



A STUDY TO ASSESS THE KNOWLEDGE AND PRACTICE REGARDING PREVENTION OF NEONATAL HYPOTHERMIA AMONG POSTNATAL MOTHERS ADMITTED IN SELECTED HOSPITALS, KANPUR UTTAR PRADESH.

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ABSTRACT -The adequate environmental warmth was essential in the care of small infants because they could not maintain their own body heat. Due to less insulation, an infant's thermal control is more limited than that of an adult who can maintain body heat at temperatures as low as 0°C (32°F) while for the full-term infant it is between 20°C to 23°C Hypothermia has since been recognized as a significant contributor to neonatal morbidity and mortality for all new-born infants and has been defined on every continent and even in many countries that are measured to be tropical. Although data on hypothermia in new-borns are rather scarce, studies in selected countries have revealed that 67% of high-risk infants who were born outside of the hospital were hypothermic. A study aim to assess the knowledge and practice regarding prevention of neonatal hypothermia among postnatal mothers admitted in selected hospitals, Kanpur Uttar Pradesh. Descriptive Cross Sectional Survey study plan was used for the learning. The setting of the study was Rama hospital and research centre and Anjali hospital and diagnostic centre Kanpur Uttar Pradesh and the sample size was 100 postnatal mothers selected by convenient sampling technique in the study. The data was collected and analysed on basis of objectives. The findings of the study shows comparison the level of the knowledge and practice and the obtained "t" value (54.66) and $p < 0.05$ level of significance and correlation between the level knowledge and practice -0.066 and $p = 0.513$. and showing non- significant between knowledge and practice of among postnatal mothers, majority of 64% of postnatal mothers have good knowledge, 33% have excellent knowledge, 3% have average knowledge and 0% have poor knowledge. And the majority of postnatal mothers

have 62% have good practice, 38% have average practice, 0% have excellent practice and 0% have poor practice. There no significant association between the knowledge and practice regarding prevention of neonatal hypothermia among postnatal mothers with their selected demographic variables age in year, religion, education of mothers, occupation of mothers, family monthly income. It can be concluded that the majority of postnatal mothers have good knowledge and practice regarding prevention of neonatal hypothermia.

Keyword - Assess, Neonates, Hypothermia, Knowledge, Practice, Postnatal mother..

INTRODUCTION

In developed countries awareness of the problem has resulted in improved care of the new-born and especially of preterm and low birth weight infants. However, this is not the case, in many parts of the world, the extent and significance of neonatal hypothermia are often not full realized. Many health personnel and mothers are not aware of the importance of keeping babies warm by simple methods such as drying and wrapping immediately after birth, avoiding harmful practices, and need to encourage for early breast feeding and keeping new-borns in close contact with their mothers. In developed countries awareness of the problem has resulted in improved care of the new-born and especially of preterm and low birth weight infants. However, this is not the case, in many parts of the world, the extent and significance of neonatal hypothermia are often not fully realized. Many health personnel and mothers are not aware of the importance of keeping babies warm by simple methods such as drying and wrapping immediately after birth, avoiding harmful practices, and need to encourage for early breast feeding and keeping new-borns in close contact with their mothers. In the health facilities where managers have not received training concerning hypothermia, policies, procedures and equipment for the maintenance of an optimal thermal environment for the new-born are lacking and the risk of neonatal hypothermia is increasing very fast. In every part of the world, Neonatal hypothermia is a very common problem, including hot tropical countries. The ubiquity rate of neonatal hypothermia ranges from 11% - 95% around the world.

PROBLEM STATEMENT

A study to assess the knowledge and practice regarding prevention of neonatal hypothermia among postnatal mothers admitted in selected hospitals, Kanpur Uttar Pradesh.

OBJECTIVES

1. To determine the level of knowledge regarding prevention of neonatal hypothermia among postnatal mothers.
2. To determine the level of practice regarding prevention of neonatal hypothermia among postnatal mothers.
3. To compare the level of the knowledge and practice among postnatal mother.

4. To find out the relationship or correlation between the level of the knowledge and practice among postnatal mothers.
5. To find out the association between the level of knowledge and practice among postnatal mothers with their selected demographic variables.

HYPOTHESIS

H₀₁-There is no significant relationship between the level of knowledge and practice of postnatal mothers.

H₀₂- There is no significant association between the knowledge and practice regarding prevention of neonatal hypothermia among postnatal mothers with their selected demographic variables.

H₁-This is a significant relationship between the level of knowledge and practice of postnatal mothers.

H₂-There is a significant association between the knowledge and practice regarding prevention of neonatal hypothermia among postnatal mothers with their selected demographic variables.

METHODOLOGY

Research approach- A Quantitative research approach was used by the researcher.

Research design- In this study Descriptive Cross Sectional Survey research design was used by the researcher.

Setting of the study- In this study the setting was conducted in Rama hospital and Anjali hospital and diagnostic centre.

VARIABLES

Socio demographic- In this study the demographic variables were age in year, Religion, Education of mothers, occupation of mothers, family monthly income.

Research variable- Knowledge and practice regarding prevention of neonatal hypothermia.

POPULATION

In this study the population was postnatal mothers..

Target population- In this study, the target population comprises all postnatal mother.

Accessible population- Accessible population of the study was postnatal mother present at the time of data collection admitted in selected hospitals Kanpur.

SAMPLE- In this present study, sample were postnatal mother who fulfil the inclusion criteria.

SAMPLE SIZE- The present study comprises the sample size were 100 postnatal mothers admitted in selected hospitals Kanpur.

SAMPLING TECHNIQUE-In this study, the samples were selected through convenient sampling technique.

SAMPLING CRITERIA

Inclusion criteria

- Mothers, 21 years old and above from the selected hospital who gave birth to live babies.
- Mothers who were in postnatal period, within the first 28 days post-delivery.
- Mothers who were in post cesarean, post-delivery but their babies are not critically ill.
- Mothers who are able to read and understand Hindi/ English.

Exclusion criteria

- Mothers who gave birth of died babies.
- Mothers who were not willing to participate during this study.
- Mothers who were not in Post caesarean, post-delivery, postnatal care and their babies are critically ill.

METHOD OF DATA COLLECTION

Data collection was done within one week in selected hospitals, Kanpur Uttar Pradesh. One hundred sample was collected who fulfilled the inclusion criteria of the study. Oral consent was taken from participant during data collection. Data was collected by administering of structured knowledge questionnaire and observational checklist. Data was analyzed according to the objective of the study by descriptive and inferential statistics.

DEVELOPMENT AND DESCRIPTION OF THE TOOL

Section-A Demographic questionnaire. It contain of age in year, religion, education of mothers, occupation of mothers, family monthly income.

Section-B Self structured knowledge questionnaire.

It comprises of 20 multiple choice questions and each of them had one correct answer and three distracters. Each correct answer was given score of '1'

Section –C To comparison the level of the knowledge and practice among postnatal mothers.

Section- D Find out the relationship between the level of the knowledge and practice among postnatal mothers through questionnaire.

Section-E Observational check list on practices of postnatal mothers regarding prevention of neonatal hypothermia.

It comprises of 20 questions. And each correct answer was given score of '1'.

RESULT FINDINGS

SECTION- A

Table – 1 Frequency and Percentage wise distribution of among postnatal mother according to the demographic variables(N=100)

S.NO	DEMOGRAPHIC VARIABLES	FREQUENCY	PECENTAGE
1	Age		
	21-30	35	35%
	31-40	45	45%
	41& above	20	20%
	Total	100	100
2	Religion		
	Hindu	50	50%
	Muslim	40	40%
	Christian	10	10%
	Others	0	0%
	Total	100	100
3	Education of mothers		
	High school	10	10%
	Intermediate	30	30%
	Graduation	45	45%
	Post graduation	15	15%
	Total	100	100

4	Occupation of mother		
	Unemployed	35	35%
	Self employed	40	40%
	Private employee	15	15%
	Government employee	10	10%
	Total	100	100
5	Family monthly income		
	Below Rs. 5000/	10	10%
	Rs. 5001/- Rs. 10,000/	30	30%
	Rs. 10001/- Rs. 15000/	25	25%
	Rs. 15001& above	35	35%
	Total	100	100

The above table shows that majority of the mother 45[45%] were the age of 31-40 years, majority of mother 50[50%] were Hindu, majority of mother were graduated 45[45%], majority of mothers 40[40%] were the self- employed and majority of mother 35[35%] were the income Rs. 15001& above.

SECTION- B

Table – 2 Table showing level of knowledge regarding prevention of neonatal hypothermia among postnatal mothers(N=100)

Knowledge	Frequency	Percent
Poor	0	0%
Average	38	38.0%
Good	62	62.0%
Excellent	0	0%
Total	100	100.0%

The above table shows that majority of mothers had 62[62.0%] good knowledge, 38[38.0%] had average knowledge. There is no excellent knowledge and poor knowledge of the postnatal mothers.

Table-3 Table showing level of practice regarding prevention of neonatal hypothermia among postnatal mothers (N=100)

Practice	Frequency	Percent
Poor	0	0%
Average	3	3.0%
Good	64	64.0%
Excellent	33	33.0%
Total	100	100.0%

The above table shows that majority of mothers had, 64[64.0%] good practice, 33 [33.0%] had excellent practice, 3[3.0%] had average practice. There is no poor practice of postnatal mothers.

SECTION- C

Table – 4 To compare the level of the knowledge and practice among postnatal mother

	Mean	SD	t test	Df	Inference
Practice	13.8980	1.89123	54.66	198	Significance
Knowledge	41.4900	4.55604			

The above table shows that comparison the level of the knowledge and practice and the obtained “t” value (54.66) and $p < 0.05$ level of significance.

SECTION- D

Table-5 showing the Correlation between the level of knowledge and practice among postnatal mothers

	Correlation	P value	Inference
Knowledge and practice	-0.066	0.513	Non- significant

The above the table shows correlation between the level knowledge and practice -0.066 and $p = 0.513$ use the Pearson’s test and showing non- significant between knowledge and practice of among postnatal mothers.

SECTION- E**Table –5 Table showing association between the level of knowledge with their selected demographic variables (N=100)**

	Poor	Average	Good	Excellent	Total	Chi square value	df	Table value	Inference
Age									
21-30	0	2	22	11	35	2.029	4	0.730	Non-significant
31-40	0	1	30	14	45				
41 &above	0	0	12	8	20				
Religion									
Hindu	0	2	32	16	50	1.773	4	0.777	Non-significant
Muslim	0	1	24	15	40				
Christian	0	0	8	2	10				
Others	0	0	0	0	0				
Education of Mother									
High school	0	1	4	5	10	5.556	6	0.475	Non-significant
Intermediate	0	1	20	9	30				
Graduation	0	1	28	16	45				
Postgraduation	0	0	12	3	15				
Occupation of Mother									
Unemployed	0	2	18	10	30	2.365	6	0.883	Non-significant
Self employed	0	1	29	15	45				
Private employee	0	0	10	5	15				
Government employee	0	0	7	3	10				
Family Monthly Income									
below RS. 5000/	0	0	9	1	10	8.638	6	0.194	
RS.5001-10000/	0	0	19	10	29				

RS. 10001-15000/	0	0	15	10	25				Non-significant
RS.15001& above	0	3	21	12	36				

The above table shows that there is no association between age, religion, occupation of mother, Education of mother and family monthly income with knowledge.

Table – 6 Table showing association between level of practice with their demographic variables (N=100)

	Poor	Average	Good	Excellent	Total	Chi square value	Df	Table value	Inference
Age									
21-30		17	18	0	35	2.619	2	0.269	Non-significant
31-40		15	30	0	45				
41 & above		6	14	0	20				
Religion									
Hindu		16	34	0	50	1.719	2	0.423	Non-significant
Muslim		17	23	0	40				
Christian		5	5	0	10				
Others		0	0	0	0				
Education of Mother									
High school		4	6	0	10	4.735	3	0.192	Non-significant
Intermediate		12	18	0	30				
Graduation		13	32	0	45				
Postgraduation		9	6	0	15				
Occupation of Mother									
Unemployed		11	19	0	30	8.319	3	0.039s	Significant
Self employed		12	33	0	45				
Private employee		10	5	0	15				

Government employee		5	5	0	10				
Family Monthly Income									
Below RS. 5000/		5	5	0	10	3.654	3	0.301	Non-significant
RS.5001-10000/		7	22	0	29				
RS. 10001-15000/		10	15	0	25				
RS.15001& above		16	20	0	36				

*Table value is significant at $P < 0.05$

The above table shows that there is no association between selected age, religion, Education of mother, Occupation of mother and family monthly income with knowledge and Occupation of mother showing significant association with practice.

DISCUSSION

The correlation between the level of the knowledge and practice -0.066 and $p = 0.513$. and showing non-significant between knowledge and practice. The level of knowledge and practice regarding prevention of neonatal hypothermia among postnatal mothers. Majority of 64% of postnatal mothers had good knowledge, 33% have excellent knowledge, 3% have average knowledge and 0% have poor knowledge. The majority of postnatal mothers had 62% have good practice, 38% have average practice, 0% have excellent practice and poor practice and comparison the level of the knowledge and practice and the obtained “t” value (54.66) and $p < 0.05$ level of significance. In this study findings shows that is no significant association between the knowledge and practice regarding prevention of neonatal hypothermia among postnatal mothers with their selected demographic variables hence hypothesis H_{01} and H_{02} was accepted.

CONCLUSION

It concluded that the comparison the level of knowledge and practice shows significant and correlation between the level knowledge and practice -0.066 and $p = 0.513$. and showing non-significant between knowledge and practice of among postnatal mothers and the majority of mothers have good knowledge and no association between age, religion, occupation of mother and family monthly income and Education of

mother with knowledge and the majority of mothers have good practice and no association between age, religion, education of mother and family monthly income with practice and only Occupation of mother showed significant association with practice at ($p < 0.05$) and the comparison the level of knowledge and practice shows significant and correlation shows non significant between the level of knowledge and practice among postnatal mothers

RECOMMENDATION

The recommendation is made on the basis of present study are-

- A similar study can be done on large scale.
- A study can be done in different setting.
- The study can be done by using other methods of data collection.

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