

Assess the Knowledge of Newborn Care among Postnatal Mothers in Selected Area of Reckjoani, Rajarhat, Kolkata

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Abstract: A descriptive study was conducted on assessment of knowledge of newborn care among the postnatal mothers in selected area of Reckjoani, Rajarhat, Kolkata. The objectives were to assess the knowledge level of postnatal mother about newborn care in terms of breastfeeding and prevention of hypothermia and to determine the association of knowledge with selected demographic variables (age, education, occupation, income, types of family). The Non probability purposive sampling technique was used to select 30 samples. Data were collected using structured interview schedule. The findings of the study revealed that 43.33% participant were belong to 23-27 yrs age, 83.33% participants were studied secondary level education and 83.33% participants were having problem in breastfeeding technique, poor knowledge on advantage of breast feeding and causes, assess and home management of hypothermia. 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. 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 breastfeeding and to prevent hypothermia among the postnatal mothers in rural area.

Keywords: Knowledge, Postnatal Mothers, Newborn, Breast feeding

1. Introduction

Essential care of the normal healthy neonates can be based provided by the mothers under supervision of nursing personnel or basic /primary health care providers. About 80% of the newborn babies require minimal care. The normal term babies should be kept with their mothers rather than in a separate nursery. Bedding in or rooming in promotes better emotional bondage, prevents hypothermia and cross infections and also establishes breast feeding easily. Mother participates in the nursing care of the baby and develops self confidence in her. This also reduces the demand of nursing personnel. Breast feeding is the best natural feeding and breast milk is the best milk. The basic food of infant is mother's milk. Hypothermia is considered as silent killer in neonates. It increases the neonatal morbidity and mortality. Maintenance of warmth of the neonates enhances their survival. Thermal protection of the newborn babies is considered as one of important essential

neonate care. Major causes of neonatal mortality are birth asphyxia, feeding difficulties, sepsis and hypothermia. As per some research conducted in 2005 in some area of West Bengal by the faculty of Medical College & Hospital they found the result as infant mortality rate in Kolkata is 41 per 1000 births and Neonatal Mortality rate are found that 25.2 per 1000 life births. During our posting in R. G. Kar Medical College & Hospital we had seen various causes of difficulty in breast feeding as the majority were the primigravida and they were not able to wrap the baby properly. Due to this all reason we have identify this problems as our problem statement.

2. Literature Survey

Literature review related to Breastfeeding, Literature related to hypothermia and Literature related to newborn care.

Problem Definition: A study to assess the knowledge of newborn care among postnatal mothers to selected area of Reckjoani, Rajarhat, Kolkata

Methods/Approach

Research Approach: Survey approach

Research Design: Descriptive survey design

Setting: Community Reckjoani, Rajarhat, Kolkata. Rational for selecting the area are-Familiar with setting

- Feasibility of conducting the study
- Administrative approval and co operation from others.
- Availability of the participants

Population: Postnatal mothers in Reckjoani, Rajarhat.

Sample and sample size: Postnatal mothers (baby within 6 months), sample size of 30

Data Collection and Technique: Structured interview schedule of postnatal mothers on demographic variables and knowledge related to breast feeding and prevention of hypothermia among newborn. Interviewing technique.

3. Results /Discussion

Findings of Demographic Variables: 43.33% (13out of 30) participants are in the age group of 23-27 yrs, All participants (30) are housewife.83.33% (25 out of 30) participants education is on secondary level. Major finding related to knowledge level of postnatal mothers: 83.33% participants were having problem in breastfeeding technique, 86.67% participants have less knowledge on advantage of breast feeding 73.33% have poor knowledge on causes of hypothermia, 83.33% participants not able to assess hypothermia

4. Conclusion

As per the Research findings of present study the following conclusion were drawn. The majority of postnatal mothers have poor knowledge determined by structured knowledge questionnaire. Hence these finding provide researcher with new insight to look into why the mothers do not practice their knowledge to have better outcome in newborn care. It is very much important to increase the knowledge of postnatal mothers in order to give newborn care, breastfeeding and prevention of hypothermia. So we have decided to give them health education related to breast feeding importance as it is consider as an important nutritional aspect for newborn & identify and prevent hypothermia which is a very common health problem in neonates within 6 months.

5. Future Scope

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 to understand the factors for maintenance of breastfeeding and to prevent hypothermia among the postnatal mothers in rural area, urban area and hospitals with a large group.

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