Research Article

A STUDY TO ASSESS THE KNOWLEDGE REGARDING PHOTOTHERAPY AMONG POSTNATAL MOTHERS IN DISTRICT MODEL HOSPITAL, PEROORKADA, THIRUVANANTHAPURAM

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ABSTRACT

INTRODUCTION: Newborn period is a crucial period as far as a child's growth and development is concerned. During this period the newborn has to undergo certain physical and physiological adaptation to make them enable to live outside the womb. The health of the child is important to the society as children are the basic source of mankind. The mother plays a major role in promoting the health of child. Today most of the people does not have adequate knowledge on phototherapy especially postnatal mothers in rural areas and they have less knowledge and misconception regarding phototherapy and its advantages[1].

OBJECTIVES of the study were:

(1) To assess the knowledge regarding phototherapy among postnatal mothers
(2) To find out the association between knowledge level and selected demographic variables of postnatal mothers.

METHODOLOGY: Quantitative research approach was used in this present study and the research design used was non experimental survey method. Setting for the study was district model hospital, Peroorkada, Thiruvananthapuram. Sample of the present study was postnatal mothers. Sample size for the present study was 35 postnatal mothers in district model hospital Peroorkada. Sampling technique used for present study was non probability convenience sampling. A structured self administrative questionnaire was used to collect the data. It consist of two sessions. It consist of socio demographic variables and questionnaire there are 16 multiple choice questions.

Analysis: The major findings of the study were majority of subjects belongs to the age of 18-25 (54.2%), 31.42% belongs to 25-30years and 14.28% belong 30-35years. 54.28% are in the degree level, 31.42%are in secondary level and 5% belongs to illiterate level. 65.71% are from urban area and 34.28%are from rural area. 62.85% undergone normal delivery and 37.14% undergone cesarean section. 60% of postnatal mothers had undergone their first delivery, 34.28% had undergone their second delivery and 5.7% had undergone their third delivery. About 88.57% mothers have no previous awareness regarding phototherapy, only11.42% have knowledge regarding previous use of phototherapy. 48.57% samples have above average knowledge, 37.14% have average knowledge and 11.4% have excellent knowledge and 2.85% belongs to the below average level.

INTRODUCTION

New born period is from birth to 28 days of life. At the time of delivery the newborn is expelling from a warm comfortable environment to the external environment which cannot be tolerated by the newborn. Due to all these effect the newborn are more prone to get diseases or infection. Among all these diseases, hyperbilirubinemia is the common condition refers to an excessive level of accumulated bilirubin in the blood and characterized by jaundice or icterus[2].

Phototherapy is the way to protect the baby against developing jaundice and through phototherapy will improve the health status of the baby. Hence we felt that it is very important to provide proper education to the mother for enhancing the maternal knowledge thus promoting the health of their babies which in turn reduce mortality among newborns[3]

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Research Approach

In the present study quantitative research approach was used.

Research Design

In this present study the research design used was non experimental survey method.

VARIABLES UNDER THE STUDY

Demographic variables

Age, Education, Occupation, Monthly income, Residence, Type of family etc.

Dependent variables

Knowledge level of postnatal mothers regarding phototherapy.

SETTINGS OF THE STUDY

Setting for the study was district model hospital, Peroorkada, Thiruvananthapuram.

Sample

Sample of the present study was postnatal mothers.
In this study accessible population was the post natal mothers from district model hospital Peroorkada.

Sample Size

Sample size for the present study was 35 postnatal mothers in district model hospital Peroorkada.

Sampling Technique

Sampling technique used for present study was non probability convenience sampling.

Criteria for sample selection

Inclusion criteria

- Post natal mothers in district model hospital, Peroorkada.
- Mothers who are willing to participate in the study.
- Mothers who are available at the time of study.

Exclusion criteria

- Mothers who are not willing to participate in the study.
- Mothers who are not available at the time of study

DEVELOPMENT OF THE TOOL

A structured self administrative questionnaire was used to collect the data
It consist of two sessions

SECTION A

It consist of socio demographic variables such as age, socio economic status, education, occupation, residence, type of family, type of delivery etc.

SECTION B

In questionnaire there are 16 multiple choice questions. Each questions has 4 options, each correct response scores 1 mark and wrong response have no mark. Maximum score is 16 and minimum score is 0.

Analysis and Findings

Data was collected from 35 post natal mothers of District Model Hospital, Peroorkada. The questionnaire used as self-administered knowledge questionnaire. The collected information were organized, tabulated, analysed and interpreted by using descriptive and inferential statistics. The data analyzed and presented under the following sections.

SECTION 1

Description of demographic variables.

SECTION 2

Findings related to knowledge score of post natal mothers regarding phototherapy.

- **SECTION 2 A**
  Level of knowledge regarding phototherapy
- **SECTION 2 B**
  Association between knowledge level and demographic variable.

SECTION 1

Description of demographic variables

Table 1 Frequency and percentage distribution of postnatal mothers according to their age

Age	Frequency(n)	Percentage(%)
18-25	19	54.2%
25-30	11	31.42%
30-35	5	14.28%
Above 35	0	0

Inference

The table 1 depicts majority of subjects belongs to the age of 18-25 (54.2%), 31.42% belongs to 25-30years and 14.28% belong 30-35years.

Table 2

Education	Frequency(n)	Percentage(%)
Illiterate	1	2.85%
Primary education	4	11.42%
Secondary level	11	31.42%
Degree	19	54.28%

Frequency and percentage distribution of postnatal mothers according their education

Inference

Table 2 shows that 54.28% are in the degree level, 31.42% are in secondary level and 5% belongs to illiterate level.

Table 3 Frequency and percentage distribution of postnatal mothers according to residence

Residing area	Frequency(n)	Percentage (%)
Urban	23	65.71%
Rural	12	34.28%

Inference

Table3 explained that 65.71% are from urban area and 34.28% are from rural area

Table 4 Frequency and percentage distribution of postnatal mothers according to type of delivery.

Type of delivery	Frequency(n)	Percentage(%)
Normal vaginal Delivery	22	62.85%
Cesarian Section	13	37.14%

Inference

This table and figure shows that 62.85% undergone normal delivery and 37.14%undergone cessarian

Table 5 Frequency and percentage distribution of postnatal mothers according to birth order

Birthorder	Frequency	Percentage
1	21	60%
2	12	34.28%
3	2	5.7%

Inference

This table and figure shows that 60% of postnatal mothers had undergone their first delivery, 34.28% had undergone their second delivery and 5.7% had undergone their third delivery

Table 6 Frequency and percentage distribution of postnatal mothers according to previous use of phototherapy

Previous use of phototherapy	Frequency	Percentage
Yes	4	11.42%
No	31	88.57%

Inference

This table and figure shows that about 88.57% mothers has no previous awareness regarding phototherapy, only11.42% having knowledge regarding previous use of phototherapy.

SECTION2

Finding related to knowledge level of postnatal mothers regarding phototherapy

SECTION2A

Knowledge level regarding phototherapy

Table 8

Knowledge level	Frequency	Percentage
Excellent	4	11.42%
Above average	17	48.57%
Average	13	37.14%
Below average	1	2.85%

Inference

This table7 shows that 48.57% samples have above average knowledge, 37.14% have average knowledge and 11.4% have excellent knowledge and 2.85% belongs to the below average level.

DISCUSSION

The present study reveals that 48.57% have above average knowledge, 11.42% have excellent knowledge, 37.14% have average knowledge and only 2.85% having below average knowledge. This shows a good percentage of postnatal mothers having above knowledge regarding jaundice, causes, treatment that is phototherapy, its complication and care of baby on phototherapy.

In the present study hypothesis were written as the postnatal mothers are not having adequate knowledge regarding phototherapy and its complications but during analysis and interpretation of the collected data we find out that mothers have adequate knowledge regarding phototherapy. Because most of the mothers are between the age of 18-25 years and they are well educated that is degree level and from the urban area.

CONCLUSION

The study involved selection of 35 samples by the non probability conveniences sampling technique and collection of data by self administrated questionnaire. The collected data were analysed and interpreted by descriptive statistics. The study made following conclusion that Postnatal mothers posses an above average knowledge regarding phototherapy

Conflict of interest: there is no conflict of interest.
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Ethical clearance: Taken from institutional research committee "Co-operative College of Nursing, Peroorkada, Thiruvananthapuram, Kerala, India".

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