

## Knowledge on Selected Aspects of New Born Care among Third Trimester Primigravida Mothers

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### Abstract

A cross sectional descriptive study was conducted on 150 third trimester primigravida mothers attending MCH centre, Tirupati to assess knowledge on selected aspects of new born care. Structured checklist was administered to the mothers & the results revealed that majority 60.7% had moderate knowledge, 23.3% had inadequate knowledge, and only 16% had adequate knowledge related to General information of newborn. With regard to Maintenance of warmth, 78.7% of primi mothers had moderate knowledge, 11.3 % had adequate knowledge and remaining 10 % had inadequate knowledge. Considering Breast feeding, 74% of primi mothers had moderate knowledge, 17.3 % had adequate knowledge and remaining 8.7% had inadequate knowledge. Pertaining to skin care and baby bath, majority 84% of primi mothers had moderate knowledge, 9.3% had adequate knowledge and only 6.7 % had inadequate knowledge. With regard to care of umbilical cord, 57.3% of primi mothers had moderate knowledge, 34% had inadequate knowledge, and remaining 8.7% had adequate knowledge. Pertaining to immunization, 57.3% of primi mothers had moderate knowledge, 34.7% had inadequate knowledge and only 8% had adequate knowledge. Age, Religion, educational status, occupation had significant association with knowledge level of newborn care at ( $P < 0.01$ ), monthly family Income and type of family were not found to have significant association.

**Keywords:** Selected aspects; Newborn care; Third trimester primigravida mothers.

### Background

Birth of a healthy newborn is one of the finest gifts of nature and one of the most happiest and emotional event that can occur in ones life time. After nine months of anticipation and preparation the baby arrives with full excitement. With the arrival to this world, the neonate begins highly vulnerable period in which many psychological and physiological adjustments to life-outside-uterus must be made.[3]

Majority of the complications of the normal neonates may occur during first 24 hours or within 7 days. So close observations and daily essential routine cares are important for health and survival of newborn baby.[7]

The care newborn receives in the initial weeks is

the key to their successful outcome and the vital factor in the survival and future development of the newborn” Then all new born babies’ requires essential new born care to minimize illness and maximize their growth and development. The principles of essential newborn care are simple, requiring no expensive high technology equipment: warmth to avoid hypothermia, early breastfeeding, hygiene, support for the mother-infant relationship, and early treatment for low birth weight or sick infants.[7]

### Objectives of the Study

1. To assess the knowledge regarding selected aspects of new born care among 3<sup>rd</sup> trimester primigravida mothers.
2. To find an association between the levels of knowledge regarding selected aspects of new born care with selected socio -demographical variables.

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*Need for the study*

Newborn care is of immense importance for proper development and healthy life of a baby. Although childhood and infant mortality in South Asia has reduced substantially during the last decade, the rate of neonatal mortality is still high. The neonatal mortality rate in south east region was 44/1000 live births in 1990 and it was 29/1000 live births in 2011 according to world health statistics 2013.[8]

The majority 75% of all neonatal deaths occur during the first week of life, and between 25% to 45% occur within the first 24 hours. India accounts for 29% of all newborn deaths worldwide, according to the Charity Save the Children (2013). According to WHO statistics 2013 – neonatal mortality rate in India per 1000 live births is 32.[8]

The mother’s knowledge regarding newborn care forms the bench mark for her child care. Though equipped with intuitive information due to lack specific information, anxiety, worries, lack of confidence and practical experience, primigravida mothers face more problems than others while taking care of their newborns. Therefore, there is a need to identify the knowledge of primigravida mothers regarding newborn care.[6]

**Methodology**

*Research Approach*

The descriptive approach was adopted to achieve

the objectives of the study.

*Sample and Sample Size*

In this study sample consisted of 150 Third trimester primigravida mothers.

*Setting*

The Study was conducted at MCH Center , Tirupati.

*Sample Technique*

As the selection of sample depends on availability of mothers, non probability purposive sampling technique was adopted.

*Tool Used*

To assess knowledge on selected aspects of newborn care structured checklists were developed and administered to mothers which consists of II sections.

Section I consists of questions to collect Demographic data.

Section II consists of checklist with 32 items to assess the knowledge on selected aspects of newborn care among third trimester primigravida mothers.

The tool was sound to be highly reliable and valid. Pilot study was conducted before the main study to

**Fig 1: Percentage Distribution of Level of Knowledge on Selected Aspects of Newborn Care among Third Trimester Primigravida Mothers**

