

Assessment of Knowledge, Practices and the Factors affecting the Thermoregulation of the New Born among the Postnatal Mothers Admitted in Selected District Hospital, West Bengal

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Abstract: *The investigator conducted a descriptive study on assessment of knowledge, practices and factors affecting thermoregulation of newborn among postnatal mothers admitted in selected district hospital, West Bengal. The objectives of this study was to determine the knowledge of postnatal mothers regarding thermoregulation of newborn, to find out the practices on thermoregulation of newborn among postnatal mothers, to identify the factors affecting thermoregulation of newborn and to find out the relationship between knowledge and practices of postnatal mothers regarding thermoregulation. Conceptual framework was based on Health Belief Model. The Nonprobability purposive sampling technique was used to select 200 respondents. Data were collected through structured interview schedule, three point Likert scale and semi structured interview schedule. The findings of the study revealed that 32% postnatal mothers had fair knowledge and 58% postnatal mothers had poor practices regarding thermoregulation. Major factors were identified as lack of skin to skin contact, no supply of lukewarm water and rubbing of vernix caseosa. There was a negative correlation ($r = -0.09$) between knowledge and practice. Regardless of having satisfactory knowledge of postnatal mothers but their practices for the better outcome of the newborn was poor. Hence these findings provide researcher with new insight to look into why the mothers do not practice their knowledge to have a better outcome of the neonate. This study can be implicated on several areas like nursing practice, nursing education, nursing administration and nursing research. The study has implications in nursing education, nursing practice, nursing administration and nursing research. Based on the findings further studies were recommended. This work will help for understanding of the factors for maintenance of thermoregulation in postnatal ward.*

Keywords: Thermoregulation, Postnatal Mothers, Newborn, Vernix caseosa

1. Statement of the Problem

Assessment of knowledge, practices and the factors affecting the thermoregulation of the new born among the postnatal mothers admitted in selected district hospital, West Bengal.

2. Purpose

To assess the knowledge, practices and the factors affecting the thermoregulation of the new born among the postnatal mothers.

3. Objectives

- 1) To determine the knowledge of postnatal mothers regarding thermoregulation of new born.
- 2) To find out the practices on thermoregulation of new born among postnatal mothers.
- 3) To identify the factors affecting thermoregulation of new born.
- 4) To find out the relationship between knowledge and practices of postnatal mothers regarding thermoregulation

4. Operational Definitions

Knowledge: In this study it refers to the correct response of mothers regarding maintenance of thermoregulation as measured by structured interview schedule.

Practice: In this study it refers to the activities of the mothers for maintenance of thermoregulation of their new born as measured by three point Likert scale.

Factors: In the present study factors includes environmental factors, physical factors and material factors.

- **Environmental factors:** In this study it refers to the external condition or surrounding of postnatal ward such as condition of doors and windows, condition of the room, speed of the fan where the mother is admitted with her new born.
- **Physical factors:** In this study it refers to physical condition of new born like birth weight and gestational weeks at birth.
- **Material factors:** In this study it refers to the availability of baby clothes, quality of clothes used by the postnatal mother for covering the new born.

Postnatal Mother: In this study it refers to the mother who have given normal vaginal birth to a live and healthy baby for the first time and admitted in postnatal ward during study period.

Thermoregulation: In this study it refers to the maintenance of new born's axillary temperature consistently within 36.5°C to 37.5°C which can be identified by checking of body temperature of new born by using Hicks thermometer. It includes both hypothermia and hyperthermia. Hypothermia means body temperature less than 36.5°C and hyperthermia means body temperature more than 37.5°C .

New born: In this study it refers to baby from birth to 3 days of life with birth weight of 2.5 kg and above and are present with mother in postnatal ward during study period.

Variables

Research variables

- Knowledge of mothers regarding the thermoregulation
- Practices of thermoregulation of new born among postnatal mothers.
- Factors affecting thermoregulation of new born.

Demographic variables

Age of the mother, educational status, monthly family income, occupation, information regarding thermoregulation, body temperature of the newborn, gestational weeks of the baby at birth.

Delimitations of the study: The study was delimited to

- Mothers who had given birth for the first time
- Baby with birth weight of 2.5 kg and above
- Baby from birth to 3 days of life.

5. Conceptual Framework

The conceptual model adopted for this study was based on “The Health Belief Model (HBM)”.

- **Research approach:** Survey approach
- **Research design:** Descriptive survey
- **Setting:** Howrah General District Hospital
- **Population:** Postnatal mother and their healthy new born baby
- **Sample size:** 200 postnatal mothers
- **Data analysis:** Descriptive and Inferential Statistics
- **Sampling technique:** Non probability purposive sampling

Inclusion criteria

- Mothers who had given birth to healthy newborn and present in the selected postnatal ward.
- Mothers who were caring their baby by themselves.
- Mother who was willing to participate in the study.
- Mothers with normal vaginal delivery

Data collection tools and techniques:

Tool no	Tools	Variables to be measured	Techniques/ methods
I	Semi- structured interview schedule	Demographic variables	Interviewing
II	Structured interview schedule	Knowledge on thermoregulation	Interviewing
III	Three point Likert scale	Practice of thermoregulation	Interviewing
IV	A Record analysis	Birth weight	Record analysis
	B Semi structured interview schedule	Factors affecting thermoregulation	Interviewing

6. Analysis and discussion

Descriptive and inferential statistics were used for analyzing the results of the study. The findings of the study revealed that 32% postnatal mothers had fair knowledge and 58%

postnatal mothers had poor practices regarding thermoregulation. Major factors were identified as lack of skin to skin contact, no supply of lukewarm water and rubbing of vernix caseosa. There was a negative correlation ($r = -0.09$) between knowledge and practice

7. Conclusion

Regardless of having satisfactory knowledge of postnatal mothers but their practices for the better outcome of the newborn was poor. Hence these findings provide researcher with new insight to look into why the mothers do not practice their knowledge to have a better outcome of the neonates.