



TO EVALUATE THE EFFECTIVENESS OF LEARNING PACKAGE ON KNOWLEDGE AND PRACTICE IN CARE OF PRETERM BABIES AMONG POSTNATAL MOTHERS IN SELECTED NEONATAL INTENSIVE CARE UNIT AT COIMBATORE.

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ABSTRACT The study was undertaken to evaluate the effectiveness of learning package on knowledge and practice in care of pre term among postnatal mothers. The research approach used for this study was quantitative approach. The results shows that majority 73.3% of mothers had moderate knowledge and 66.7% of mothers had adequate practice of preterm care. The knowledge ($t=9.3$) and practice ($t=11.6$) score of the mother was highly significant at 0.05 level. There was no association between pretest knowledge and practice score with their selected demographic variables.

KEYWORDS :

Growth and development are important aspects of child's health. Child growth and development starts soon after the conception, inside the mother's womb. Postnatal health of an infant largely depends on the gestational age at the time of birth. The duration of a pregnancy is measured by gestational age (or the amount of time elapsed since the first day of the last menstrual period). A normal gestation lasts 40 weeks or 280 days. The period of gestation is one of the most important predictors of an infant's subsequent health and survival. In humans, preterm birth refers to the birth of a baby at less than 37 weeks of gestational age. The cause for preterm birth is in many situations elusive and unknown; many factors appear to be associated with the occurrence of preterm birth.

STATEMENT OF THE PROBLEM

To evaluate the effectiveness of learning package on knowledge and practice in care of preterm babies among postnatal mothers in selected Neonatal Intensive Care Unit at Coimbatore.

OBJECTIVES

- To assess the existing level of knowledge and practice on care of their preterm babies among postnatal mothers.
- To evaluate the effectiveness of learning package in improving the knowledge and practice on care of their pre term among postnatal mothers.
- To find out the association between pretest knowledge level and practice level with their selected demographic variables of postnatal mothers.

HYPOTHESIS

- H₁- There will be a significant difference between pretest and posttest knowledge score on care of their preterm babies.
- H₂- The mean post test practice score will be significantly higher than the mean Pretest practice score.
- H₃- There will be a significant association between the pre test scores of knowledge and selected demographic variables.
- H₄- There will be a significant association between the pre test scores of practice and selected demographic variables.

ASSUMPTIONS

This study assumes that,

- Postnatal mothers may have inadequate knowledge and practice regarding care of their preterm babies
- Education may help to improve the knowledge and practice of post natal mothers regarding care of their preterm babies.
- The selected group will co-operate in the data collection.

MATERIAL & METHODS

A quantitative research approach, pre experimental (one group pre test and post test) design was adopted to evaluate the effectiveness of learning package on knowledge and practice in care of preterm babies among postnatal mothers in selected Neonatal Intensive Care Unit at Coimbatore. Sample size consists of 30 postnatal mothers, who fulfil the inclusion criteria. The investigator explained the purpose of

conducting the study and reassured the post natal mothers that collected data will be kept confidential. The samples were selected by systematic random sampling technique.

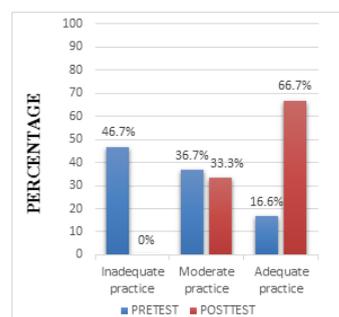
TOOLS USED FOR THE STUDY

Structured questionnaire to assess the following demographic variables, it includes age of mother, educational status, locality, religion, marital status, occupation, maternal illness during antenatal period, reason for pre term labour, type of delivery, gestational age, sex of the baby, birth weight, Apgar score during birth and respiratory distress after birth. On selection of the subjects, a self introduction was given, the investigator explained the objectives and method of data collection to postnatal mothers. The level of knowledge and practice was assessed by self structured questionnaire and observational check list. On an average, it took 30 minutes for an individual to fill the tools. The collected data was analyzed by using descriptive and inferential statistics.

Table : 1 - Distribution of samples according to their level of knowledge in pre test and post test. n=30

Level of Knowledge	Pre test		Post test	
	Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
Inadequate(0-10)	16	53.7	0	0
Moderate(11-20)	10	33.3	22	73.3
Adequate(21-30)	4	13.0	8	26.7

The data presented on the table shows that among 30 postnatal mothers 16(53.7%) had inadequate knowledge, 10(33.3%) had moderate knowledge and 4(13.0%) had adequate knowledge in pretest. The level of knowledge was improved after intervention, in the posttest 0(0%) had inadequate knowledge and 22(73.3%) had moderate knowledge and 8(26.7%) had adequate knowledge.



The data presented on the diagram shows that among 30 postnatal mothers 14(46.7%) had inadequate practice, 11(36.7%) had moderate practice and 5(16.6%) had adequate practice in practice of the postnatal mothers. The study findings revealed that knowledge and practice was significantly improved by learning packages

Table : 2 Mean, mean difference, standard deviation and 't' value of pretest and posttest level of knowledge. n=30

S. No	Variables	Mean	Mean Difference	Standard Deviation	Paired 't' test
1.	Pretest	12.61	5.5	4.6	9.3
2.	Post test	8.1		3.6	(p=0.05)

The data presented on the table- 2 revealed that, the pre test mean was 12.6 and the post test mean was 18.1. The mean difference 5.5 was a true difference. The standard deviation of pre test was 4.6 and post test was 3.6. The calculated paired 't' value 9.3 was highly significant than the table value(2.6) at 0.05 level.

Table: 3 Mean, Mean difference, Standard deviation and 't' value of pre test & post test level of practice among samples. n=30

S. No	Variables	Mean	Mean Difference	Standard Deviation	Paired 't' test
1.	Pretest	17.5	12.7	10.10	11.6
2.	Post test	30.2		7.62	(p = 0.05)

The data presented on the table- 3 revealed that, the pre test mean was 17.5 and the post test mean was 30.2. The mean difference 12.7 was a true difference. The standard deviation of pre test was 10.10 and post test was 7.62. The calculated paired 't' value 11.6 was highly significant than the table value(2.6) at 0.05 level.

CONCLUSION

This study proved that to evaluate the effectiveness of learning package was effective improving the knowledge and practice of the post natal mothers. The study findings revealed that knowledge and practice was significantly improved by learning packages.

LIMITATION

The limitation of the study was as follows;

- The study was conducted only in selected hospital
- Only the postnatal mothers were participated

RECOMMENDATIONS

On the basis of the study the following recommendations were made

- The study could be conducted with large samples.
- A comparative study can be undertaken the control group and the experimental group.
- Study can be conducted by using video Assisted teaching module.
- Study can be conducted by specify aspects of preterm for feeding.

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