

ASSESSING KNOWLEDGE, ATTITUDES AND PRACTICES AMONG POSTNATAL MOTHERS ABOUT NEWBORN CARE IN PABRA, MANJHAUL, KAMLA, KAZI CHAK VILLAGES OF BEGUSARAI DISTRICT IN BIHAR

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HHM-1159

INTRODUCTION

- Neo-natal care plays a very crucial part in the overall well-being of a child.
- Unfortunately, that is not the case, based on WHO estimate neonatal deaths contribute 45% to the under-five mortality rates.
- More than one-third of these demises happen in the first 24 hours of being born, whereas three-quarters of the neonatal demises takes place in a week's time after their birth.
- Hence it is very important to make sure that every mother has the right knowledge, attitude and practices available at her disposal and she is well-versed with it to provide the best possible care to her new-born.

RESEARCH QUESTION

What is the knowledge, attitude and practice among postnatal mothers about newborn care in Pabra, Manjhaul, Kamla, Kazi chak villages of Begusarai district in Bihar?

Study Objective

To investigate the KAP of expecting and new mothers about infant care.

To see the association between socio-economic characteristics and KAP of expecting and new mothers about infant care.

Once we have the limitations present in front of us, we can produce recommendations to improve the conditions and decrease the infant mortality rate. The results from this study will help us determine at what level we should intervene and what resources should be provided to new mothers in different demographics to see improvement.

METHODOLOGY

- **Study Design:** Observational Cross-Sectional Descriptive Study
- **Study Area:** Rural villages in Begusarai District
- **Study tool:** Self-Administered Questionnaire
- **Sampling Technique:** Convenient sampling
- **Sample size:** 72 mothers

Socio demographic characteristics of the respondents

Variables	Frequency (N=72)	Percentage
Age of Mothers		
15-19	4	6%
20-25	38	53%
25-30	19	26%
30 and above	11	15%
Level of Education		
Never attended school	14	19%
Primary School	32	44%
Secondary Education	17	24%
Higher Secondary & above	9	13%
Age of Youngest Child		
0-6 months	18	25%
7-12 months	13	18%
1-2 years	27	38%
2-3 years	14	19%
Place of Delivery		
Home	29	40%
Health Facility	43	60%
Source of New-born care information		
Elders in Family	51	71%
Doctors/Healthcare Centre/ Dais	21	29%

Knowledge of mothers

Variables	Frequency (N=72)	Percentage
Hours of sleep new-borns require a day		
10-13 hours	13	18%
14-17 hours	32	44%
18-20 hours	27	38%
New-borns should pass urine within		
Within 24 hours	55	76%
2 days	17	24%
More than 2 days	0	0%
Stool of breastfed new-born will be		
Hard	0	0%
Watery	38	53%
Loose and yellow	31	43%
Black	3	4%
New-born must be fed first with		
Ghee	7	10%
Breast Milk	36	50%
Honey	29	40%
Time of initiation of breastfeeding after delivery		
Within 1 hour of delivery	18	25%
Within 6 hours of delivery	25	35%
Within 24 hours of delivery	29	40%
Duration of exclusive breastfeeding		
<6 months	28	39%
6 months	33	46%
>6 months	11	15%
Do you think breastfeeding should be allowed when baby/mother is sick?		
Yes	37	51%
No	35	49%
Commonly umbilical cord falls off within		
2 weeks	57	79%
4 weeks	15	21%
6 weeks	0	0%
The new-born should be kept warm by		
Keeping in contact with mother	20	28%
Dressing in warm clothes	28	39%
Both option a & b	17	24%
Keeping room warm	7	10%
Are you aware of national immunization schedule?		
Yes	22	31%
No	23	32%
Have heard of it, no clear idea	27	38%

Attitudes of Mothers

Variables	Frequency (N=72)	Percentage
How long before new-borns can be given their first bath		
Immediately after birth	11	15%
After 24 hours	38	53%
After 2 days	23	32%
Can blades be reused after cleaning, to cut umbilical cord?		
Yes	13	18%
No	59	82%
Do you find giving skin to skin contact to baby beneficial?		
Yes	23	32%
No	18	25%
Don't Know	31	43%
Do dirty umbilical cords cause infection to baby?		
Yes	36	50%
No	17	24%
Don't Know	19	26%

Practices of Mothers

Variables	Frequency (N=72)	Percentage
Do you wash hands before handling baby		
Yes	25	35%
No	16	22%
Not always	31	43%
Do you clean genital area of baby with clean wet cloth after each defecation		
Yes	54	75%
No	6	8%
Not always	12	17%
Do you keep the umbilical cord always clean?		
Yes	37	51%
No	18	25%
Not always	17	24%
Do you massage new-born with oils before giving a bath?		
Yes	43	60%
No	0	0%
Not always	29	40%
Do you wrap the new-born after bath?		
Yes	58	81%
No	6	8%
Not always	8	11%
Do you clean the breast with wet cloth before every feeding?		
Yes	23	32%
No	35	49%
Not always	14	19%
Do you burp the baby after every feeding?		
Yes	35	49%
No	13	18%
Not always	24	33%

DISCUSSION

- The results of this study inferred the following, 50% of the mothers have poor knowledge of what the new-born should be fed first and 75% of the mothers had poor knowledge about the initiation of breastfeeding after a new-born is born. The overall knowledge of mothers in the rural villages of Bihar is 32% which is below satisfactory.
- Even though 53% of the respondents were of the right attitude that bathing the new-born only after 24 hours and 82% of the mothers aware of no reusing of blades during the cutting of umbilical cords. The overall attitudes of mother about new-born care is 36%
- The overall practice of new-born care was only 33%. By cleaning the breasts after feeding, the mother helps to prevent various infections that are unfavorable for the baby as well. However, a large majority of mothers in the study (68%) didn't follow good hygienic practices due to ignorance

RECOMMENDATION



Information Education Communication activities in association with panchayat members to give information on new-born care.



Medical Wellness Checkups by health facilities every quarter.



Refreshing training and information to “Daais” (midwives) on a regular basis, as they are a main point of contact to new mothers.

CONCLUSION

- There is significant need for improvement in the knowledge of mothers and this can be bought by strengthening health-based programs in rural areas. Awareness based programs conducted in the rural areas by someone important and respected well within the community so that the majority of the population follow these practices. Regular IEC (Information Education Communication) activities in association with the panchayats, medical checkup where knowledge is imparted etc. should be conducted with these villages.

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