
**“Knowledge of Common Problems Related to Newborn among
Primi Mothers Admitted in a Selected Hospital of Ambikapur
(C.G) for safe confinement.”**

Vanita Kujur* & Dr. Pratiksha Patrick**

***Ph D. Scholar (MU20PhN052) (Malwanchal university Indore)**

****Guide-S.S Institute Of Nursing College Bhopal.(M.P)**

KEYWORDS: *Common neonatal problems; knowledge of primi mothers; newborn care.*

BACKGROUND:

Among the almost 3.9 million newborn deaths that occur worldwide, about 30% occur in India. Children are our future and utmost precious resources. After birth the health of the child depends upon the health care practice adopted by the family, especially by the mothers. Information about neonatal problems and newborn care practices will help in reducing mortality and morbidity during the neonatal period. This study was conducted to identify the knowledge of primi mothers with regard to the common problems of normal neonates.

Newborn care refers to the essential care provided to the newborn baby by the mother or by the care provider such as, breast feeding, maintaining body temperature, care of the cord, care of the eyes, and prevention of infection and injuries. The first week after birth is a time of major metabolic and physiological adaptation for newborn infants. The early life all newborn try to adapt to the external environment. So, newborns need a special care and intensive monitoring and support during this critical period of adaptation.

Children are our future and utmost precious resources. The physical and mental well-being of an individual depends on the correct management of events in the perinatal period. After the birth of the child, its health depends upon the health care practice adopted by the family, especially by mothers. For all babies the interval between onset of illness and death can be in a matter of minutes or hours. It is, therefore, very important for us to recognize and plan for the care of a newborn.[1]

Although the global under-five mortality rate has declined over the past few decades, neonatal mortality still remains high. Globally four million deaths occur every year in the first month of life. Almost all (99%) neonatal deaths occur in the low-income and middle-income countries. In India alone, around one million babies die each year before they complete their first month of life, contributing to one-fourth of the global burden. The neonatal mortality rate in India was 32 per 1000 live births in the year 2010, a high rate that has not declined much in the last decade. The report, released recently at the National Conference on Child Survival and Development in New Delhi, claims that of the roughly 26 million children born in India each year, 1.2 million die during the first four weeks, that is, 30% of the 3.9 million global neonatal deaths.[2]

To reduce the neonatal mortality rate, home-based neonatal care should be actively initiated through the National Rural Health (NRHM) and integrated management of neonatal and childhood illness (IMNCI). An added capacity of Auxiliary Nurse Midwives (ANMs) and

accredited social health activists (ASHAs), for careful tailoring of behavior change according to the local context, will bring about positive change and significant improvements in newborn care at home and neonatal mortality. 3

Various study showed that the structured teaching program on newborn care was effective in improving the knowledge level of primi mothers. Since, mother plays a vital role in newborn care, they should have necessary knowledge in all the aspects of newborn care, thereby the complications and mortality related to newborn can be effectively prevented.

While considering the high death rate in the newborn period, it is imperative that all efforts should be made to educate the health personnel and the public to improve newborn health. The National Neonatology Forum which is composing of neonatologists, pediatricians, nurses and social scientists with help of the government, UNICEF and NGO's has undertaken the mission of educating health personnel and public to improve newborn care. National Neonatology Forum in collaboration with the Govt. of India, Ministry of Family Health and Welfare (MOFHW) and UNICEF is celebrating "Newborn Week" between 15th - 21st November, 2001.

Another study to assess the risk factors for umbilical cord infection among newborns of Southern Nepal, among 17,198 newborns, identified 954 (5.5%) with omphalitis. Infection risk was 29 and 62% higher in infants receiving topical cord application of mustard oil and other unclean substances. It was also found that low-cost interventions like hand washing, skin-to-skin contact, and avoiding unclean cord applications should be promoted, as they reduced neonatal mortality and morbidity.[5] Another study on knowledge of mothers on diarrhea in children 'dirty' feeding bottle (23%), excessive 'heat' (75%) and 'cold'(14.5%), over feeding (22.9%), top milk (4.2%) as the causes. Only 10.4% were aware of the specific measures for prevention of diarrhea.[6]

Care practices immediately after delivery play a major role in causing neonatal morbidities and mortalities. The essential newborn care practices outlined to decrease neonatal morbidity and mortality include clean cord care, thermal care, and initiating breast feeding immediately after birth. The purpose of this study is to assess the knowledge of primi mothers with regard to neonatal ailments, their prevention, and management.

The new born health challenge faced by Indian more formidable than that experienced by any other country in the world¹. The aim and goal of newborn care is not only to reduce neonatal mortality but more importantly ensure their intact survival. Hence the study was conducted to assess the knowledge regarding new born care among primigravida mothers. The study recommended creating awareness on newborn care during antenatal period itself.

PROBLEM STATEMENT:

A study to assess the Knowledge of common problems related to newborn among primi mothers admitted in a selected hospital of Ambikapur (C.G) for safe confinement.

OBJECTIVES:

1. To assess the knowledge scores of mothers on various newborn problems.
2. To reduce the mortality rate of home based new born.
3. To improve the integrated care of home based new born by providing adequate information.

MATERIALS AND METHODS:

This descriptive study was carried out among the mothers of neonates in the Maternity Unit of a government Hospital in Ambikapur (C.G). A pretested structured knowledge questionnaire was used to collect information from 30 primi mothers, who were admitted for safe confinement for a one-month period.

Permission was obtained from the concerned authorities of the hospital and ethical clearance was obtained from the Institutional Ethical Committee and written consent was obtained from the participants.

RESULTS:

The findings of the study show that the majority, that is, 17 (45%) of the primi mothers had a good knowledge of all the areas such as vomiting, regurgitation, diaper rash, umbilical cord infection, fever, constipation, and diarrhea. About 10 (33.3%) had very good knowledge and about 3 (21.67%) had an average level of knowledge on the common problems of newborns. Knowledge about vomiting was average among 14 (56.67%), poor in 11 (35%), and good in five (8.33%). Knowledge about diaper rash was average among 16 (60%), good among 11 (35%), and poor among three (5%). Knowledge on umbilical cord infection was average in 16 (48.33%), good in 12(45%), and poor in 2 (6.67%). Knowledge on fever was good in 16 (63.33%), average in 11 (31.66%), and poor in three (5%). Knowledge on constipation and diarrhea were average in 17 (63.34%), good in 10 (18.33%), and poor in 3 (18.33%). No association was found between the knowledge of primi mothers and selected baseline variables, such as, age, education, religion, occupation, type of family or area of dwelling.

CONCLUSION:

The study concludes that there is a need to provide adequate information to first-time mothers about common newborn problems and this will help mothers care for their newborns better.

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