventional. 93% of mothers showed adequate knowledge after the educational intervention programme. The study hence concluded that educational interventional programmes can enhance mothers knowledge on newborn care that would influence the newborn health status.

**Keywords:-** Neonatal mortality rate, New born Health status and educational interventional programme.

## I. INTRODUCTION

“The moment a child is born, the mother is also born. She never existed before. The woman existed, but the mother, never. A mother is something absolutely new”

A newborn is an infant who is only hours, days or up to a few weeks old. Newborn or neonate refers to an infant in the first 28 days after birth. Parenting is a duty and responsibility like no other and one very important job that has no manual. A woman who is pregnant for the first time is called as Primi gravida /antenatal mother. Mother is an important and the prime person to give care to the newborn. The knowledge of the mother related to newborn care is essential to the mothers especially the Primi antenatal mothers.

Neonatal mortality accounts for more than half the infant mortality (95% for 1000 live births) in India and is 3 to 4 times than the western countries. Poor perinatal and neonatal care is responsible for many deaths even during the late childhood and they also account for mental retardation and other

neurological handicaps of later life which are largely preventable. Improved neonatal care can lead to better and intact infant survival which will have the way for better acceptance of small family norms. Each year nearly 3.3 million babies are stillborn, and more than 4 million and others die within 28 days of being born. New born deaths now contribute to about 40% of all deaths in children under-five years of age globally, and more than half of infant mortality. The largest numbers of babies die in the South East Asia Region: 1.4 million newborn deaths and stillbirths are greatest in Sub-Saharan Africa. It is estimated that each year over a million children who survive birth asphyxia develop problems such as cerebral palsy, learning disability and difficulties. Nearly three quarter of all neonatal deaths could be prevented if women were adequately nourished and received appropriate care during pregnancy, childbirth and postnatal period. Neonates constitute the foundation of a nation and mothers are its pillars so enhancing mother knowledge will have a greater impact in newborn health.

## II. NEED FOR THE STUDY

Newborns have the highest risk of death among all children. Each day, about 9,000 babies die within the first 28 days of life (the neonatal or newborn period). Five countries account for more than half the world's newborn deaths — India, China, Nigeria, Pakistan and the Democratic Republic of Congo. According to the new study conducted by researchers at the World Health Organization, India had more than 900,000 new born deaths every year which is the highest in the world, despite the country having recorded a 33% drop in newborn deaths between 1990 and 2009. According to the report, the three leading causes of newborn death are preterm delivery, asphyxia and severe infections all of which are preventable with proper care. According to UNICEF, India's Neonatal Mortality Rate (NMR) in 2009 was 34 per 1,000 live births more than three times higher than China's NMR. The report also says that India's infant mortality rate shown a minor decline in 2012 compared to 2011. Infant Mortality rate decreased from 44 deaths for every 1000 live births in 2011 to 42 deaths for every 1000 live in 2012.

Though good healthcare facilities exist in the cities the problem is however serious in small towns and villages where clinics and basic hospitals are poorly equipped and are always facing a shortage of good doctors and nurses who are hesitant to work in these places. So the incidents of home births are common in India especially in villages and remote towns where access to healthcare facilities are limited and may still be out of reach for the poor. In researches personal experience,

she has come across with many primi mothers having doubts about child birth and baby care. They expressed anxiety related to handling child. Educating mothers on new born care would help in making healthy generation.

**III. STATEMENT OF THE PROBLEM**

A study to evaluate the effectiveness of educational interventional module on new born care among primi antenatal mothers attending clinics in selected maternity hospitals, at Bangalore.

**IV. OBJECTIVES OF THE STUDY**

- To assess the knowledge of Primi Antenatal mothers attending maternity hospitals regarding newborn care before intervention.
- To evaluate the effectiveness of educational interventional module on newborn care among Primi antenatal mothers attending maternity hospitals.
- To find the association between the socio-demographic variables of the Primi antenatal mothers and their knowledge on newborn care before the intervention.
- To find out the influence of socio-demographic variables of Primi antenatal mothers on their knowledge of newborn care after the intervention.

**V. HYPOTHESES**

- H<sub>1</sub> – There is a significant difference in the knowledge of Primi antenatal mothers regarding newborn care before and after intervention.
- H<sub>2</sub> – There is a statistically significant association between the socio-demographic variables of the Primi antenatal mothers and their knowledge regarding newborn care before the intervention.
- H<sub>3</sub> - There is a significant influence on socio-demographic variables of Primi antenatal mothers on their knowledge regarding newborn care. after the intervention

**VI. METHODOLOGY**

The research design selected for the study is pre-experimental one group pre-test and post-test design and the primi antenatal mothers who attend antenatal clinic was selected as population. The samples were all primi antenatal mothers attending a selected antenatal clinic and simple random technique was used to draw the samples. The total sample size was 300 primi antenatal mothers. A structured knowledge questionnaire was used to collect data from primi antenatal mothers.

**VII. RESULTS**

The analysis and interpretation of data had done according to the stated objectives. The findings are depicted below. In pre-test the results showed 97.6% of mothers had inadequate knowledge in pre test whereas (0.7%) of the mothers had adequate knowledge.

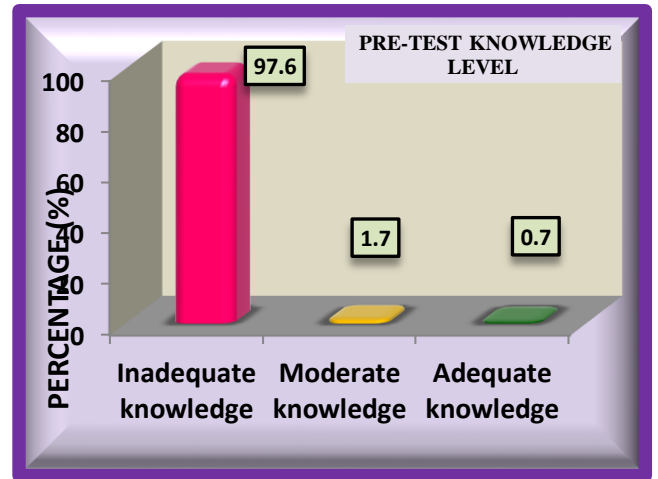


Fig 1

In post test there were about 279 (93%) of the Primi antenatal mothers had adequate knowledge, 18 (06.0 %) of the Primi antenatal mothers had moderately adequate knowledge and 03(1.0%) of the Primi antenatal mothers had inadequate knowledge regarding care of the newborn. This shows that, overall there is a significant improvement in knowledge of the Primi antenatal mothers regarding the newborn care after intervention when compared with the level of knowledge of Primi antenatal mothers. Hence this gives picture that there is an effectiveness of the instructional module among the Primi antenatal mothers regarding the care of the newborn.

S.NO	LEVEL OF KNOWLEDGE	Frequency (f)	Percentage (%)
1.	Inadequate Knowledge	03	01.0
2.	Moderately Adequate Knowledge	18	06.0
3.	Adequate Knowledge	279	93.0

Table 1

The comparison of pre test and post test can be expressed as follows

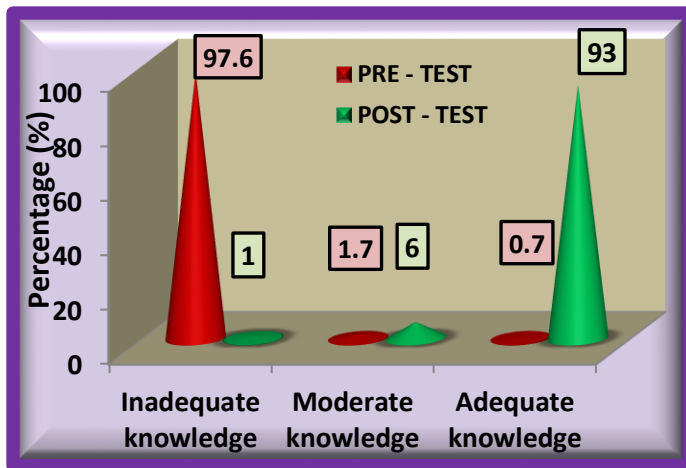


Fig 2

### VIII. CONCLUSION

A study was taken to evaluate the effectiveness of an educational interventional module regarding the newborn care among the Primi antenatal mothers, in a selected maternity hospitals, at Bangalore. In the present study 300 mothers were selected using simple random sampling technique. The present study revealed that the Primi antenatal mothers had inadequate knowledge regarding newborn care prior intervention. The present study also proved that educational intervention module was an effective method of teaching the primi antenatal mothers and there was an improvement of knowledge regarding newborn care after the intervention. The overall study seems to be effective and benevolent related to newborn care among Primi antenatal mothers.

The researcher also recommends future studies under various settings. The recommendations are a similar study can be undertaken with control group design. Or a comparative study can be done in rural and urban areas. Or similar study can be done on the various topics specifically like, characteristics of the newborn, Management of hypothermia, baby bath, breast feeding, baby massage, eye, nose, and ear care, bowel and bladder movements, personal hygiene, immunization etc. A similar study can be conducted on larger population. Since newborn care is the primary decider of a baby's health, the mother and family members must be taught about its various elements. It has a significant role in improving neonatal health and thereby reducing the incidence of neonatal mortality and morbidity.

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