Effectiveness of Structured Teaching Programme on Knowledge Regarding Kangaroo Mother Care among Nursing Students in Selected College of Rajkot

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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 provided for the satisfactory improvement in infant health.

The present Pre experimental one group pre-test and post-test research design was conducted among nursing students to evaluate the effectiveness of Kangaroo mother care. The researcher selected 60 samples based on non probity sampling technique. The results shown that the level of knowledge was improved after implementation of structured teaching, which indicates the structured teaching was effective. The researcher concluded that, the teaching aids will be helpful in improving knowledge among students as well as public. The researcher recommended that, the community education programme and personal behavior change education is required to save the baby life and reduce the neonatal and infant morbidity and mortality in India.

Keywords: Knowledge; Kangaroo Mother Care; Nursing Students.

INTRODUCTION

The World Health Organization defines low birth weight infants (irrespective of gestational age) as neonates born less than 2500 grams (5 pounds) and extremely low birth weight as less than 1500

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grams. Of these babies, approximately one third dies before stabilization or in the first twelve hours.

In India among the major child health challenges facing the world at the turn off the new millennium is the problem of high neonatal mortality. The global burden of newborn deaths is estimated to be a staggering five million per annum. Only 2% (0.1 million) of these death occur in developed countries, the rest 98% (4.9 million) take place in the developing countries. The highest neonatal mortality rates are seen in countries of south Asia resulting in almost 2 million newborn deaths in the religion each year, with India contributing 60% (1.2 million) of it.

Globally about 25 million low Birth Weight babies are born each years 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.

More than 20 million babies are born each year with low birth weight. This represents 15.5% of all births. Of these low birth weight babies, 95.6% are born in developing countries. One in 12 babies (8.3% of live births) was low birth weight in 2005 in India. Between 1995 and 2005, the number of infants born low birth weight infants born in India increased to 11%. Because of the poor care and resources, this rate was increasing steadily.

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 2000gram at birth. It consists of skin-to-skin contact, exclusive breast feeding early discharge and with an adequate follow-up.

OBJECTIVES

1. To assess the level of knowledge regarding kangaroo mother care among Nursing Students in selected college of Rajkot.

2. To evaluate the effectiveness of structured teaching programme by comparing the main pre-test, post-test knowledge score among the Nursing Students.

3. To find out the association between the mean Post-test knowledge score among the Nursing Students with their selected demographic variables.

Research Design: Pre experimental Research design, one group pretest and post research design was adopted for this study.

Research Study Setting: The study was conducted in selected Nursing colleges at, Rajkot Gujarat.

Population: Nursing Students

Sample: The sample of the study comprised the Nursing Students at selected college of Rajkot.

Sample Size: The sample size of the study comprised of 60 Nursing Students.

Sampling Technique: Non-probability sampling technique was used to select the sample for the study.

RESULTS

Regarding the demographic variables most of the Nursing Students 41 (68.3%) of them were aged between 18-20 years, in gender 42 (70%) of them were female, regarding religion 60 (100%) of them were Hindus, regarding medium of teaching 60 (100%) of them were studying in English Medium, 60 (100%) of them were got health information through mass media.

The pre-test findings reveal that out of 60 samples highest percentage of 76.7% of them had inadequate level of knowledge, 23.3% of them had moderate knowledge and in the post test majority 98.3 % of them were had adequate level of knowledge and 1.7% of them had inadequate level of knowledge regarding kangaroo mother care among the Nursing Students.
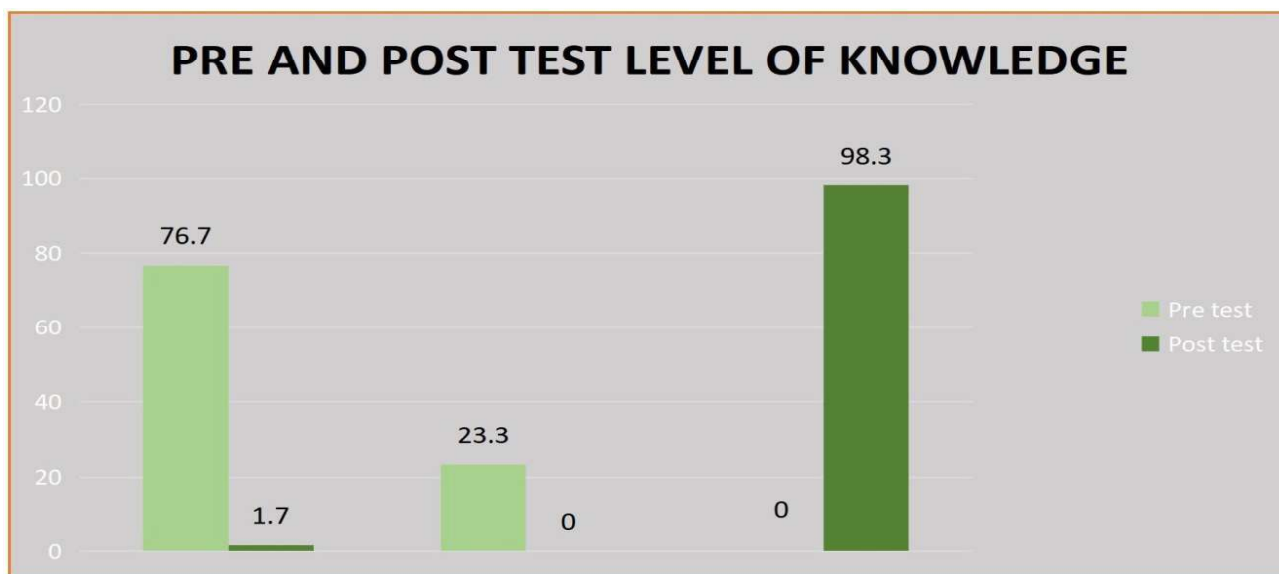

Fig. 1: Pre and Post-test level of knowledge among nursing students

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The pretest mean score of knowledge regarding kangaroo mother care among nursing students was 1.23±0.427 and the post test mean score was 2.97±0.258. The calculated paired 't' test value of t = 27.829 was found to be statistically significant at p<0.005 level.

Table 1: Paired 't' test comparison of pre and post test scores regarding kangaroo mother care among the Nursing Students.

N = 60

Knowledge	Mean	S.D	Paired 't' Test Value
Pre-test	1.23	0.427	t=27.829
Pos-test	2.97	0.258	p=0.0005, S***

***p<0.005, S – Significant

The demographic variable education **(x^2=4.471, P=0.005)** had shown statistically significant association with level of knowledge regarding kangaroo mother care among Nursing students, at p<0.005 level.

CONCLUSION

Kangaroo mother care is the key point among the nursing students to securing the newborn and infant baby and helps to reduce the morbidity and mortality of India. The finding of the study concluded that there was significant increase in the level of knowledge among nursing students after implementation of the structured teaching programmed regarding kangaroo mother. The level of knowledge increased and improved due to the effectiveness of structured teaching programmed.

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