

A Study to Evaluate the Effectiveness of Planned Teaching Programme among Mothers on Care of Low Birth Weight Babies Selected in K. L. E. S. Dr. Prabhakar Kore Hospital MRC, Belagavi

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Abstract: ***Objectives:** 1) To determine the existing knowledge of mothers on care of LBW newborns as measured by structured knowledge questionnaire. 2) To evaluate the effectiveness of planned teaching programme on care of LBW newborns in terms of knowledge score. 3) To find the association between pre-test knowledge scores and demographic variables. **Methods:** Descriptive study was conducted in K. L. E. S. Dr. Prabhakar Kore Hospital and MRC, Belagavi, Karnataka. All 30 mothers on care of low birth weight babies enrolled in study. **Results:** Result revealed that there is positive impact of effectiveness of a planned teaching programme on care of low birth weight babies, in terms of knowledge among mothers as seen by the results. In the pretest conducted among 30 mothers, none had good knowledge, 25 (83.33 %) had average knowledge scores while 5 (16.67%) had poor knowledge score. In the post test conducted after administering PTP, 11 (36.67%) had good knowledge scores, 19 (63.33%) had average knowledge scores and none had poor knowledge score. **Conclusion:** The findings of the study showed that PTP was effective to improve the knowledge of care of low birth weight babies among mothers. There was significant association between the knowledge scores with age of the mother.*

Keywords: Low Birth Weight Babies (LBW), Planned Teaching Programme (PTP)

1. Introduction

Children are the wealth of any country. They are the most valuable asset for any society. They are the builders of the future of any nation.

For the mother, her motherhood is the most beautiful and joyous experience. The health of mother during pregnancy is important to give birth to a healthy baby. The best and most precious gift the mother can give the baby is the gift of health.

A healthy child is a boon to the country. Any country's growth and development depends on the health of its citizens. Better growth and development of country results from the health of its citizens. The process of health begins from the early stages of life. So the mother plays an important role participating in the first step of human life. So besides caring for the mother during pregnancy, providing information to her regarding care of the baby is also equally important initial step in health care delivery system.

According to World Health Organization (WHO), "Low birth weight" newborn baby may be defined as babies with birth weight of less than 2500gm. The term "very low birth weight" refers to birth weight less than 1500gm. "Extremely low birth weight" refers birth weight less than 1000gm, the term "micro-preemie" refers when birth weight below 500gm.

Low birth weight babies are broadly 2 clinical types,

a) Babies before 37 weeks of gestation period (preterm). A "preterm baby" is expected to have less weight.

b) Babies who have Intra-Uterine Growth Retardations. These babies are undernourished (or small) for a given gestation (dates) so they are also called "Small for Gestational Age" (SGA) or "Small for Dates" (SFD) babies.

So by giving importance to mother and to improve her knowledge regarding care of low birth weight babies, we can prevent the complications that a low birth weight baby may come across.

2. Materials and Methods

This was Descriptive study carried out at KAHER Institute of Nursing Sciences, Belagavi, Karnataka for a period of 3 months. The study was approved by the institutional research committee. The tool used for the data collection consisted of structured knowledge questionnaire. The effectiveness of planned teaching programme regarding care of low birth weight babies among mothers. Tool was divided into two parts section I & section II
SECTION I - Demographic data
SECTION II - Contains structured knowledge questionnaire on the knowledge on care of low birth weight babies.

Research Design

Descriptive research design has been adopted for the present study.

Major Findings of the Study Were

Descriptive and inferential statistics had been used for data analysis. The data was presented in the form of tables and

diagrams. Data was analyzed by computing mean, median, mode, standard deviation and range.

3. Significant Findings of the Study Demographic Data of the Respondent

Age of the Mother

Majority of the mothers (22) were in the age group of 18 to 25 (73.33 %) while minimum (1) (3.33%) was in the age group of more than 32 years.

Education of the Mother

Majority of mothers (18) (60 %) had up to secondary education.

Occupation

Most of the mothers (20) (66.67%) were housewives.

Family Income Per Month

Majority of the mothers' family income per month (24) (80%) were Rs.6001 – 8000/-.

Type of Family

Majority of the mothers (21) (70%) were a part of nuclear family.

Religion

All the mothers (27) (90%) were Hindus.

OBSTETRICAL HISTORY:

Majority of the mothers (26) (86.67 %) were primi.

BIRTH WEIGHT OF NEWBORN:

Most of the mothers' babies (23) (76.67%) had birth weight in between 2001 – 2500gm.

GESTATIONAL AGE OF THE NEWBORN:

Majority of mothers (29) (96.67%) delivered before 37 weeks.

PREVIOUS HISTORY OF LOW BIRTH WEIGHT BABY:

Minimum mothers (2) (6.67%) had any previous history of LBW baby.

4. Results

The study revealed that there is analysis of data was based on the objective of the study. The data was collected through structured knowledge questionnaire on care of low birth

weight babies as seen by the results. In pre-test none of them had good knowledge, 25(83.33%) had average knowledge and 5 (16.67%) has poor knowledge on care of low birth weight babies among mothers.

But in the post test, 11 (36.67%) had good knowledge, 19 (63.33%) had average and none of them had poor knowledge scores. which indicates that the planned teaching programme improved the knowledge, care of low birth weight babies among mothers.

5. Findings Related to Association between Demographic Variables with Results

The study revealed that there is an association between Age of the mother and care of low birth weight babies among mothers.

There is an association between Education of the mother and care of low birth weight babies among mothers.

There is an association between the Occupation and care of low birth weight babies among mothers.

There is association between Family income per month and care of low birth weight babies among mothers.

There is association between Type of Family and care of low birth weight babies among mothers.

There is association between Religion and care of low birth weight babies among mothers.

There is association between Obstetrical history and care of low birth weight babies among mothers.

There is association between Birth weight of newborn and care of low birth weight babies among mothers.

There is association between Gestational age of the newborn and care of low birth weight babies among mothers.

There is association between previous history of low birth weight baby and care of low birth weight babies among mothers.

Mean, Median, Mode, Standard Deviation And Range of Knowledge Scores of Mothers on Care of Low Birth

Weight Babies, n = 30

Area of Analysis	Mean	Median	Mode	SD	Range
Pre- test(x)	11.47	11	10.06	3.75	14
Post- test(y)	23.13	24	25.74	2.75	10
Difference (y-x)	11.66	11	9	4.94	15

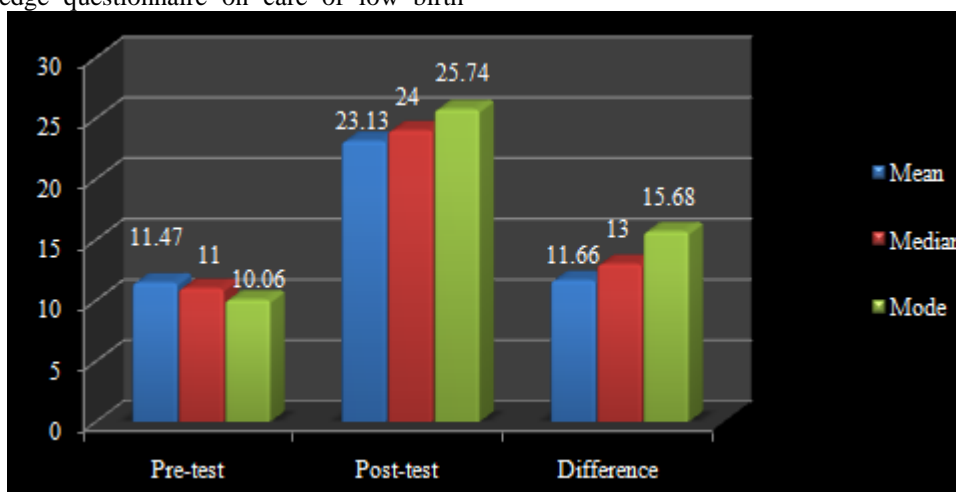


Figure 1: Bar graph showing mean, median and mode of pretest and post-test knowledge scores of mothers

Data presented in Table 1 and Figure 1 shows that the obtained Mean is (11.47) on Pre- test(x), (23.13) on Post - test(x), (11.66) Difference (y-x) similarly Median is (11) on Pre- test(x), (11) on Post - test(x), and (11) on Difference (y-x) and Mode is (10.06) on Pre- test(x), (25.74) on Post - test(x), and (9) on Difference (y-x)

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6. Discussion

The discussion is accordance with the objectives of the study to evaluate the effectiveness of planned teaching programme regarding care of low birth weight babies among mothers.

The association between the knowledge scores and the demographic variables was computed by using chi-square test. There was significant association between the age of the mother having χ^2 value (11.3) at df (3) and knowledge score.

The findings of the study were supported by a study done where age of the subjects and family income were significantly associated with pre-test knowledge score having chi-square value (8.11) at df (3) and (11.3) at df (3).

7. Conclusion

The study concluded that the Regular exposure of planned teaching programme can be implemented on all mothers since the findings of the study revealed the beneficial effect of planned teaching programme. The study findings can be used to bring awareness to organize planned teaching programme for the mothers.

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