

ORIGINAL ARTICLE

A STUDY TO DETERMINE THE EFFECTIVENESS OF PLANNED TEACHING PROGRAM ON KNOWLEDGE REGARDING PREVENTION OF SUDDEN INFANT DEATH SYNDROME AMONG POSTNATAL MOTHERS AT SELECTED HOSPITAL, BENGALURU.

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ABSTRACT

A sudden infant death syndrome (SIDS) is a condition in which an infant, usually in the early postnatal period and nearly always before 6 months of age, dies during sleep for unexplained reasons and the standard autopsy fails to disclose an etiology.

Objectives: To assess the knowledge regarding prevention of SIDS among postnatal mothers. To evaluate the effectiveness of Planned Teaching Programme (PTP) on the knowledge regarding prevention of SIDS among postnatal mothers.

Method: The study was conducted at Sri Krishna sevasrama Hospital Bengaluru. Thequasi-experimental one group pretest and posttest design was used to evaluate the effectiveness of planned Teaching Programme (STP) regarding knowledge on “Sudden infant death syndrome” among postnatal mothers. Purposive sampling technique was used to collect the data from 60 postnatal mothers. Structure knowledge questionnaire and PTP was used as the tool for the research study.

Results: Data were analyzed using descriptive and inferential statistics and represented in graphs and tables.

Conclusion: The results shows that 60% group D worker post natal mothers more knowledge on SIDS. 0.02 The prime gravida mothers shows least knowledge of SIDS. Therefore study suggest that more knowledge required for postnatal mothers on SIDS in order to prevent obstetrics and gynecological complication.

INTRODUCTION

Children are a gift to this world, and as such, it is society responsibility to nurture and care for them. In the past, health was defined simply as the absence of disease. Health was measured by monitoring the mortality of a group.

Sudden infant death syndrome is also known as cot death or crib death because a majority of the affected infants die in their cribs. Sudden infant death syndrome as the death of an infant younger than one year old deaths that remained unexplained even after thorough investigation autopsy. SIDS tends to be the cause of death in 35-55% of infant between the ages of one month to one year. SIDS usually occurs during sleep.

Although the cause is unknown, it appears that SIDS might be associated with defects in the portion of an infant’s brain that controls berating and arousal from sleep. 1

SIDS is the sudden death during sleep of a seemingly healthy baby, globally the reported incidence of babies dying from SIDS which is anywhere between 0.5 to one infant death per 1000 live birth. 43% of cases were categorized as SIDS, unknown cause 32% and accidental suffocation and strangulation in bed account for 25% 2

Researcher indicates that sharing a room but not a bed with the baby is linked with a reduced risk of SIDS. Place the crib within arm’s reach of mother. Never let your baby’s face be covered by clothing or

bedclothes. The mothers should breast feed the baby at least six months provides such a strong productive effect against SIDS. Maternal smoking should be avoided it will increase risk of SIDS 3

A combination of physical and sleep environmental factors can make an infant vulnerable to SIDS. These factors vary from child to child Researchers have discovered some factors that might put babies at extra risk. They've also identified measures you can take to help protect your child from SIDS. Perhaps the most important is placing your baby on his or her back to sleep. There's no guarantee way to prevent SIDS, but you can help your baby sleep more safely. The postnatal mothers play a vital role in essential infant care. She cares her baby at physical, emotional, and social development. There is striking variation from place to place in the patterns of care that infants receive. It is as per their religion, community, family, beliefs, customs and traditions which they follow. In extended and joint Families woman are primary care taker and nurture of next generation as most of their practices are learnt by these young mothers from their mothers or mother in law. Mothers and family members should be aware of the preventive methods for SIDS . 4

Accordingly, current management is directed at reducing SIDS risk through education about specific environmental exposure or situation The drop in the incidence of SIDS was due to increasing awareness of the syndrome and change in recommended infant sleep position from prone to supine .This spread of knowledge led to a greater survival rate in infant between the ages of one month to one year to decrease in the incidence of SIDS.

OBJECTIVES

To assess the knowledge regarding prevention of SIDS among postnatal mothers.

To evaluate the effectiveness of Planned Teaching Programme (PTP) on the knowledge regarding prevention of SIDS among postnatal mothers.

To find out the association between the post-test knowledge score of postnatal mothers with selected socio-demographic variables.

REVIEW OF LITERATURE

An literature review is an account of what has been already established or published on a particular research topic by accredited scholars and researchers and it

consists of systematic and critical review of scholarly publication, unpublished materials and conveys to the reader about the work already done and the knowledge and ideas that have been already established on a particular topic of research and further enhances researchers' knowledge and helps to develop research methodologies. Based on the objective of this present study, The Review of literature have been categorized as below:

A study was conducted in In New Zealand on SIDS related knowledge and infant care practice among Maori mothers. The aim of the study was to determine what Maori mothers know about SIDS prevention, and to determine their SIDS –related child care practices.

Results were compared with similar largely European sample. Knowledge of Maori mothers about SIDS prevention was much lower than for European mothers Maori infant slept prone position and stopped breastfeeding significantly earlier.

More than half of the Maori mothers smoked in pregnancy and 21% of them sharing a bed with their infant. Maori mothers have a poorer knowledge of SIDS prevention practice. Appropriate health promotion measures need to be developed for the high-risk Maori community. 13

A study was conducted on health professional to analysis how much mothers know about sudden infant death syndrome. To determine the knowledge and attitude of parents and health professionals about SIDS. 174 health professionals and 150 mothers were enrolled in this study. The mother's data were collected by telephone interview and health care professionals were interviewed by the same investigator.

The results showed only 39% mothers were aware of SIDS. 46% of the mothers preferred supine sleeping position and 16% of the parents were sharing bed with their infants,73% of health professionals selected side position. Only 72% of health professionals recommended a certain sleeping position during family interviews. Health professionals are often recommending the side sleeping position or prone position. 33

Inclusion Criteria

- Postnatal mother who are,
- In postnatal ward
 - Willing to be a part of the study

- Give consent for the study Exclusion Criteria
- Postnatal mother who are,
- Absent at the time of study

regarding Sudden infant death syndrome.

H₁: There will be significant increase in the post test knowledge scores of the post natal mothers

H₂: There will be a significant association between posttest knowledge score with selected socio-demographic variables of the postnatal mothers.

HYPOTHESIS

H₀: There is no significant difference between pre and post-test knowledge scores of postnatal mothers

METHOD

The study was quasi experimental, carried out at Sri Krishna Hospital. Jayanagar. Bengaluru . Target population is postnatal mothers , the total sample size is 60, Non probability purposive sample the tool was structured Questionnaire . The pre post and post comparison was done. Applied Descriptive and Inferential statistics.

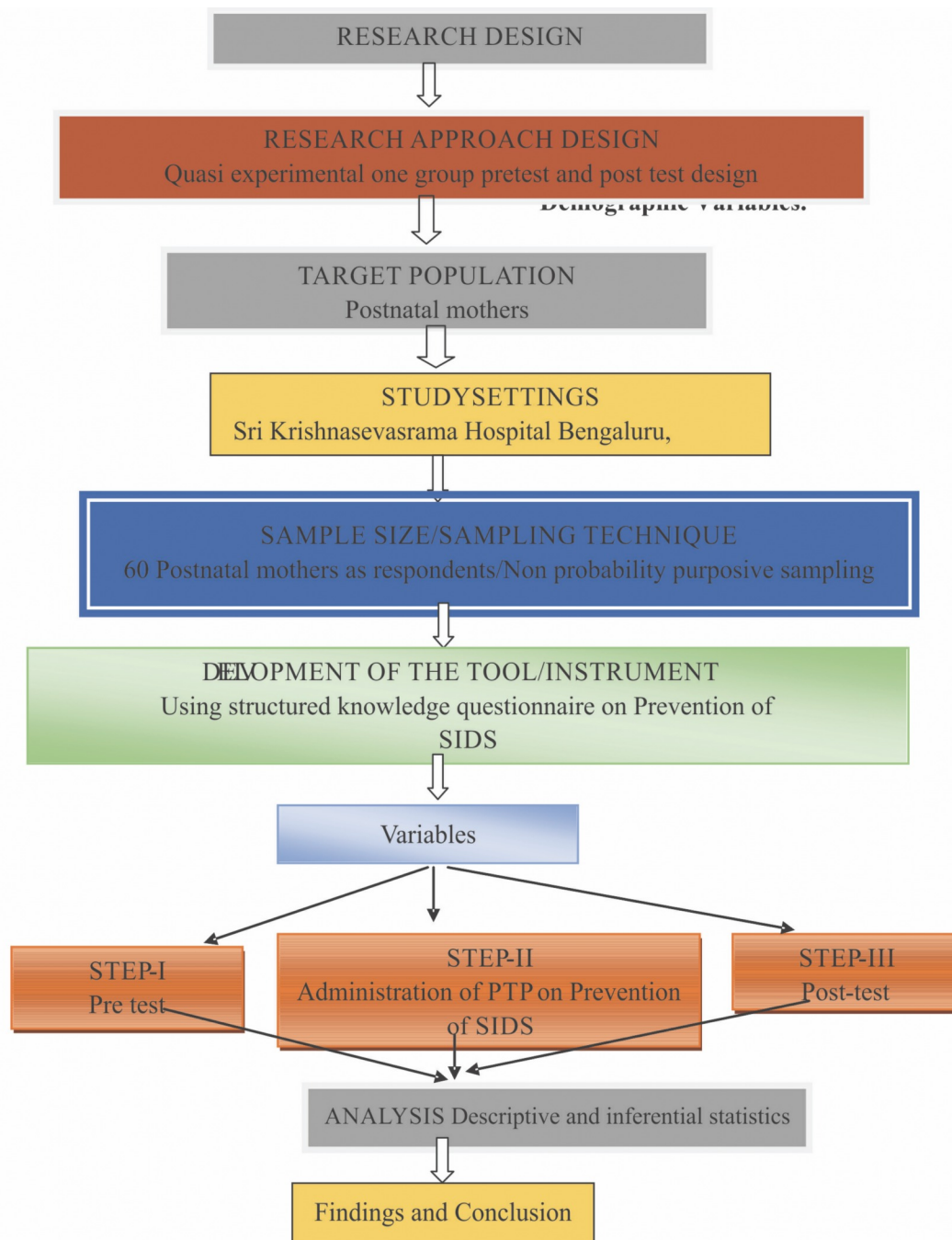


FIGURE2: DIAGRAMATIC REPERESNTATION OF RESEARCH DESIGN

RESULTS

A: Distribution of Post Natal Mothers Based on Their Socio-demographic Variables.

Table 1: Frequency and Percentage Distribution of Mothers based on Socio -Demographic Variables.

N=60

Variables		Frequency	Percentage
Gravida	Prime	34	56.7
	Multi	26	43.3
Education	SSLC	20	33.3
	PUC	27	45.0
	Graduate	13	21.7
Occupational status	Group D Worker	36	60
	Home Maker	04	6.6
	Clerk	07	11.7
	Teacher	13	21.7
Type of family	Nuclear	30	50.0
	Joint	27	45.0
	Extended	03	5.0
Family income/Month	Up to 5000	01	1.7
	5000-10000	33	55.0
	10000-15000	10	16.7
	Above 15000	16	26.6
Place of Residence	Rural	27	45.0
	Urban	33	55.0

Table 11: Association between Pretest Knowledge scores of Post Natal mothers with Selected Socio Demographic Variables

N=60

Sl. No	Variables		Pre test Knowledge scores		Chi square value	Df	Inference
			Inadequate	Moderate			
1	Gravida	Prime	9	25	0.002	1	Not Significant
		Multi	7	19			
2	Education	SSLC	0	13	10.568	2	Significant*
		PUC	10	10			
		Graduate	6	21			
3	Occupational status	Group D Worker	12	24	3.455	3	Not Significant
		Home Maker	1	3			
		Clerk	0	7			
		Teacher	3	10			
4	Type of family	Nuclear	5	25	5.36	2	Significant*
		Joint	11	16			
		Extended	0	3			
5	Family income/Month	Up to 5000	2	14	4.672	3	Not significant
		5000-10000	1	0			
		10000-15000	10	23			
		Above 15000	3	7			
6	Place of residence	Rural	10	17	2.7	1	Significant*
		Urban	6	27			

(* Significant at 0.05 level)

TABLE 3: Mean, Mean percentage and standard deviation for the Pre & Post Test Knowledge scores of Postnatal mothers on Prevention of SIDS.

Sl.No	Knowledge aspects	Maximum	Mean	Mean percentage	Standard Deviation
1	Overall pre-test knowledge scores	30	12.23	40.76	3.37
2	Overall post-test knowledge scores		17.23	57.43	3.004

Table 3 shows that overall mean pre-test knowledge score is less (12.23) as compared to overall mean post-test knowledge score (17.23). Overall pre test mean percentage is found to be 40.76% with standard deviation of 3.37 and post test mean percentage is 57.43% with standard deviation of 3.004.

Fig - 2

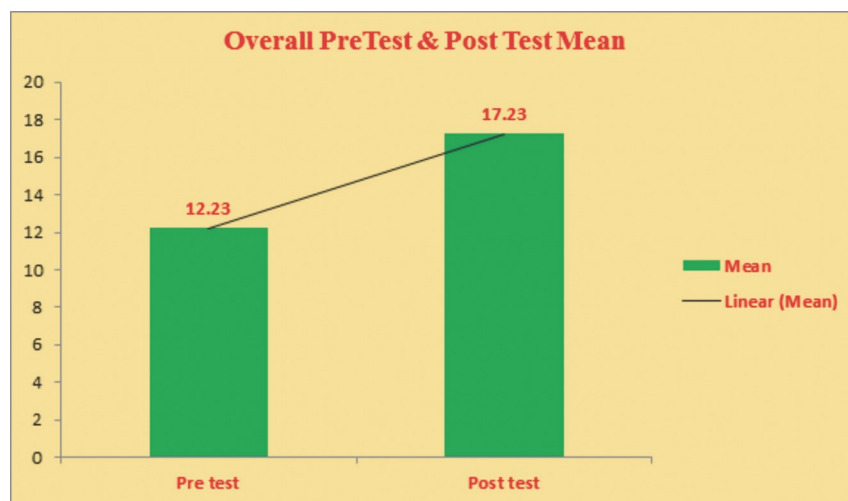
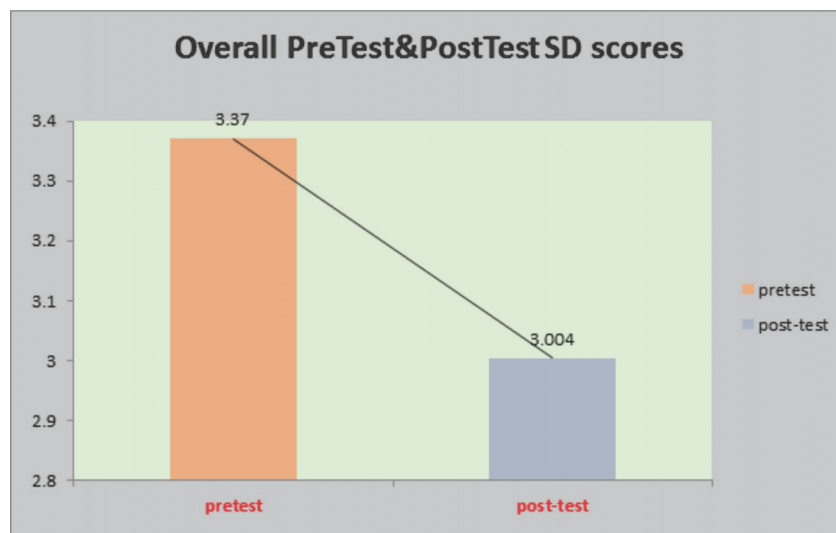


Fig - 3



DISCUSSION

In the present study the postnatal mothers shows highest significant of SIDS (10.568) and most of the least knowledge of SIDS (0.02). The studies shows that there is no significant between the knowledge and as well as variable of 0.05 P value. As expected in the hypothesis of the study, the investigators found that there is a significant improvement in the knowledge of postnatal mothers regarding SIDS.

CONCLUSION

The results shows that 60% group D workers postnatal mothers were have more knowledge on SIDS. 0.02. However, the prime gravida mothers show least knowledge of SIDS. Therefore study suggests that more knowledge required for prenatal mothers on SIDS in order to prevent obstetrics and gynecological

complications. Further, the study will be replicated with more sample size for the future benefits of the people.

RECOMMENDATION

The study recommends that prime gravid mothers would require more awareness when compare to postnatal and Multi gravid mothers about SIDS.

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