A STUDY TO ASSESS THE KNOWLEDGE ON KANGAROO MOTHER CARE AMONG POST NATAL MOTHERS

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ABSTRACT

Kangaroo mother care is a simple, easy method of caring for newborn infants where the mother uses her own body temperature to keep her infant warm. A Universally available and biologically sound method of care for all newborns, but in particular for premature babies with three components like skin-to-skin contact. Exclusive breast feeding, support to the mother infant dyad. It is also known as “Kangaroo mother method” and “skin-to-skin contact”, has been proposed as an alternative to Conventional neonatal care for low birth weight infants. To assess the knowledge of postnatal mothers regarding kangaroo mother care and to prepare an educational tool regarding kangaroo mother care. The research design used for the study was Non-Experimental design. Convenient sampling technique was used to select 20 samples for the study. The tool used for the study was structured interview schedule. Data collection was done in selected hospitals at Kadapa. The data gathered were analyzed by using descriptive statistics. It reveals that out of 20 samples 48.15% of postnatal mothers have good knowledge and 51.85% have poor knowledge regarding knowledge on kangaroo mother care. It shows that there is a lesser rate of knowledge among postnatal mothers regarding kangaroo mother care in overall view with adequate health awareness programme they may be motivated to know about kangaroo mother care.

Keyword: Postnatal, Kangaroo Mother Care.

INTRODUCTION

Kangaroo mother care, also known as “Kangaroo mother method” and “skin-to-skin contact”, has been proposed as an alternative to Conventional neonatal care for low birth weight infants. This method was developed and first implemented by Edgar Rey Sanabria and Hector Martinez in 1979, at the maternal and child institute of Bogota, Colombia, and it received this name because it shares similarities to marsupial care giving. Every year an estimated 20 million babies are born at low birth weight as a result of either preterm birth or impaired prenatal growth. These underweight births contribute to high rate of infant deaths in the first month of life. Most of these births occur in developing countries and their distribution corresponds to that of poverty [1,2].

Objectives of the present study to assess the demographic variables assess the knowledge of postnatal mothers regarding kangaroo mother care and to prepare an educational tool regarding kangaroo mother care.

METHODOLOGY

The study was done to assess the knowledge regarding kangaroo mother care among postnatal mothers. The research design used for the study was non-experimental design. The research approach used for the study was descriptive approach which was conducted in selected hospitals at Kadapa. The Population selected for this study is postnatal mothers. The sample size was 20 postnatal mothers with low birth weight babies. The samples were selected by convenient sampling method and Structural interview schedule was used to assess the knowledge regarding kangaroo mother care. The data of demographic variables were analyzed by using descriptive statistics [3-5].
Assumptions
- It is assumed that the postnatal mothers may not know about practice of kangaroo mother care.
- With adequate education the postnatal mothers may gain knowledge regarding kangaroo mother care & learn skills regarding practice of kangaroo mother care.

RESULT AND DISCUSSION
It reveals that out of 20 samples 48.15 % of postnatal mothers have good knowledge and 51.85% have poor knowledge regarding knowledge on kangaroo mother care.
- Regarding meaning of kangaroo mother care 55% had good knowledge and 45% had poor knowledge.
- Regarding Need of kangaroo mother care 36.25% had good knowledge and 63.75% had poor knowledge.
- Regarding Time for kangaroo mother care 40% had good knowledge and 60% had poor knowledge.
- Regarding members of kangaroo mother care 60% had good knowledge and 40% had poor knowledge.
- Regarding position for kangaroo mother care 53.33% had good knowledge and 46.67 % had poor knowledge.
- Regarding Advantages of kangaroo mother care 62.5% had good knowledge and 37.5% had poor knowledge.
- Regarding disadvantages of kangaroo mother care 30% had good knowledge and 70% had poor knowledge.

Recommendation
An experimental study might be conducted on postnatal mothers regarding effectiveness teaching programme on kangaroo mother care.
- A study can be replicated in large sample so that findings can be generalized.
- Educational Programme can be designed to create awareness among postnatal mothers regarding overview on kangaroo mother care.
- Showing kangaroo mother care in the media especially TV and the local newspaper.
- Discussing the benefits of kangaroo mother care in the media, especially radio and magazines. Using kangaroo mother care posters or video presentations in primary health care clinics.

REFERENCES