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## A study to assess the effectiveness of structured teaching programme on care of low Birth weight among mothers of LBW newborns in selected hospitals at Jalgaon

**Author:** Mrs. Alka Nandeshwar

**Affiliation:** Researcher Scholar (Nursing), Malwanchal University, Indore, MP, INDIA

**Email ID:** [alkatajne@gmail.com](mailto:alkatajne@gmail.com)

### Article Info

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### Abstract

The birth weight of an infant is the single most important determinant of its chances of survival, healthy growth and development. One of the factors contributing to infant mortality is low birth weight. OBJECTIVES OF THE STUDY-1.To assess the pre-existing knowledge score of them others regarding care of LBW newborns.2.To assess the post test knowledge score of the mothers regarding care of LBW newborns. METHODS: An evaluative research approach with pre-experimental design was used for the study. The study was conducted at selected hospital in jalgaon city. The sample comprised of 60 mothers of LBW newborns. Sample was selected by using purposive sampling technique. Formal written permission from hospital authorities was obtained prior to data collection process. Data was collected using a self structured questioner. RESULTS: The results of this study showed that highest percentage (40%) of mothers were in the age group of 22-25 years.. Knowledge score of mothers regarding care of LBW newborns showed that the pre-test knowledge score with the pre-test mean of 11.05, whereas the post-test score with a mean of 18.93.The findings of the study concluded that mothers had inadequate knowledge regarding care of LBW newborns. The structured teaching programme on care of LBW newborns was highly effective in improving the knowledge of mothers regarding care of LBW newborns



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### Introduction

A healthy child- a sure future, a healthy childhood is precursor to healthy adulthood and they are asset to their parents as well as to the nation. Motherhood is a beautiful and joyous experience to woman. The health of the mother during pregnancy is important to give birth to a healthy baby. New born period is the most crucial period in which the new born undergoes various transitional process and gets accustomed with the external environment. This adjustment requires the fullest developmental in new born baby whereas in case of low birth weight babies this is lacking Low birth weight refers to all new born whose weight is less than 2500 grams irrespective of the duration of Gestation. Birth weight is a critical determinant for survival in the neonatal period and for future growth and development of the new born. The new born with the low birth weight starts life with a handicap and this may persist in future. Majority of the problems associated with Low birth weight newborn can be prevented by providing education to the mothers regarding the identification of problems associated with LBW and care of LBW newborn.

### OBJECTIVES OF THE STUDY

1. To assess the pre-existing knowledge score of the mothers regarding care of LBW newborns.
2. To assess the post test knowledge score of the mothers regarding care of LBW newborns.
3. To find out the association between post-test knowledge score and selected demographic variables.
4. To find out significant difference between pre test and post test knowledge scores of mothers regarding care of LBW newborns.

### HYPOTHESES:

☑**H1:-** There will be significant difference between mean pre and post test knowledge Score of the mothers regarding care of LBW newborns.



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☑**H2:-** There will be significant association between pre-test knowledge score of mothers regarding the care of LBW newborn and the selected demographic variables

### **MATERIAL AND METHODS:**

The research methodology is a way to structure a study and to gather and analyze information in a systematic fashion (Polit D.F. & Beck C.T., 2006).

**Research Approach:** Evaluative approach

**Research Design:** A pre experimental design, pre and post test without control group

### **Variables:**

☑**Independent variable:** The structured teaching programme on care of low birth weight newborns

☑**Dependent variable:** The knowledge regarding care of low birth weight age of the mother.

### **Attribute variables:**

- age of the mother
- ☑education of the mother
- obstetrical history illness during pregnancy
- previous history of LBW
- previous teaching on care of LBW newborns
- ☑ Sex of the baby
- birth weight
- gestational age of newborn

### **SELECTIONCRITERIA**

#### **Inclusion Criteria:**

- Mothers of LBW newborns.
- Mothers who are available at the time of data collection
- Mothers who are willing to participate
- Mothers who are able to read and write Marathi and English



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### **Exclusion Criteria:**

- Mothers of newborns with weight more or equal to normal (2500 gm).
- Mothers who are not available at the time of data collection
- Mothers who are not willing to participate
- Mothers who are notable to read and write Marathi and Hindi

**Setting of the study:** The study was conducted at selected 1 hospitals, at Jalgaon

**Population:** Mothers of LBW newborns

**Sample/SampleSize:** 60 Mothers of LBW newborns

**Sampling technique:** Convenient sampling

### **RECOMMENDATION:**

Based on the findings of the present study recommendations offered for the future study are:

1. Similar study can be conducted on a larger sample.
2. A comparative study can be conducted with control group.
3. The comparative study may be conducted to find out the effectiveness between SIM and PTP regarding the same topic.
4. A descriptive study can be conducted to assess the knowledge and practice of mothers on care of LBW newborns.
5. A longitudinal study can be done using post-test after one month, six months and one year to see the retention of knowledge.

### **FINDINGS OF THE STUDY**

**The major findings of the study are summarized follows:**

- Majority 24(40%) of sample was between the age group of 22-29 years.
- Majority 17(28.30%) of the sample was of primary educational background.
- Majority 36(60%) sample was multiparous.



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- Majority 44(73.33%) was did not have any history of illness during pregnancy.
- Majority 48(80%) were not have any previous history of LBW baby.
- Majority 34(56.76%) of the birth weight of new born belong to group 1500-2000.
- Majority 43(71.70%) were with gestational age less than 37 weeks.
- Most (96.66%) of the sample didn't have any exposure to antenatal teaching.
- Most of the samples i.e. mothers in pre test were having 36(60%) poor knowledge score
- In the post-test majority of the mothers i.e. 32(53.34%) had good knowledge score
- Demographic variables such as age, educational status and obstetrical history were having significant association when compared with post test knowledge score.
- Highly significant difference found between the pretest and posttest Knowledge Scores at the level of (P<0.05).
- Structured teaching programme is proved to be effective in improving the knowledge of the mother regarding care of LBW new borns.

### CONCLUSION

The findings of the present study showed that highest percentage 24(40%) of mothers belonged to the age group of 23-25. The post-test knowledge score was is higher than the pre-test knowledge score range . The mean post-test knowledge score (18.93) also was higher than the mean pre-test knowledge score (11.05).

The comparison of pre-test and post-test knowledge score showed that there was a significant gain in knowledge scores of mothers after STP at 0.05 level (t-17.33, p<0.05).This shows that structured teaching program was effective.

The study findings concluded that mothers had inadequate knowledge regarding care of LBW newborns. The structured teaching program had great potential for accelerating the awareness regarding care of LBW newborns.



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