

## EVALUATION AND ASSESSMENT OF THE EDUCATION AND PRACTICES ON INCIPIENT BORN CARE DURING POST-NATAL PERIOD OF PRIMIGRAVIDA MOTHERS IN K. R. HOSPITAL OF GWALIOR

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### Abstract

A non-experimental study was under taken to evaluate and assess the practice and awareness on new born care during post-natal period of primigravida mothers in Kamla Raja Hospital, Gwalior. Conceptual framework of the study was predicated on Pander's Health Promotion Model, utilizing the non-experimental with a typical descriptive design research approach. Purposive sampling technique was habituated to cull 75 Primi-mothers. The study was conducted in post-natal unit of Kamla Raja Hospital. The researcher utilized a structured knowledge questionnaire (30 items) and visual examination check list (24 items) to assess the perception and practice of the mothers. Statistical value reveals that overall erudition regarding incipient born care was 80.86% with total mean and SD of  $40.43 \pm 2.96$ . Area wise mean percentage of knowledge score was more in area of obviation of hypothermia (97.87%) which had a mean and SD of  $7.77 \pm 0.41$ . Analysis reveals that subjects had highest mean percentage (85%) of practice score in the area of hygiene which had a mean and SD of  $7.65 \pm 0.62$ . A consequential cognation ( $r=0.8550 < 0.05$ ) was found between the understanding and the practice of the mothers whereas a consequential association between knowledge and the demographic variables such as edifying status, type of family and place of residence was found and there was a significant relation between practice of the mothers and the demographic variables such as age of the subjects, scholastic status and type of family at 0.05 levels.

**Keywords:** Evaluation, Assessment, Practices, Incipitent, post-Natal, Primigravida

### INTRODUCTION

Children come in this world helpless and unable to thrive without the Adults Care. A parent's job is to love and nurture them & edify them how to live independently, be responsible, get convivial & be innovative for convivial development, be imaginative for self, become secure and doting creature. Afore this the baby has to pass and survive through the neonatal period, the most hazardous and vulnerably susceptible period of the life.

Around the world, it's a dilemma faced by both developing as well as developed countries. Just the developing countries ratio of neonatal mortality and morbidity is 10 times more than developed countries. According to the reports at National Conference on Child Survival and Development, New Delhi the more vulnerably susceptible age to diseases and death is during the first 4 weeks or neonatal period of life of new born. The Studies and surveys conducted in different components of world whether India, Nigeria, New York, etc. by WHO, UNICEF, National-International Journals and other scientific societies engendered identically equivalent results as the knowledge of Primigravida Mother on Neonatal Care during starting 4 weeks can make a difference in preserving their lives and decrementing the mortality and morbidity rate.

In India, fundamentally the care of new born in the family is governed by the family's knowledge, awareness, cultural practices, etc. which is sometimes manipulated in the designation of old customs and practices, making the salubrious neonate vulnerably susceptible to the peril. The baby's health and survival depend entirely on the mother, while in the womb, or outside the womb, in the world. The rudimentary and veritable knowledge, awareness and skills of the mother in relation to Mother Craft, child nutrition, immunization, environmental sanitation, personal hygiene and prevalent difficulties could upgrade this statistical imbalance. The study conducted in New York provides an initial view of several gaps in the preparedness of new mothers. These data designate that if these programs be expanded to include more practical information, providing a helpful learning experience at a critical time in a new Mother's Life. Same results were engendered through a survey conducted on "knowledge & practices in the aversion of neonatal infections" in Chandigarh, India. The findings of study suggested that the overall erudition regarding incipient born care in the population was 80.86% with total mean and SD was  $40.43 \pm 2.96$ .

### OBJECTIVES

The Objective of the study was 'To find an association between the understanding and practice score and selected demographic variables.'

### HYPOTHESIS

**H1:** There is a consequential relationship between the knowledge and practice score of primi mothers on incipient born care.

**H2:** There is a consequential sodality between level of knowledge score of mothers and selected demographic variables like age, educational status, family income and vocation, type of family, religion and place of residence.

**H3:** There is consequential relation between the calibre of practice score of mothers and selected demographic variables like age, educational status, family income and vocation, type of family, religion and place of residence.

### REVIEW OF LITERATURE

A group of people Byaruhanga RN., Bergstorm A, Tibemanya J, Nakitto C., Okung P (2005) conducted a study on 30 post-distribution mothers on skin-to-skin contact and incipient born care at St. Francis hospital, Nsanbya, Uganda. This study concluded that the gap Between erudition and practice should be bridged, either by health care providers by advocating, inculcating and implementing it in practice or by hospital as pre-distribution inculcation programme. The finding shows that only few mothers out of 30 had felicitous erudition about the usefulness of skin-to-skin contact and incipient born care.

An interventional study on cognizance level of mothers on incipient born care by E Binu. Margaret (2007) from Udupi even gave 100% results in post-test after 46.7 and result in pre-test. The 't' test showed that post-test cognizance level score is higher than pre-test cognizance score  $p < 0.05$ . Another cross-sectional study done by U. Senath, D. N. Fernando, G. Vimpani and I. Rodrigo from Sri Lanka conducted a study on erudition level of 446 mothers from 5 hospital verbalized that only unemployed or unlettered or women with delayed antenatal visits were liable to have poor erudition on incipient born care and needed maternal edification programme otherwise 90% of mothers had good erudition.

### METHODOLOGY

To achieved the set objectives and to prove the hypothesis on the quandary to accomplish the study, a non-experimental typical descriptive design was adopted. A closed ended structured questionnaire regarding incipient born care was prepared in order to assess the erudition of the mothers during antenatal period and observational checklist to assess their practice of incipient born care in post-natal care were executed, based on the review of literature and in consultation with experts in the field of paediatrics, obstetrics and gynaecology nursing and related discipline. A sample of 75 primi-mothers were culled by utilizing purposive sampling technique so that population and its elements are used as typical to the population and to justify the outcomes of the study following implements were utilized, mean, standard deviation and ‘t’ test. Population consists of all primi-mothers who were admitted in the selected maternity Hospital.

### RESULTS

The findings were analysed utilizing descriptive and inferential statistics. Through this study we endeavoured ascertaining the sodality between the erudition, practice, score in culled demographic variables. The analysis was carried out in six components-description of demographic characteristics of primi mothers namely analysis of erudition of mothers regarding incipient born care; analysis of practice of mothers regarding incipient born care; relationship between cognizance and practice of mothers regarding incipient born care.

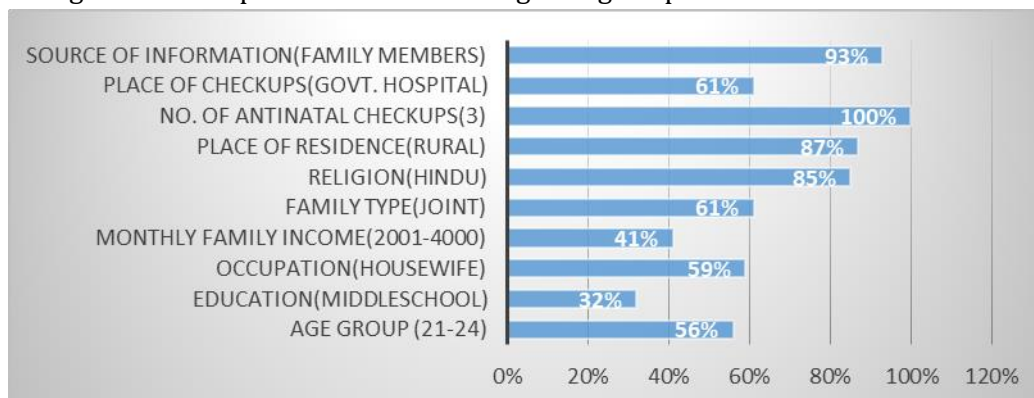


Fig. 1: Demographic Characteristics of Primigravida Mothers (Sample No.60)

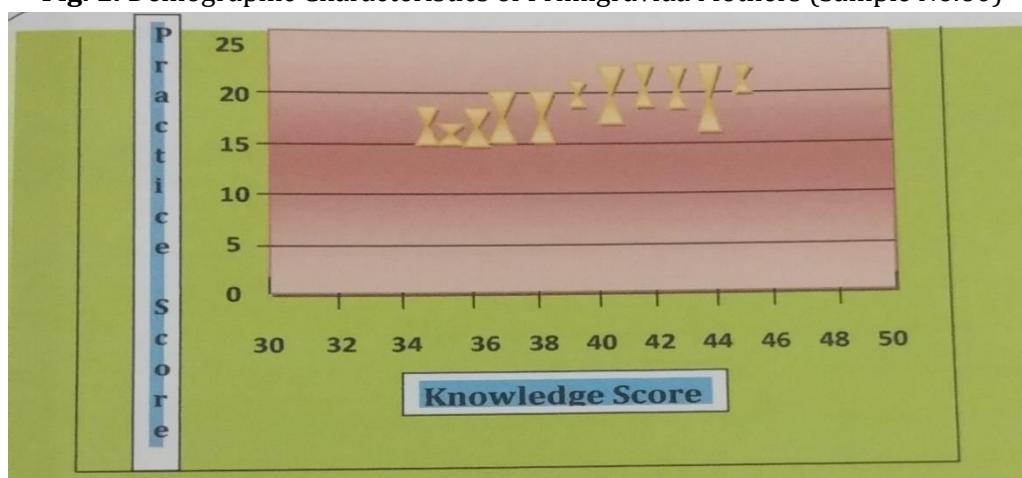


Fig. 2: Correlation coefficient computed between Knowledge and Practices followed by mothers

### NURSING IMPLICATIONS

*Nursing practices:* Health personnel can accommodate as the substructure for understanding the relationship between the health accommodations and the ordinary people. The nurses whether in hospitals or health centres or clinics play a consequential role in bulwarking, inculcating, promoting and fortifying the mothers through rigorous supervision, exhortation and motivation regarding incipient born care.

*Nursing Research:* This kind of studies and researches can contribute to the vocation to accumulate and increment incipient cognizance and practice and can take professional accountability to edify and incentivize the mothers towards health promoting activities towards self as well as incipient born.

*Nursing Education:* Consequential in preparing nurses for the wellbeing of the people at sundry levels. The Nursing Curriculum should highlight the paramountcy of all aspects of incipient born care to make nurses exhaustive on the erudition to explicate and incentivize the mothers to incorporate the same to practice.

*Nursing Administration:* Nursing Administrators play a pivotal role in the supervision and management and can orchestrate sundry in-accommodation training programme for the staff for maternal and child health on all the aspects of incipient born care. Institutions should review their policies and practices cognate to study and should develop policy, guidelines, pertinent information, inculcation and training.

## RECOMMENDATIONS

1. A kindred study can be replicated/conducted utilizing astronomically immense sample to generalize the findings.
2. A comparative study can be conducted on mothers of Rural/Urban areas and findings can be Compared.
3. A study can be conducted to determine the cognizance, posture and the practice of mothers On incipient born care.
4. A customized plan can be developed predicated on learning desiderata of the mothers.
5. A kindred study can be conducted on mothers utilizing orchestrated edifying programme.
6. Follow up study can be conducted to amend the erudition by providing health edification through pamphlet, information booklet and demonstration.

## CONCLUSION

The study concludes that mother is a consequential primary care provider, hence her education benefits her to care for her infant and avert any emergency situation even death. The institutions, hospitals, clinics and health centres should make a guideline or policy to run a health inculcation programme for mothers regarding all aspects of incipient born care to avail preserve and conserve the future asset.

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