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A study to assess the effectiveness of planned teaching program regarding kangaroo mother care among staff nurses in Netaji Subhash Chandra Bose, Hospital Jabalpur (M.P.)

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Abstract

A quasi experimental one group pre-test post-test research was carried out to assess the effectiveness of planned teaching program regarding knowledge of kangaroo mother care among staff nurses in Netaji Subhash Chandra Bose Medical College Hospital Jabalpur (M.P.) Finding of the study shows that pre-test mean knowledge score was 19.71. The post-test mean knowledge score was 36.33. This indicates the effectiveness of planned teaching program. The findings of present study have implications for nursing practice, nursing administration, nursing education and nursing research.

Keywords: Knowledge, practice, staff nurse and score

Introduction

Objectives

1. To develop a tool to assess the knowledge regarding kangaroo mother care among staff nurses.
2. To assess the knowledge of staff nurses about kangaroo mother care before giving planned teaching program.
3. To assess the knowledge of staff nurses about kangaroo mother care after giving planned teaching program.
4. To compare the knowledge before and after giving planned teaching program.
5. To associate the knowledge scores of nurses with selected demographic variables.

Background of the study

Newborns have the highest risk of death among all children. Worldwide each year, 4 million babies die before they reach one month of age, which represents 40 percent of all deaths of children under five. About 30 to 40 percent of babies in India are LBW. In the present circumstances, it is not possible to offer special care to all LBW/Preterm babies. Kangaroo mother care is particularly important when caring for low birth weight infants in poor countries where there is a high mortality rate in hospitals. These small infants often die due to hypothermia or infection. Kangaroo mother care is the best option if neonatal care unit is unavailable. The effect of kangaroo mother care on LBW babies was found that this method is beneficial for improved survival, improved duration of breast feeding, fewer serious infections and greater maternal infant bonding. The study abroad is not useful in India, hence the investigator while working in the hospital observed that the nurses do not have sufficient knowledge regarding kangaroo mother care so, the investigator has developed the planned health teaching on kangaroo mother care to improve the knowledge of kangaroo mother care.

Review of literature

Cohort, R., (1998) Conducted a study on the effect of kangaroo mother care or skin-to-skin contact on breast feeding. He found that earlier skin-to-skin contact, the greater the effect on breast feeding. Robert, C., (2000) states that kangaroo mother care associated with a reduced risk of nosocomial infection at 41 weeks corrected gestational age, severe illness and lower respiratory tract infection, revealed no evidence of a difference in severe infection at 41 weeks corrected gestational age (relative risk 0.49, 95% confidence interval 0.25 to 0.49, 95%).

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Finding suggest that kangaroo mother care reduce the risk of nosocomial infection. Paul, V.K., (October-November, 2001), has conducted study on effect of kangaroo mother care on breast feeding rate weight gain and length of hospitalization of very low birth weight neonates and found that neonate in the KMC group demonstrated better weight gain after the first week of life (15.9 ± 4.5 grm/day) and earliar hospital discharge (27.2 ± 7) compared to the controlled group, which received only standard care. The number of mother exclusively breast feeding their babies at 6 week follow up was double in the KMC group that in the control group 12/14 v/s 6/14.

Research design

A quasi experimental one group pre-test post-test research design was consider appropriate for the present study to identify the knowledge of nurses regarding kangaroo mother care.

Setting of the study

The study was conducted in the Netaji Subhash Chandra Bose Medical College, Hospital Jabalpur.

Sample Size

Sample size for this study was 60 staff nurses.

Sampling Technique

Purposive sampling technique is to be used to select sample size for this study.

Data collection Procedure

Data were collected by obtaining permission from concerned authority and participant.

After explaining the purpose of the study by the investigator prior to data collection, pre-test will be conducted by administering socio-demographic performa and structured knowledge Questionnaire on kangaroo mother care. After 7 days post-test will be conducted by administering same questionnaire that was used in the pre-test.

Table 1: Data collection Procedure

S. No	No. of Samples	Weeks
1.	60 (per test)	1
2.	60(post-test)	1

Findings related to level of Knowledge-pre-test knowledge score

There were 60 samples included in the study and 40 questions were asked regarding kangaroo mother care in the study for the assessment of pre- test knowledge score, out of which 44 (77.5%) staff nurses had average knowledge score and 1.6 (25%) had good knowledge. It may be due to lack of awareness. The mean pre-test knowledge score was 19.71.

Post-test knowledge score

In the post-test it was found that out of 60 samples 2 (4%) had good knowledge score 58(96%) had excellent knowledge score. None of them have poor and average knowledge score. The mean post-test knowledge score was 36.33.

Findings related to Comparision between pre and post-test knowledge score:

The comparison between pre-test and post-test knowledge made by t test $t=3.0821$, $p<0.05$ level of significance. This

indicates that planned teaching programe was effective in increasing the knowledge of staff nurses.

Conclusion

Kangaroo mother care is very important for caring LBW/preterm babies in the hospital. The pre-test knowledge of nures regarding knagroo mother care was average. Planned teaching program was effective in order to improve the knowledge of nurses.

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