



## A Descriptive Study To Assess The Effectiveness Of Structured Teaching Programme On Knowledge Regarding Kangaroo Mother Care Among Staff Nurses Of Rajindra Hospital Patiala

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### Abstract

A descriptive study to assess the effectiveness of structured teaching programme on knowledge regarding kangaroo mother care among staff nurses of Rajindra Hospital Patiala. Conclusion Further the enhancement of mean knowledge was found to be 83.67% from pre-test to post-test. The statistical paired t' test was found to be 38.006\* indicating significant enhancement of knowledge score from pre-test to post-test at  $P < 0.005$  revealing the effectiveness of structured teaching programme regarding kangaroo mother care

**Key words:** Teaching, Effectiveness, Knowledge kangaroo Mothers, Nurses

### Introduction

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. KMC provides the infant with the basic need for survival, i.e. mother's warmth, stimulation, breast milk, love and protection.

### Need of study

Kangaroo Mother Care is a natural and innovative method of caring of newborns especially premature and low birth weight baby. It helps to reduce morbidity and mortality in LBW infants. Kangaroo mother care reduces the risk of hospital-acquired infection, hypothermia and it is also associated with increased weight gain, growth in length and rates of breastfeeding.

A descriptive study to assess the effectiveness of structured teaching programme on knowledge regarding kangaroo mother care among staff nurses of Rajindra Hospital Patiala.

### Objectives

- To assess the pre-test knowledge score of staff nurses regarding kangaroo mother care among staff nurses of Rajindra Hospital Patiala.
- To develop and administer structured teaching programme.
- To assess the post-test score of the staff nurses on kangaroo mother care among staff

### Delimitation

- Nurses of Rajindra Hospital Patiala.
- To find out the association between pre-test knowledge with selected socio demographic variables.
- and it is also associated with increased weight gain, growth in length and rates of breastfeeding.
- The study was delimited to staff nurses of Rajindra Hospital Patiala.
- The staff nurses who are present at the time of data collection.

**Research design**

Descriptive research design

**Research setting**

Rajindra Hospital Patiala, Punjab

**Target Population**

Staff nurses (60) of Rajindra hospital Patiala

**Sampling Technique**

Purposive, Non probability sampling Technique

**Sample size**

N=60

**Analysis and Interpretation of data**

Descriptive analysis (frequency percentage, mean, standard deviation)

Inferential statistics (chi square test, Paired t-test)

**Results****Section -1****Description of selected Demographic data**

Sno	Demographic Characteristics	N	60
		f	%
1	<b>Age</b>		
	a.20-25	14	23.33
	b.26-30	15	25
	c.31-35	13	21.67
	d.35-40	10	16.67
	e.Above 40	8	13.33
2	<b>Gender</b>		
	a.Male		18.33
	b.Female		81.67
3	<b>Source of information</b>		
	a. Books	30	50
	b.Journals	19	31.63
	c. Internet	8	13.33
	d .Newspaper	3	5
4	<b>Qualification</b>		
	a. ANM	4	6.67
	b.GNM	37	61.67
	c. B.Sc.	12	20
	d. M.Sc.	7	11.67
5.	<b>Experience</b>		
	a.<5	21	35
	b.6 -10	23	38
	c.11-15	11	18
	d.>15	5	8.33
6.	<b>Place of residency</b>		
	a. Rural	28	46.67
	b. Urban	22	36.67
	c. Semi-urban	10	16.67
7.	<b>Type of Family</b>		
	a. Nuclear	32	53.33
	b.Joint	21	35

	c.Extended	7	11.67
8.	<b>Income per Month</b>		
	a.<30,000	13	21.67
	b.31,001-60,000	33	55
	c.60,001-90,000	12	20
	d.>90,001	2	3.33

## Section-II

**Pre –test knowledge level on kangaroo mother care among staff nurses of Rajindra Hospital Patiala.**

**Criteria measure of knowledge score**

Level of knowledge score	score	frequency	% age	mean	SD
Excellent	23-30	0	0		
Good	16-22	0	0	10.3	2.144
Fair	8-15	53	83.33		
Poor	0-7	7	11.67		

## Recommendations

Replication of the same study on large samples may help to draw conclusions that are more definite and generalize to a larger population.

A study can be conducted by including additional demographic variables.

A study to assess the effectiveness of structured teaching programme on knowledge regarding kangaroo mother care among staff nurses of Rajindera hospital Patiala.

## Conclusion

Further the enhancement of mean knowledge was found to be 83.67% from pre-test to post- test. The statistical paired ‘t’ test was found to be 38.006\*indicating significant enhancement of knowledge score from pre-test to post-test at  $P < 0.005$  revealing the effectiveness of structured teaching programme regarding kangaroo mother care.

There was significant association between the levels of score of staff nurses with their knowledge and experience demographic variables and with other demographic variables there is no association .The calculated chi square were less than table value at the 0.05 level of significance for staff nurses. Hence, the hypothesis (H2) was accepted

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