

TO ASSESS THE KNOWLEDGE LEVEL REGARDING KANGAROO MOTHER CARE AMONG POSTNATAL MOTHERS IN A SELECTED HOSPITAL IN BHUBANESWAR, ODISHA

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ABSTRACT:

Kangaroo mother care is a cheapest method and can be given even for the babies from below poverty line. The investigator felt the need to undertake this study to assess the knowledge on kangaroo Care among post natal mothers having low birth weight babies, it is very important in order to understand mother need and accordingly to provide assistance to practice Kangaroo Mother care to protect the preterm new-borns' life. The studies showed that Kangaroo care has many advantages over the conventional incubator care and it improves the health of the new-born. The study findings highlights that level of knowledge for postnatal mothers, 80% of mothers had inadequate knowledge, 17 % of postnatal mothers had moderately adequate knowledge and 3 % of mothers had adequate knowledge and 10 % of postnatal mother's very good knowledge. The present study concluded that the mothers had inadequate knowledge regarding Kangaroo mother care.

Key Words: knowledge, Kangaroo mother care, postnatal mothers.

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INTRODUCTION:

“Children are the wealth of the nation; Take care of them, If you wish to have a strong India”

- Nehru

Based on Maslow's hierarchical theory, the basic need of every individual are love, security and affection. All of which can be expressed through the most old fashioned and natural way of cuddling. The baby throughout the nine-month period in the mother's womb recognizes this sensation of being cuddled in the environment of the womb. This sensation and feeling of security is ended prematurely in the case of the preterm infants, since they have to face extra uterine life before time. Hence preterm infant need more cuddling and security, mimicking the intrauterine environment. (Flacking. R, 2011)

Goal is to achieve a 30% reduction of the number of infants born with a weight lower than 2500 g by the year 2025. This would translate into a 3.9% relative reduction per year between 2012 and 2025 and a reduction from approximately 20 million to about 14 million infants with low weight at birth (WHA, Global Targets to 2025, 2014).

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 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 (Conde - Agudelo A, et al, 2003)

NEED FOR THE STUDY

The investigator felt the need to undertake this study to assess the knowledge on kangaroo Care among post natal mothers having low birth weight babies, it is very important in order to understand mother need and accordingly to provide assistance to practice Kangaroo Mother care to protect the preterm new-borns' life. Thermal protection of the new-born promoted by KMC at birth to ensure that they do not become either cold and maintained a normal temperature of 36.50C-37.50C. The new-born cannot regulate its temperature like an adult and they are able to tolerate only a limited range of environmental temperature. The smaller are the new-borns the greater the risk. Thermal stability improves gradually as the body increase weight (Komal. et al, 2017). Hypothermia which is common in new-born babies' results in, immature development of central nervous system, birth asphyxia, intracranial haemorrhage and failure to maintain an effective thermo neural environment. In preterm and small for gestational age infant's heat loss is due to high surface area, reduced subcutaneous tissue, reduced brown fat and reduced glycogen stores (Aklilu Abrham Roba. et a l,2017).

METHOD OF STUDY

Research Approach & Design- Quantitative Research Approach and Descriptive Research Design were adopted for this study. Study was conducted in a selected hospital of Bhubaneswar, Odisha. Research instruments also called research tool are the devices used to collected data.

ANALYSIS, INTERPRETATION & RECOMMENDATIONS:**Assessment of level of knowledge on Kangaroo Mother care among the post natal mothers.**

An attempt has been made to study the knowledge of Postnatal Mothers on Kangaroo mother care. After converting the qualitative information of the knowledge into a quantitative one the average score was obtained from the post natal mothers on various dimensions like meaning of Kangaroo mother care, Importance of Kangaroo mother care, Benefits of Kangaroo mother care, Position of Kangaroo mother care, Procedure for Kangaroo mother care, Meaning of pre-term baby.

TABLE NO 1: LEVEL OF KNOWLEDGE OF POSTNATAL MOTHERS ON KANGAROO MOTHER CARE. N=300

| Level of Knowledge | Min – Max obtainable score | Frequency | Percentage % |
|---------------------|----------------------------|-----------|--------------|
| Inadequate | 0 – 10 | 240 | 80 |
| Moderately Adequate | 11 – 20 | 50 | 17 |
| Adequate | 21 – 30 | 10 | 3 |

Table .1 highlights that overall level of knowledge for postnatal mothers, 80% of mothers had inadequate knowledge, 17 % of postnatal mothers had moderately adequate knowledge and 3 % of mothers had adequate knowledge and 10 % of postnatal mother's very good knowledge.

DISCUSSION

The study findings highlights that level of knowledge for postnatal mothers, 80% of mothers had inadequate knowledge, 17 % of postnatal mothers had moderately adequate knowledge and 3 % of mothers had adequate knowledge. These findings are more or less similar to the findings of **Nguah, S.B., et al (2011)**, conducted a study on “Perception and practice of Kangaroo Mother Care after discharge from hospital in Kumasi, Ghana: A longitudinal study among 202 postnatal mothers”. The result highlighted that at recruitment 23 (11.4%, 95%CI: 7.4 to 16.6%) mothers knew about KMC.

Further the study findings supported by **Komal et al, 2017** conducted a study on “Effectiveness of STP on Knowledge of Postnatal mothers regarding Kangaroo Mother care ”shows that, , majority of postnatal mothers (80%) had average knowledge and 20% of had below average knowledge regarding kangaroo mother care.

The above findings supported by **Elizebeth et al.** conducted a study on “A study to assess the knowledge on kangaroo mother care among mothers of low birth weight babies at JIPMER hospital, Puducherry,” 2017 highlighted that majority of the Mothers (57%) had moderately adequate knowledge when compared to mothers who had inadequate knowledge (40%) and who had adequate knowledge (3%) regarding Kangaroo Mother Care.

The present study findings on the overall mean, SD, mean percentage of knowledge scores shows that 17 ± 2.01 which is 57 %, which is more or less similar to the mean knowledge score of **Komal et al.** conducted a study on “Effectiveness of STP on Knowledge of Postnatal Mothers Regarding Kangaroo Mother Care in Selected Hospital, Moga, Punjab” shows the mean knowledge score was 21.38 with standard deviation 3.39.

The mean score Knowledge also similar to the study conducted by **Elizebeth et al.** A study to assess the knowledge on kangaroo mother care among mothers of low birth weight babies at JIPMER hospital, Puducherry, 2017, reported that the mean knowledge score was 12.43 ± 3.84 on Kangaroo mother care among the postnatal Mothers.

CONCLUSION

The postnatal mothers had inadequate knowledge regarding Kangaroo Mother care. It is very much important to understand mother’s knowledge so that Nurses can provide appropriate practical help to perform KMC. Many studies proved that inadequate knowledge and skill was the only barrier to practice KMC. Hence these study findings will further stimulate the minds of Nurses to give emphasis on creating awareness among the mothers for KMC.

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