

EFFECTIVENESS OF VIDEO ASSISTED TEACHING ON CARE OF LOW BIRTH WEIGHT BABY

Mrs. N. Umadevi 1, Mrs. X. Emerensia 2, Mrs. Suja Santhosh 3

1 M.Sc (N) II Year, 2 Vice Principal, 3 Statistician, RVS College of Nursing, Sullur

Abstract: - A study was conducted to evaluate the effect of Video Assisted Teaching on care of low birth weight babies among postnatal mothers. Experimental, one group, pre and posttest design was used with 50 postnatal mothers who were selected using convenience sampling technique. Structured interview schedule and Observational check list was used to assess the knowledge and practice on care of low birth weight babies. The result revealed that there is a statistical significant difference between pre and posttest at $p < 0.001$ which concludes that the Video Assisted Teaching has a beneficial effect among postnatal mothers.

Key words: - Effectiveness, Video Assisted Teaching, Care of Low birth weight babies, Postnatal mothers

Introduction:

WHO has defined low birth weight “as one whose birth weight is less than 2500gms irrespective of the gestational age”.(1)

A baby’s weight at birth is a strong indicator of maternal and newborn health. The fetus who is undernourished in the womb increases the risk of death in the early months and years of life. Those who survive tend to have impaired immune function and increased risk of disease; they are likely to remain undernourished, with reduced muscle strength, cognitive abilities and IQ throughout their lives. As adults, they suffer a higher incidence of diabetes and heart disease.(2)

In India, low birth weight infant constitute 30%-40% of total births. Approximately, 50%-55% neonatal morbidity and 75%-80% neonatal mortality occur among low birth weight infants.(3)

Low birth weight and premature birth has steadily risen from 12.3/1000 live birth in 2000 to 14.3 by 2015. The major cause of neonatal mortality falling significantly, low birth weight and prematurity accounted for about 55% of all neonatal deaths in 2015 compared to around a quarter in 2000 according to a Lancet study. Low birth weight mortality rate in rural area from 13.2/1000 live

births in 2000 to 17 in 2015 and in poor states from 11.3-17.8.(4)

The number of deaths among low birth weight could be reduced with low cost intervention that focus on keeping the baby warm, providing good hygiene, breast feeding support, early identification and management of illness in the first days and week of life.(5)

Improvement in birth weight is the most important strategy to reduce the morbidity and improve the survival of newborn babies. The various strategies for reducing the incidence of low birth weight babies are provide optimal nutrition and health care to children, provide pre-pregnancy health checkups, provide quality antenatal care, early recognition and management of medical illness for mother. (6)

Statement of the problem:

Experimental study to assess the effectiveness of Video Assisted Teaching on knowledge and practice regarding care of low birth weight babies among mothers in a selected hospital at Tirupur District.

Objectives

- To assess the level of knowledge of mothers on care of low birth weight babies before intervention.
- To assess the practice of mothers on care of low birth weight babies before intervention.
- To assess the level of knowledge of mothers on care of low birth weight babies after intervention.
- To assess the practice of mothers on care of low birth weight babies after intervention.
- To find out the correlation between the level of knowledge and practice of mothers on care of low birth weight babies.
- To find out the association between the level of knowledge with selected demographic variables before intervention.
- To find out the association between the level of practice with selected demographic variables before intervention.

Hypothesis

- H1 - There will be a significant difference between the mean score of experimental group on knowledge of mothers regarding care of low birth weight babies before and after intervention.
- H2 - There will be a significant difference between the mean score of experimental group on practice of mothers regarding care of low birth weight babies before and after intervention.

The study is delimited to only one hospital and to the mothers who delivered a low birth weight babies. Assumption of the study is mothers of low birth weight babies have some knowledge regarding care of low birth weight babies and Video Assisted Teaching is an effective strategy to improve the knowledge and practice level. Acquiring knowledge

Table 1: Mean knowledge score of mothers on various aspects of care of low birth weight babies before and after intervention and level of significance (N= 50)

Aspects of knowledge	Max score	Before intervention	After Intervention	‘t’ Value P<0.05 df=49
		Mean score%	Mean score%	
Breast Feeding	11	65.09	99.82	18.419*
Kangaroo mother care	4	15.5	100.0	32.95*
Mummification	3	21.33	99.33	20.72*
Danger sign	4	67.5	100.0	13.00*
Prevention of infection	6	33.33	100.0	22.71*

and improving care of low birth weight babies among mothers is essential.

Methodology:

The study was an evaluatory approach, one group pre and posttest design was used. Totally 50 postnatal mothers from Tirupur government headquarters hospital were selected as samples through convenience sampling technique. The data were collected by using following tools, 1.Demographic profile of baby and mother which includes age of mother, education, type of family, occupation, number of children, method of feeding and APGAR score of the baby. 2.Structured interview questionnaire to assess the knowledge of mothers on care of low birth weight babies in various aspects such as breast feeding, kangaroo mother care, mummification, danger signs and prevention of infection. 3.Observational check list is to assess the practice of mothers regarding care of low birth weight babies in four aspects like expressed breast milk, direct breast feeding, kangaroo mother care and mummification.

The content validity was obtained from three nursing experts in Child Health Nursing. Formal permission was obtained from the concerned authority of the hospital and verbal consent from the samples. The main study was conducted after pilot study. After pretest, individual instruction on care of low birth weight baby were given to mothers by using Video Assisted Teaching and demonstration method. After seven days of intervention posttest was performed. Researcher took four weeks to complete the data collection.

Results and Discussion:

The data presented in the table 1 reveals that before intervention the mean score for all the five aspects of knowledge regarding care of low birth weight babies ranged from 15.5% - 67.5%. Whereas in after the intervention in all the five areas of knowledge the mean score had increased with a range 99.33% - 100%.

Table 2: Mean score and standard deviation of various aspects of practice on care of low birth weight babies before and after intervention and level of significance

Various aspects of practice	Max Score	Before Intervention	After Intervention	't' Value
		Mean score%	Mean score%	
Methods of feeding: a)Expressed breast milk (n=11)	6	51.5	100.0	11.6
b)Direct breast feeding (n=20)	6	40.0	100.0	23.66
c)Both: (n=19) *Expressed breast milk *Direct breast feeding	6	34.16	98.16	20.07
Kangaroo mother care (n=50)	7	27.71	100.0	32.11
Mummification (n=50)	4	0.5	100.0	199.0

The data presented in the table 2 reveals that expressed breast milk practice mean score percentage was 34.16% and for the same mothers direct breast feeding practice mean score percentage was 45.66%, whereas after the intervention the mean score percentage was increased in both practice of expressed breast milk and direct breast feeding. In kangaroo mother care before intervention all the mothers had the mean practice score percentage as 27.71%, whereas after the intervention mean practice score percentage had increased to 100%. In mummification before intervention all the mothers practiced mummification to maintain thermoregulation had mean score percentage 0.5%, whereas after the intervention the mean score percentage was increased to 100%.

In this study there is no correlation and association between the knowledge and practice before and after intervention.

Conclusion:

The findings of the study concluded that there was a significant difference between the mean score of experimental group on knowledge and practice of mothers regarding care of low birth weight babies before and after intervention. It is quite clear that Video Assisted Teaching is an effective method to improve the knowledge and practice of newborn

care to the postnatal mothers. The finding of the study has implications for nursing practice, nursing education, nursing administration and nursing research. The health team members should be encouraged the mothers and family members to learn about the care of low birth weight babies. As this intervention is cost effective, it can be implemented in all nursing practice settings. The nursing curriculum should emphasize the students to learn about health problems, management and prevention of the low birth weight baby. Recommendation of the study can be replicated in large samples for generalization and in various setting and this study can be conducted in different population like care givers, nurses, etc.

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