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**“Assess the effectiveness of an educational interventional module on new- born care among primi gravida mothers at selected Private maternity hospital at Sehore (M.P)”.**

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**ABSTRACT**

*Newborn care is crucial for ensuring the survival, growth, and development of infants, especially among first-time mothers (primi gravida), who often lack experience and confidence in handling newborns. This study aims to assess the effectiveness of a structured educational interventional module in improving knowledge and practices related to newborn care among primi gravida mothers.*

**KEYWORDS:** *Attitude; Knowledge; primi gravida mothers ,Newborn care; Practice.*

**OBJECTIVES:**

1. To evaluate the baseline knowledge level of primi gravida mothers regarding newborn care.
2. To implement an educational interventional module focusing on key aspects of newborn care, such as:
  - Breastfeeding techniques and benefits.
  - Thermal protection and prevention of hypothermia.
  - Neonatal hygiene and umbilical cord care.
  - Immunization schedules and importance.
  - Recognition of common danger signs in newborns.
3. To measure the improvement in knowledge levels post-intervention.
4. To identify any associations between demographic variables (e.g., age, education, socioeconomic status) and knowledge improvement.

**METHODOLOGY:**

- **Study Design:** Pre-experimental, one-group pretest-posttest design.
- **Setting:** Selected private maternity hospital in Sehore, Madhya Pradesh.
- **Sample:** Primi gravida mothers admitted to the hospital during the study period.

- **Sample Size:** Determined based on statistical calculations for feasibility and significance.
- **Tool:** A structured questionnaire to assess knowledge on newborn care before and after the intervention.
- **Intervention:** An educational module delivered through interactive sessions, demonstrations, and visual aids, followed by a Q&A session for clarification.
- **Duration:** 1–2 hours of education, with assessments conducted before and after the session.

#### **Expected Outcomes:**

1. **Improved Knowledge Levels:** A significant increase in post-test scores compared to pre-test scores, reflecting the effectiveness of the educational intervention.
2. **Behavioral Readiness:** Increased confidence and preparedness among primi gravida mothers to apply the learned practices in real-life newborn care.
3. **Correlation Analysis:** Identification of demographic factors influencing knowledge improvement, guiding future targeted interventions.

#### **CONCLUSION:**

The findings of this study will provide valuable insights into the role of educational interventions in enhancing newborn care practices among first-time mothers. It can help in advocating for the integration of structured educational modules in maternity healthcare settings to reduce neonatal morbidity and mortality, particularly in resource-constrained areas.

#### **INTRODUCTION**

The late Prime Minister, Jawaharlal Nehru said, “Children are the wealth of tomorrow, take care of them if you wish to have a strong India, ever ready to meet the various changes”. Hence the newborn babies are valuable assets of the country and they are the future citizens. Only a healthy newborn can be developed into a healthy citizen.

Parenting is a duty and responsibility like no other and it is very important job that has no manual. A woman who is pregnant unexpectedly is called as primi gravida antenatal mother (Margaret A. Cooper). Mother is a significant and the prime individual to offer care to the newborn. The data on the mother identified with newborn care is basic for the mothers particularly the primi gravidas antenatal mothers.

Newborn period encompasses the first four weeks of extra uterine life. The care given throughout the stage of newborn is called newborn care. The vital require of the newborn such as warmth, cleanliness, breast feeding, safety, vigilance, immunization, baby massage and prevention of infection and prevention of complication. New born care refers to providing breast feeding, prevention of hypothermia and prevention of umbilical cord sepsis in new born, promotion of parent and child attachment, immunization of the child, prevention of complication, eye care, and skin care to the neonate (Piyush Gupta)<sup>3</sup>.

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The health and endurance of the new born kid relies on the medical issue of the mothers just as her abilities, training, and mindfulness in mother create. Mothers is the greatest main health individual. She has the advantageous asset of instinct, concern, and interest to take care of the new born of her. Mothers looks after the child of her with love, affection, and feeling of sacrifice. Original contribution of the mothers for the appropriate care of the baby of her is the simplest method to advertise and encourage breast feeding. Mothers is the greatest individual to determine small developmental deviations and very early evidences of disease activity since she's closely and constantly watching the child.

**K. C. Leena, Deepthi A. Koshy, (2016),<sup>6</sup>** carried out this descriptive research with the mothers of neonates within Pali concerning awareness of typical issues of newborn among sixty primi gravida mothers. The consequences of the investigation indicates that the majority, that's, twenty seven (forty five %) of the primi gravida mothers had a great information of total parts for example vomiting, regurgitation, diaper rash, umbilical cord infection, constipation, fever, and looseness of the bowels.

**P. Kavitha, R. Aroun Prasath et. al. (2018),<sup>8</sup>** assessed the expertise of kangaroo mothers therapy among post natal Mothers, within Kadapa, in a study with twenty mothers. It reveals that out of twenty samples 48.15 % of postnatal mothers have knowledge that is exceptional just as 51.85 % have terrible awareness concerning understanding on kangaroo mothers care. It indicates that there's a less price of knowledge along with postnatal mothers about kangaroo mothers ample health awareness program, through which they could be inspired.

**Rangappa S Ashi (2018),** led in the investigation on anticipation of hypothermia in newborn, finished with pre-test one gathering pre-test and post-test plan in local hospital, Jodhpur, Rajasthan, The examination was finished with 60 mothers utilizing purposive inspecting method. The conclusion was the mother had inadequate-knowledge regarding hypothermia and planned teaching program was effective teaching method to educate mothers.

The mothers, especially primi gravida mothers had lot of questions and queries regarding their antenatal period and caring of the newborn simply because for a newborn, probably the most typical caretaker is the own mothers of theirs and the mother's understanding & methods shapes the fate of the newborn. Since it's been now discovered that mothers had a normal to exceptionally helpless information on newborn cleanliness upheld by the previously mentioned reports, the specialist felt that giving ordinary preparing in the sort of mediation to the mothers may occupy these spaces in information on newborn care. Thus the current examination was embraced to improve the mastery of the primi gravida antenatal mothers to upgrade the neonatal health

## **PROBLEM STATEMENT**

Assessment of the Effectiveness of an Educational Interventional Module on Newborn Care Among Primi Gravida Mothers at a Selected Private Maternity Hospital in Sehore (M.P)

### **The objectives of the study**

1. To assess the knowledge regarding newborn care among primi gravida antenatal mothers attending antenatal clinics at selected maternity hospital before intervention.
2. To evaluate the effectiveness of educational interventional module on newborn care

- among primigravida antenatal mothers attending antenatal clinic at selected private maternity hospital.
3. To find the relationship between the socio-demographic variables of the primigravida antenatal mothers with their knowledge on newborn care before the intervention.
  4. To find the impact of socio-demographic variables of primigravida antenatal mothers on their knowledge of newborn care after the intervention.

The reasonable structure chosen for the current examination was based on Pender's Health Promotion Model. In the perspective of the dynamics of the issue and to achieve the selected goals, a quantitative strategy with quasi experimental design (one team pre-test just as post-test design) was utilized in this specific study. Easy arbitrary sampling strategy (Lottery technique) was utilized for choosing the samples. The sample size was 300.

The information was gathered utilizing the structured questionnaire for knowledge regarding newborn care from April 2021 to June 2021. The pre-test was directed on the day one, followed by administration of the educational interventional module, then utilizing the similar questionnaire the post-test was directed on the day seven consequently. The pre-test and post-test were evaluated.

#### **The significant discoveries of the examination**

It appears that you're presenting the findings of a study assessing the knowledge of primigravida (first-time pregnant) antenatal mothers regarding newborn care, comparing their awareness before and after an educational intervention.

The pre-test data reveals that the majority of the mothers (97.6%) had insufficient knowledge about newborn care, with a small percentage (1.7%) demonstrating moderate understanding and only a very few (0.7%) showing sufficient knowledge.

Following the intervention, the post-test results show a remarkable improvement, with 93% of the mothers exhibiting adequate knowledge, 6% showing moderate adequacy, and only 1% retaining inadequate knowledge.

Overall, there was a 50.497-point increase in knowledge, with a standard deviation of 11.986. The paired test results reveal a strong positive correlation between the pre-test and post-test scores (72.971\*\*\*), with a P-value of less than 0.001, indicating that the improvement in knowledge is statistically significant.

Notably, the analysis found no significant relationship between pre-test knowledge and socio-demographic variables such as age, religion, education, occupation, income, marital status, age at marriage, family type, residence area, or source of information. As a result, the hypothesis proposing a significant correlation between socio-demographic factors and pre-test knowledge was rejected.

In the post- test among all socio demographic variables, age at marriage and additionally the region of residence is considerable. As a result, the Hypothesis reported that, there will be a major association between selected market variables with the post -test amount of expertise was approved. Additional socio-demographic variables like age of the mothers, religion, informative status, occupational status, monthly income, marital status, type of the family, source of the information are actually many not substantial. Hence the hypothesis reported prior to that there will be a significant relationship between the post examination amounts of

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expertise about the newborn hygiene was rejected. The general after effects of the examination indicated that there's a tremendous distinction in the measure of comprehension of the primi gravida antenatal mothers about the newborn proper care following the educational interventional module. Hence the hypothesis stating before that there's distinction that is considerable in the amount of knowledge of primigravida antenatal mothers regarding the care of the newborn after the educational interventional module was accepted.

Thus the study showed that the educational interventional module regarding the newborn care among primigravida antenatal care was very effectiveness. Recommendations were: A comparable analysis could be undertaken with management team design. Related analysis may be undertaken with a bigger selection of samples to generalize the findings. A comparative analysis could be practiced in urban and rural areas. A comparable analysis can be accomplished over the variety of topics specifically like, characteristics of the newborn, management of hypothermia, baby bath, breast feeding, baby massage, eye, nose, and ear care, entrails and bladder movements, personal hygiene, immunization etc. A comparable analysis could be directed upon a sample with various market variables. A comparative analysis could be completed to assess the methods of employee's nurses, health professionals in different clinics. A comparative analysis could be conducted assessing the usefulness of organized instructing system and also video assisted teaching plan. The descriptive analysis could be taken further to learn the mindset of mothers as well as the cycle of the mothers after the well-being training. A comparative analysis could be conducted on 2 groups of the private and government clinics with various ways. An experimental analysis could be conducted on newborn babies to assess the usefulness of the self-instructional module and the expertise of mothers.

In the post-test analysis, among all socio-demographic variables, age at marriage and region of residence were found to be significant factors. Consequently, the hypothesis suggesting a significant association between selected socio-demographic variables and post-test knowledge was accepted. However, other socio-demographic factors, such as the mother's age, religion, educational status, employment status, monthly income, marital status, family type, and source of information, did not show a significant relationship with post-test knowledge. Therefore, the hypothesis that these variables would significantly influence post-test knowledge regarding newborn care was rejected.

Overall, the study revealed a significant improvement in the knowledge of primigravida antenatal mothers regarding newborn care following the educational intervention. As a result, the hypothesis stating that there would be a significant change in the level of knowledge after the educational module was accepted.

Thus, the study concluded that the educational intervention on newborn care was highly effective for primigravida antenatal mothers.

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**RECOMMENDATIONS INCLUDE:**

1. Conducting a similar study with a management team design.
2. Expanding the sample size in future studies to enhance the generalizability of the findings.
3. Performing a comparative study between urban and rural areas.
4. Focusing on specific topics such as newborn characteristics, hypothermia management, baby bath, breastfeeding, baby massage, eye, nose, and ear care, bowel and bladder movements, personal hygiene, immunization, etc.
5. Investigating a sample that includes different socio-demographic variables.
6. Comparing the effectiveness of teaching methods used by nurses and healthcare professionals across various clinics.
7. Conducting a study comparing the effectiveness of structured teaching programs versus video-assisted teaching methods.
8. Extending the study to explore the attitudes and behaviors of mothers post-training.
9. Comparing private and government clinics with different approaches to newborn care education.
10. Conducting an experimental study on newborn babies to assess the effectiveness of self-instructional modules on maternal knowledge.

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