



KNOWLEDGE REGARDING KANGAROO MOTHER CARE AMONG POSTNATAL MOTHERS AT SELECTED HOSPITALS

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ABSTRACT

BACKGROUND: Kangaroo mother care has often been used as a treatment for premature or preterm babies. As the 21st century is in the threshold of challenging preventive healthy interventions, the evidence based practice of newborn care must be efficiently adopted for applying in the operational milieu of rural care facilities and the awareness on kangaroo mother care should be taught, among the expected mothers in all country wide, perinatal – neonatal care units.²

OBJECTIVES: 1. To assess the knowledge regarding kangaroo mother care among postnatal mothers at selected hospitals of Punjab.

2. To find out the association of knowledge with selecting demographic variables.

METHODOLOGY: A Non- experimental descriptive design was used to assess the knowledge regarding kangaroo mother care postnatal mothers in Civil Hospital Bathinda, CHC Lambi, Civil Hospital Malout. A total of 60 postnatal mothers were taken from these hospitals by using by using convenience sampling. Structured questionnaire were used to assess the knowledge regarding among postnatal mothers.

RESULTS: It was found that 18.3% had poor knowledge and 73.3% had average knowledge and 8.3% had good knowledge regarding kangaroo mother care. The relationship of knowledge with socio-demographic profile was tested and found.

CONCLUSION: It was found that 8.3% had good knowledge, 73. 3% had average knowledge and 18.3% had good knowledge regarding Kangaroo mother care.

Keywords: Knowledge, Postnatal Mothers, Kangaroo mother care.

INTRODUCTION

Kangaroo mother care, often defined as skin to skin contact between a mother and her newborn, frequent or exclusive breast feeding and early discharge from the hospital has been effective in reducing the risk of mortality among preterm and low birth weight infants. Research studies and programme implementation of Kangaroo mother care have used various definitions. “Kangaroo Mother Care is an effective way to meet baby’s needs for warmth, breast feeding, and protection from infection, stimulation, safety and love.” WHO.¹

Every year, 20 millions low birth weight babies are born, because of either preterm birth or impaired prenatal growth, mostly in less developed countries. They contribute substantially to a high rate of neonatal mortality whose frequency and distribution correspond to those of poverty.

Low birth weight babies and preterm birth are this associated with high neonatal and infant mortality and morbidity of the estimated 4 million neonatal deaths; preterm and low birth weight babies represent more than a fifth.²

Therefore, the care of such infants becomes a burden for health and social systems everywhere.²

OBJECTIVES

1. To assess the knowledge regarding kangaroo mother care among postnatal mothers.
2. To find out the association of knowledge with selected demographic variables.

METHODOLOGY

A descriptive non- experimental quantitative research design was used to assess the knowledge regarding kangaroo mother care among postnatal mothers in different hospitals of Punjab. A total of 60 postnatal mothers were taken from selected hospitals in Punjab. Structured questionnaire were used to assess the knowledge of postnatal mothers.

Analysis of data was done in accordance of the objectives of the study and in terms of descriptive and inferential statistics.

RESULTS

It was found that postnatal mothers who were in the age of 18-22 years had 25% knowledge, 22-26 years had 48% of knowledge, 26-30 years had 27% of knowledge and none in above 30 year of age. Belonged to joint family had 30%, nuclear family had 67%, extended family had 3% of knowledge. According to high class had 7%, middle class had 78%, lower class had 15% of knowledge.

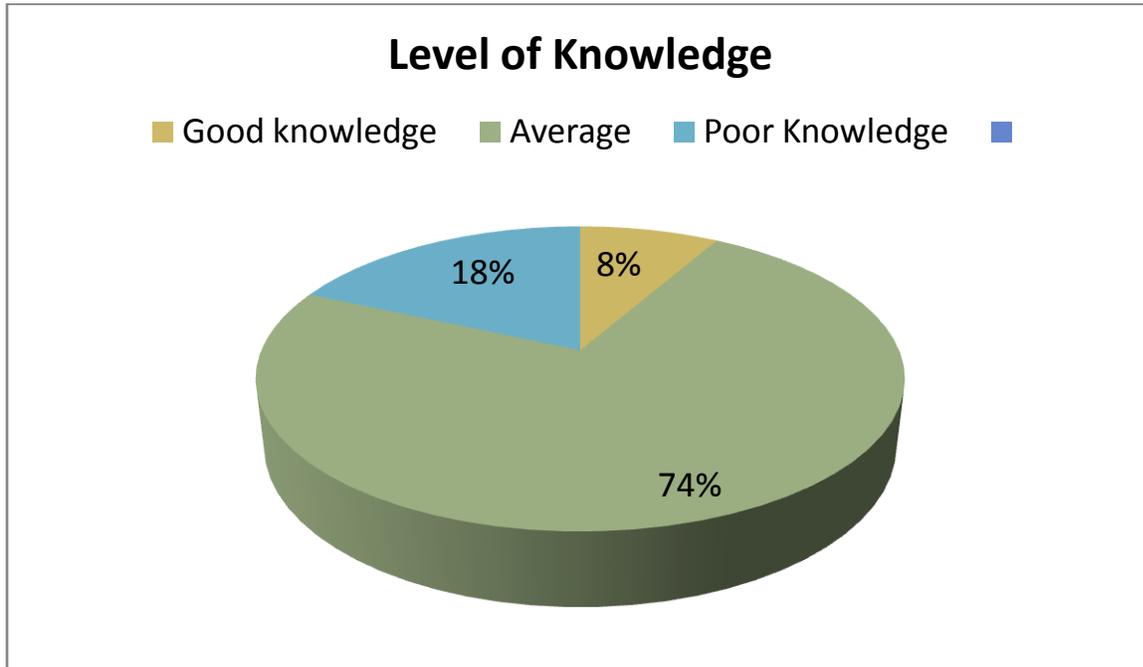
Educational status - illiterate had 27%, primary education had 33%, secondary had 30%, post graduate had 3% of knowledge. According to occupation of mothers, housewife had 93%, government job had 2%, business had 2%, labour had 3% of knowledge, According to annual income 60,000 had 92%, 80,000 had 7%, 1 lakh had 2%, above 1 lakh had 0% of knowledge.

Table 1: Frequency and percentage distribution of postnatal mothers as per their demographic variables.

N=60

Variables	Opts	Percentage(%)	Frequency (f)
Age in year	18-22 years	25%	15
	22-26 years	48%	29
	26-30 years	27%	16
	Above 30 years	0%	0
Type of family	Joint family	30%	18
	Nuclear family	67%	40
	Extended family	3%	2
Socio economic status	High class	7%	4
	Middle class	78%	47
	Lower class	15%	9
Education of mother	Illiterate	27%	16
	Primary	33%	20
	Secondary	30%	18
	Graduate	7%	4
	Post graduate	3%	2
Occupation of mother	House wife	93%	56
	Government job	2%	1
	Business	3%	1
	Labour	3%	2
Annual income	60,000	92%	55
	80,000	7%	41
	1 lakh	2%	1
	Above 1 lakh	0%	0

Figure 1: Percentage distribution of postnatal mothers according to their level of knowledge:



DISCUSSION

It was found that 18.3% had poor knowledge and 73.3% had average knowledge and 8.3% had good knowledge regarding kangaroo mother care. The relationship of knowledge with socio-demographic profile was tested and found.

RECOMMENDATIONS

- Similar study can be conducted to assess the knowledge and coping strategies regarding kangaroo mother care among postnatal mothers.
- A correlational study can be conducted on kangaroo mother care among postnatal mothers.

REFERENCES

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