



A study to assess the knowledge gain with video assisted teaching on kangaroo mother care among primi gravid mothers at government general hospital, Kakinada.



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Abstract: Kangaroo mother care is a technique of direct skin - to - skin contact between mothers (or fathers) and their premature infants. It has shown to improve the mothers psychological state, strengthen mother and infant bonding and stimulate maternal lactation. One of the problems with the present attitude of unnecessarily separating mothers from infant is that the newborn exhibits the protest-despair response as soon as it is removed from her. This sorrowful and despairing wailing is the survival mechanism of an infant in pain trying to bring its mother back. Sadly, if this doesn't work, and the mother doesn't appear, the baby becomes too tired to cry any more. It gives up in despair, and to conserve energy for survival. I believe that it is not only an automated reflex as the baby consciously wants to be with mother. Many of us in primal therapy have discovered this truth. **Aim** of this study was to assess the level of knowledge of mothers on kangaroo mother care. **Objectives:** **1.** To assess the level of knowledge of mothers on kangaroo mother care. **2.** To analyze the effectiveness of video assisted teaching on kangaroo mother care among primi mother. **3.** To find the association between post test knowledge scores with their selected demographic variable. 30 samples were selected by convenience sampling technique. Structured questionnaire was used for assessment of the knowledge on primi postnatal mothers. **The result** of this study reveals that frequency and percentage distribution of knowledge of kangaroo mother care in primi postnatal mothers. During assessment phase 22(73.3) mother were in poor knowledge, 8(26.6%) mothers were in moderate knowledge. During evaluation phase 6(20.0%) mothers were in moderate knowledge. Twenty four (80.0%) were adequate knowledge. **Conclusion:** The study concluded that video assisted learning is more effective in improving knowledge on kangaroo mother care. **Keywords:** Knowledge, video assisted, teaching, kangaroo mother care, primi mother.

THE OBJECTIVES OF THE STUDY:

1. To assess the level of knowledge of mothers on kangaroo mother care.
2. To analyze the effectiveness of video assisted teaching.
3. To find the association between post test knowledge scores with selected demographic variable of primi gravid mothers.

HYPOTHESIS: On the basis of objectives and review of literature, the following research hypothesis have been formulated.

H_1 – There will be significant association between knowledge of Primi Gravid Mothers on kangaroo mother care with their selected demographic variables.

H_2 – There will be significant difference between pre test and post test knowledge scores.

OPERATIONAL DEFINATIONS OF TERMS

Knowledge: Refers to the level of understanding of Primi Gravid Mothers regarding kangaroo mother care as measured by structured questionnaire.

Video assisted teaching: Set of teaching prepared by investigator regarding meaning, purpose, position,



equipment, procedure and complications of kangaroo mother care by the help of video.

Mothers: Primi Mothers, within the age of 18 to 45 years who need the knowledge on Kangaroo Mother Care.

Kangaroo mother care: Kangaroo mother care seeks to provide restored closeness of the newborn with mother and / or father by placing the infant in direct skin - to skin contact with one of them. This ensures physiological and psychological warmth and bonding. The kangaroo position provides ready access to nourishment. The mother's body responds to the needs of the infant directly helping, regulate temperature more smoothly than an incubator, milk adjusts to the nutritional and immunological needs of her fragile infant, and the baby sleeps more soundly.

ASSUMPTIONS: It is assumed that

- ❖ Primi Mothers who are participating in the study will have some knowledge regarding kangaroo mother care.
- ❖ The video assisted teaching programme prepared by the investigator will be appropriate to improve knowledge on Primi Mothers on kangaroo mother care.

DELIMITATION:

1. Mothers who had normal vaginal delivery.
2. Its delimited to only assessment of knowledge but not practice.
3. Data collection had done 6 hrs after delivery.

METHODOLOGY

RESEARCH DESIGN: One group pretest post test research used to evaluate the Knowledge on Kangaroo Mother care among Primi mothers.

SETTING: This study conducted in postnatal ward at Government General Hospital, Kakinada.

POPULATION: The population of the study comprises of postnatal mothers who admitted in Government General Hospital, Kakinada.

SAMPLE SIZE: Total number of sample was 30 postnatal mothers who admitted in Government General Hospital, Kakinada.

Sampling techniques: The sampling technique used for the study was convenience sampling technique.

CRITERIA FOR SAMPLE SELECTION

INCLUSION CRITERIA: Mother who were in Postnatal period. Primi Mother who could communicate in Telugu or English. Mother who were willing to participate in the study.

EXCLUSION CRITERIA: Mothers who had other obstetrical complications. Mothers who were not willing to participate in the study.

INSTRUMENT: Details of the tool used in the study given below.

PART-I: Demographic data

PART-II: Structured questionnaire for assessment of the knowledge of Primi Postnatal mothers on kangaroo mother care.

DATA COLLECTION: The study was conducted in postnatal ward at Government General Hospital, Kakinada. The data were collected for a period of two weeks by using questionnaire.

STATISTICAL METHOD: The descriptive statistical analysis method was used to find out mean, Standard deviation and frequency percentage of demographic variables. The paired 't' test were adopted and interpreted with pretest and posttest result found with Primi Postnatal mothers.

Plan for data analysis:

S. No.	Data analysis	Methods	Remarks
1.	Descriptive	The frequency and percentage distribution of variables	Demographic variables of prime postnatal mothers.
2.	Inferential statistical analysis	Paired 't' test	To compare the knowledge of primi postnatal mothers between pretest and post test score.



Demographic variables reveals that the distribution of responds.

Out of 30 mothers there were 13 (40%) mother under the age group of 18 to 24 years, 4(13.3%) mothers were in the age group of 25–31 years, 6(20%) mothers were in the age group of 32–38 years. 8(26.7%) mothers were in the age group of 39–45 years.

Regarding religion of the mothers, 14(46.6%) mothers were Hindus, 10(3.3) of them were Christians, 6(20%) mother were Muslims.

Regarding educational status of mother 20(40%) are illiterates, 18(26.7%) were completed school education, 10(33.3%) mothers are graduates.

With regard to the occupational status 14(46.6%) were employed, 16(53.3%) were unemployed.

In case of monthly income, up to Rs. 3000/- was drawn by 10(33.3%) mothers, 6(20%) had a monthly income Rs. 3001 – 5000/-

Regarding type of marriage, 10(33.3%) Mothers had consanguineous marriage; 20(66.7%) mothers had non consanguineous marriage.

Regarding source of health information frequency (26.7%) mother received information from mass media, 16(53.3%) mother from health professional and 6(20%) mothers from neighbours and friends.

Table-1: Comparison between assessment and evaluation score of mothers on kangaroo mother care. (n=30)

Health status	Assessment		Evaluation	
	No	%	No.	%
Adequate Knowledge	-	-	24	80
Moderate Knowledge	8	26.6	6	20
Poor Knowledge	22	73.4	-	-
Total	30	100	30	100

Table 1 shows that comparison between assessment and evaluation scores of knowledge of kangaroo mother care among primi postnatal mothers. During assessment phase 22(73.3) mother had poor knowledge, 8(26.6%) mothers had moderate knowledge. During evaluation phase six (20.0%) mothers had moderate knowledge. Twenty four (80.0%) were adequate knowledge.

TABLE 2: Comparison between mean and standard deviation of assessment and evaluation of mothers knowledge score on kangaroo mother care.

Knowledge status	Mean	SD	Confidence Interval
Assessment	20.1	5.02	32.3 - 28.7
Evaluation	7.4	1.11	12.92 - 1.14

TABLE 2 shows comparison between mean and standard deviation of assessment and evaluation of mothers on kangaroo mother care. The assessment mean was 20.1. and standard deviation of 5.02 and evaluation mean was 7.4 with the standard deviation of 1.14. the confidence interval for assessment score was 32.3 – 28.7 and for evaluation score was 12.98 – 1.14.

TABLE 3: Improvement score of mean and standard deviation of mothers on kangaroo mother care.

Knowledge status	Mean	SD	K-value	Sign value
Improvement score	12.6	5.61	12.61	12.35

TABLE 3 shows the mean and standard deviation of improvement score for effectiveness of video assisted teaching on kangaroo mother care among primi gravid mothers. The improvement score of mean value 12.6 and standard deviation is 5.61 and the sign (S) value is 12.35. The table value (k) was 12.61 $s < k$ i.e. $12.61 < 12.35$. So it was concluded that the kangaroo mother carries effective, their implies that the



knowledge was very effective.

IMPLICATIONS OF THE STUDY: The results obtained from the study helped the researcher to drive certain implications for nursing practice, nursing administration and nursing education.

Implication for nursing practice: Most of postnatal mothers who are not aware of kangaroo mother care because of ignorance. Use of kangaroo mother care is very important in clinical practice as it is very helpful for the low birth weight babies, pre term babies and full term babies also in helping them to maintain the normal body temperature, pulse, respirations, and gaining body weight by exclusive breast feeding and also helps in good bonding between the mother and the baby.

As India is a developing country where in many places the availability of incubators and warmers are not seen so this method of caring can be used as an substitute for conventional way of caring the babies which needs very less equipment and less costly way of caring with little knowledge.

Nursing administration: As in the present scenario where there is a lack of man power and money in developing countries. It is very much needed that in NICU or other wards 1:1 ratio is needed for caring the new born but it is not maintained and the administrators are finding it difficult to manage the situation and over burdening the staff.

So in order to solve this easily mothers Can be made as a part of care givers where they can be thought how to take care of their babies through kangaroo mother care and the 1:1 ratio can be maintained in hospitals and even early discharge with good knowledge of mother on caring can minimize the hospital expenses. The number of care givers (staff) need not be raised the present staff can be trained in

giving good supervision when mothers are caring for their babies.

Nursing education: Today's nursing students will be tomorrow's full-fledged nurses who will be practicing at bed side. So it is recommended to the nursing education department that implementation of video assisted teaching in their curriculum will bring good results in their learning and improve their skills and knowledge in many aspects. As pertaining to kangaroo care it is the simple and best way of caring their babies by mother and family members it should be thought to nursing students so that they can practice that in the clinical set up and teach many mothers as they come across. This aspect should be included in their syllabus and emphasis is to be given this topic.

Nursing research:

- ❖ The professional and student nurses can conduct studies on kangaroo mother care.
- ❖ The study will be a motivation for other researchers to conduct similar study or larger population with different variables.
- ❖ Disseminate findings through conference, seminars and publications in professional, national and international journals.
- ❖ The study will be a reference for research scholars.

RECOMMENDATIONS:

- ❖ A similar study can be conducted on larger population.
- ❖ A Similar study can be conducted on sample with different demographic variables.
- ❖ A Comparative study can be conducted to assess the practices of staff nurses on KMC in various hospitals.
- ❖ A comparative study can be conducted assessing the effectiveness of structured teaching programme



and video assisted teaching programme.

- ❖ The descriptive study can be conducted to know the attitude of mothers on kangaroo mother care.
- ❖ A Similar study can be conducted on low birth weight babies and the effect of kangaroo mother care.
- ❖ A comparative study can be conducted on two groups of new born babies to see the effectiveness of kangaroo care.
- ❖ An experimental study can be conducted on new born babies to assess the weight gain, temperature maintenance by kangaroo mother care.

CONCLUSION: The study concluded that, video assisted teaching is more effective in improving knowledge on kangaroo mother care.

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A Study to Assess the Effectiveness of Video Assisted Teaching Module (VATM) on Knowledge Regarding Care of Newborn Baby under Photo Therapy among Female Health Workers in Selected Hospital, Bhubaneswar, Odisha. @inproceedings{Devi2015AST, title={A Study to Assess the Effectiveness of Video Assisted Teaching Module (VATM) on Knowledge Regarding Care of Newborn Baby under Photo Therapy among Female Health Workers in Selected Hospital, Bhubaneswar, Odisha}, author={Sinmayee Kumari Devi and Nirupama Jena}, year={2015} }. Video Assisted Teaching Program. (VATP), Knowledge, Newborn, Primi para mothers. I.

INTRODUCTION. The newborn arrival is one of the most fabulous moments of life for the parents and family. Principally the mother is the primary person to take more responsibility to care the precious gift of the newborn in order to reduce the mortality and morbidity.1. The global issue of Neonatal Mortality Rate (NMR) is approximately more than 3.3 million in the world. According to WHO, only five countries account for more than half of newborn deaths viz., India, Nigeria, Pakistan, China and Democratic Republi... A study to assess the effectiveness of video assisted teaching on knowledge and reported practice among mothers regarding the post discharge care of high risk babies of the selected hospital, Bangalore. Ngawang Saldon. , Vasantha Singarayan. Published: 1 January 2020. by A and V Publications. in Asian Journal of Nursing Education and Research. Video assisted teaching can increase the knowledge of Primigravidae regarding labor process and improves labor outcome. Variables of the study. Independent variables: Video assisted teaching on labor process.Â superintendent of Vanivilas hospital and written consent was taken from the subjects. Socio-demographic data was collected from subjects through structured interview schedule. The pre-test was conducted among primigravidae to assess the pre- test knowledge level regarding labor process. The facility for video screening of the teaching was arranged in the comfortable room. Videos were projected with step by step explanation regarding anatomy and physiology of the uterus, normal pregnancy and normal labor process. The present study aimed to assess the effectiveness of Circular Hip Massage on first stage labour Pain among Primigravida mothers at Chrompet Government General Hospital. For this study a Quasi Experimental Method was used. A sample of 60 primigravida mothers with labour pain was selected by using Non- probability purposive sampling technique. The primi gravida mothers with labour pain at 4-6cm cervical dilatation admitted in labour ward of Chrompet government general hospital were selected for the study. The findings showed that regarding experimental group 22 (73.3%) are annoying pain and 8 (26.7%) are un comfortable pain. None of the mothers are dreadful pain, horrible pain and agonizing pain.