



## EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING KANGAROO MOTHER CARE

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### Abstract

Premature birth imposes a tremendous stress for both the baby and the mother. To save the baby life, infant is monitored under the incubator and warmer surrounded by unfamiliar sounds like buzzers, bells but lies all by himself in warmer. The treatment and routine caregiving procedures cause pain and discomfort making it difficult for very low birth weight infants to experience restful and undisturbed periods of sleep. An alternative method, which is easy and cheap to practice, having more advantage is kangaroo care provide forth satisfactory improvement in infant health. A study to assess the effectiveness of structured teaching programme on knowledge regarding kangaroo mother care among post-natal mothers at selected hospital in Chennai. The objective of the study was to assess the level of knowledge regarding kangaroo mother care among postnatal mothers, to evaluate the effectiveness of structured teaching program on knowledge regarding kangaroo mother care among post-natal mothers in selected hospitals, To associate the posttest level of knowledge regarding kangaroo mother care with selected demographic variables of postnatal mothers, a sample of 30 postnatal mothers who fulfilled the inclusion criteria were selected as the sample using nonprobability purposive sampling technique, data was collected using a structured questionnaire. The data collected were analyzed using descriptive and inferential statistics. The study findings revealed that 5 (16.66%) of mothers had adequate knowledge, 9 (30%) of the mother had moderate knowledge, 16 (53.33%) of mother had inadequate knowledge. While comparing overall mean, SD, mean percentage of pre and post test knowledge scores shows that overall pretest mean score was  $1.9 \pm 2.01$  which is 57.52 % whereas in posttest the mean score was  $2.8 \pm 2.0$  which is 83.85% revealing the difference of 70.60 % shows the effectiveness of STP. It was interpreted that there was no significant association found between knowledge scores of postnatal mothers regarding Kangaroo Mother Care with their demographic variables. The study concluded that the structured teaching program was effective in improving knowledge regarding Kangaroo mother care.

**Keywords:** effectiveness, kangaroo mother care, postnatal mothers

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## 1. Introduction

Child health is the foundation of the family and wealth of the Nation. Newborn is the very important personality of the home. All family members give him or her warm welcome. Globally about 25 million Low Birth Weight babies are born each year consisting of 17% of all live births. Approximately 16 to 18% neonates born in developing world are of Low Birth Weight having a weight of less than 2500 gram (about 5.51 lb). The World Health Organization defines low birth weight in infants (irrespective of gestational age) as neonates born less than 2500 grams (5 pounds) and extremely low birth weight as less than 1500 grams (about 3.31 lb). Of these babies, approximately one third dies before stabilization or in the first twelve hours.

Premature birth imposes a tremendous stress for both the baby and the mother. To save the baby life, in infants monitored under the incubator and warmer surrounded by unfamiliar sounds like buzzers, bells but lies all by himself in warmer. The treatment and routine care giving procedures cause pain and discomfort making it difficult for very low birth weight infants to experience restful and undisturbed periods of sleep. An alternative method, which is easy and cheap to practice, having more advantage is kangaroo care provided for the satisfactory improvement in infant health. Kangaroo Mother Care was initially conceived in Bogota, Colombia in 1978 as an alternative to incubator care for the low birth weight baby. Kangaroo Mother Care is a humane, low-cost method of care of low birth weight (LBW) infants particularly for those weighing less than 2000 gram (about 4.41 lb) at birth. It consists of skin-to-skin contact, exclusive breastfeeding, early discharge and with an adequate follow-up. Thus, Kangaroo Care ensures people from all economic standards to give the needed care for their preterm babies. The preterm babies gain temperature slowly and prevent hypothermia. Therefore, the preterm baby becomes calm and relaxed. It also helps the baby to conserve energy and bring the organs to normal functioning.

## 2. Materials & Methods

Methodology is the major phase of research in which the investigator makes a number of decisions about the materials to be used to study the research problem basically through the collection of data. The methodology includes description of research approach, research design, site and setting, sampling technique, department of the instrument, validation of the instrument and its reliability, methods of data collection, pilot study and plan for statistical analysis. The research

approach opted for this study was Evaluative approach. Quasi-experimental one group pretest and posttest design was chosen for the study. The study was conducted in Kamakchi Memorial Hospital; Chennai. The population for the present study was the post-natal mothers who are admitted in Kamakchi Memorial Hospital in Chennai. Non-probability purposive sampling technique was used to select the samples. Pretest level of knowledge was assessed by using structured questionnaire followed by Structured Teaching Program on kangaroo mother care which encompasses the meaning, benefits, components, positions with the help of Powerpoint and flash cards. In addition to the demonstration of kangaroo mother care was one, the whole teaching was carried for the duration of 20 mins, mothers were instructed to practice it daily, after 7 days posttest was conducted with the help of the same questionnaire. The mean of posttest knowledge score of mothers was higher than mean pretest knowledge score of (1.9±2.01). The mean difference was 70.60%. Paired t test was used to compare mean of pretest and posttest knowledge score. The calculated t value was 28.14 which is more than tabulated t value of 1.98 at p < 0.005 level of significance and hence there is significant improvement in knowledge score can be attributed to the structured teaching program provided as an intervention.

### Study Findings

- Majority of respondents are in the age group of below 25 years, 18 (60 %)
- Majority of the mothers' Educational status were degree holders, 7 (23%)
- Maximum numbers of mother's occupation was housewife, 18 (16%)
- Majority of family, 17 (57 %) belong to nuclear family
- Majority of respondents' family monthly income is below 10000, 17 (57%)
- Majority of mothers were having 14 (47%) one child
- Maximum numbers of health services are available from hospitals 13 (63%)
- Majority of type of delivery 19 (63%) were normal delivery.
- The mean of posttest knowledge score of mothers was higher than mean pretest knowledge score of (1.9±2.01). The mean difference was 70.60%. Paired t test was used to compare mean of pretest and posttest knowledge score. The calculated t value was 28.14 which is more than tabulated t value of 1.98 at p < 0.005 level of significance and hence there is significant improvement in knowledge score

- There was no significant association found between knowledge scores of postnatal mothers

### 3. Discussion

Kangaroo Mother Care is a simple low cost and highly effective intervention for low-birth-weight babies. Sufficient amount of knowledge is essential in implementing effective kangaroo mother care. The knowledge can be imparted by the teaching program on Kangaroo Care and also through proper demonstration of kangaroo mother care. So, educational program on Kangaroo Care can be provided to Mothers in various centers like hospitals, primary health centers by the nurses, which in turn will improve the preterm and low birth care.

### 4. Conclusion

The post natal mother had a good knowledge after structured teaching programme about kangaroo mother care. The structured teaching programme was an effective tool to improve the level of knowledge

### Conflict of Interest

NIL

### Source of Funding

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### Ethical Clearance

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