

A Study to Assess the Effectiveness of Planned Teaching Programme on Knowledge Regarding Thermoregulation of Neonate Among Mothers in Selected Rural Areas

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Abstract

Neonate refers to an infant in the first 28 days after birth. New born infants usually are considered to be tiny and power less; completely dependent on others for life. ³ As soon as the newborn is expelled from the birth canal, its central nervous system reacts to the sudden change in temperature and environment. Newborns come from a warm environment to the cold and fluctuating temperatures of this world. They are naked, wet, and have a large surface area to mass ratio, with variable amounts of insulation limited metabolic reserves, and a decreased ability to shiver. Keeping this in view a study was conducted on knowledge regarding thermoregulation of neonate among mothers. Pre experimental design was used and The sample consisted of 60 mothers of selected rural areas. Sampling technique used was non-probability convenient sampling. Self structured questionnarrie tools was used. The tabulated value for $n = 60 - 1$ i.e. 59 degrees of freedom was 1.98. The calculated 't' value was 21.01 respectively for the overall knowledge regarding thermoregulation. The calculated 't' value are much higher than the tabulated value at 5% level of significance which is statistically acceptable level of significance.

Keywords: Neonate; Infants; Thermoregulation; Metabolic reserves.

Introduction

A child's development encompasses many aspects including the physical social, emotional and cognitive. In order for children to develop in all aspects, they must be supported in all areas and the one person most often responsible for this encouragement is the mother. Mothers tend to be the primary caregiver in both traditional and single

parent families and thus are with their children more than anyone else. Mothers, therefore, are in the unique position of influencing their children's growth is all areas of development, beginning with the bonding and attachments that they usually develop with their children. Neonate refers to an infant in the first 28 days after birth. New born infants usually are considered to be tiny and power less; completely dependent on others for life.³ As soon as the newborn is expelled from the birth canal, its central nervous system reacts to the sudden change in temperature and environment. Newborns come from a warm environment to the cold and fluctuating temperatures of this world. They are naked, wet, and have a large surface area to mass ratio, with variable amounts of insulation limited metabolic reserves, and a decreased ability

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to shiver. Extended periods of cold stress can lead to harmful side effects which include hypoglycaemia, respiratory distress, hypoxia, metabolic acidosis, necrotizing enter colitis and failure to gain weight.⁷

Problem Statement

“A study to assess the effectiveness of planned teaching programme on knowledge regarding thermoregulation of neonate among mothers in selected rural areas.”

Objectives

1. To assess the existing knowledge of mothers regarding thermoregulation of neonate in selected rural area.
2. To assess the effectiveness of planned teaching programme on knowledge regarding thermoregulation of neonate among mothers in selected rural area
3. To associate the knowledge score with selected demographic variable.

Hypothesis

Will be tested at 0.05 level of significance.

H₀: There will be no significant difference in pre-test and post-test knowledge score among mothers of neonate

H₁: There will be significant difference in pre-test and post-test knowledge score among mothers of neonates.

Conceptual Framework

The Conceptual frame work selected for the study was based on Ernestine Wiedenbach's "Prescriptive Theory" (Helping Art of Clinical Nursing)

Population

In this study population were mothers of neonate.

The target populations under the study were mothers of neonate in the selected rural area.

The accessible populations were the mothers of neonate selected from rural areas.

Sample

In this study samples were mothers of neonate in selected rural areas. sampling technique used in this study was Non- probability convenient sampling.

Inclusion Criteria

1. Mothers who can read and write Marathi.

2. Mothers who are willing to participate
3. Mothers who are residing in the selected rural area.
4. Mothers of neonate available during the period of study.

Exclusive Criteria

1. Mothers who are health professionals
2. Mothers who have attended similar programme

Description of Tools

Section A: consisted of 9 demographic variable of the mother of neonate to be participated in the study e.g. Age, educational qualification, occupation, number of children & type of family, religion, monthly family income, any previous information about thermoregulation, source of information.

Section B: consisted of 25 structured multiple choice questionnaire multiple choice questions on knowledge regarding thermoregulation.

Scoring

- Score 1 was given for correct answer
- Score 0 was given for wrong answer

Grading for knowledge score

- Poor - 0-5
- Average - 6-10
- Good - 11-15
- Very good - 16-20
- Excellent - 21-25

Results

Majority of the samples 53.3% were belonging to age group of 26-30 years, majority of 41.7% of samples had higher secondary education, majority 51.7% of the sample are labour, majority of 61.7% of samples are one number of children, majority of 56.7% of samples are from nuclear family, 55% are from Hindu religion, majority 53.3% sample having below 5000 monthly family income, majority of 40% of samples had previous information about thermoregulation and health worker was the source of the information for 16.67% of majority samples. There was marked improvement of scores in the post-test as 68.33% of samples had very good score and 30% of samples had excellent score. It means planned teaching was

effective. The calculated 't' values are much higher than the tabulated values at 5% level of significance

which is statistically acceptable level of significance. Hence it is statistically interpreted that the planned

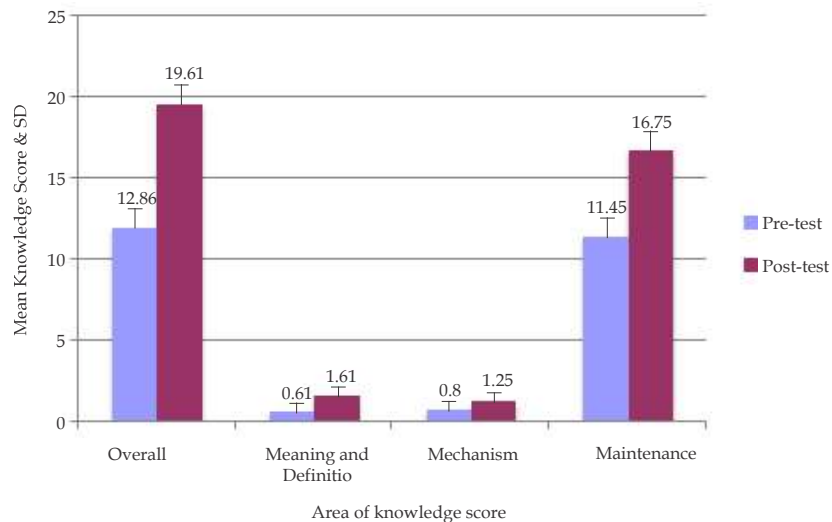


Fig. 1: Significance of difference between knowledge score in pre and post-test of mothers of neonates in selected rural area.

teaching on thermoregulation of neonate among mothers was effective.

Nursing Implications of the Study

The findings of this study have implications for nursing administration, nursing education, nursing research and nursing practice.

Nursing Practice

Nurses working in the child health nursing and community set up can benefit from such researcher, as it will provide more insight regarding thermoregulation of neonate. They should know the importance of the preventive aspect with regard to thermoregulation problems in neonate.

Nursing Education

Nursing education is developing rapidly in India and nurses from India can be found all over the world due to promotion in globalization and migration of nurses abroad. The nursing education curriculum must include imparting knowledge about the use of various audio-visual aids and teaching strategies such as preparation of such planned teaching.

Nursing Administration

As a part of administration, the nurse administrator plays a vital role in educating clients and staff

nurses as well as student nurses. The administrator can utilize this type of planned teaching to enhance the knowledge of students and staff nurses

Recommendations

On the basis of the findings of the study, it is recommended that the following studies can be conducted

1. A similar study can be done on a large scale to generalize the findings.
2. A comparative survey study can be done to assess the incidence of thermal protection in neonate an urban and rural area.
3. A comparative study can be done including postnatal mothers of neonate from urban and rural areas with a large sample size to assess the level of knowledge regarding thermoregulation.
4. Another comparative study can be done to assess the cause factor of thermoregulation in neonate.
5. A similar study can be undertaken on a large scale including nurses in hospitals, in order to estimate the level of knowledge regarding thermoregulation.
6. A study can be conducted to evaluate the effectiveness of planned teaching versus other methods of thermal protection.

7. A similar study can be conducted in community with a non literate group using different mode of communication and audio-visual aids.

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