

PRACTICAL SKILLS OF FOURTH YEAR B.SC. NURSING STUDENTS ON KANGAROO MOTHER CARE

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Abstract

This study was conducted on practical skills of fourth year BSc nursing students on kangaroo mother care at a selected hospitals Bangalore. The aim of this study was to assess the practical skills on kangaroo mother care, to find the association with practical skills with selected demographic variables. Descriptive non experimental design was adopted for this study and the sample size of the present study comprised of 30 fourth year B.Sc. nursing students studying in RV College of Nursing, Bengaluru. The samples were selected by convenient sampling technique. The practical skills of the students were assessed using standardized observation checklist by Indian Nursing Council. The 30 samples consisted of 23 females and 7 males. The study results showed that majority (73.33%) of the participants had practical skills, where as 23.33% of the participants have good practical skills and very few (3.33%) had poor practical skills. And there was significant association between the practical skills on KMC with previous knowledge, ($p < 0.05$) whereas there was no significant association between age, gender, religion and practical skills on KMC.

Keywords: KMC, practical skills, nursing students.

Introduction: -

Kangaroo mother care (KMC) is the practice of skin-to-skin contact between infants and parents. In Bogota, Colombia, an alternative to traditional neonatal intensive care (NICU) for low-birth-weight infants was introduced in response to overcrowding in kindergartens, scarce and expensive resources such as incubators, and a lack of incubators and expensive resources. One such approach was introduced over 25 years ago in Bogota, Colombia. Infection rates and neonatal mortality. The overall

approach was called Kangaroo Mother Care (KMC). The mother held her low birth weight infant upright next to her skin for 24 hours. Frequent and exclusive breastfeeding was encouraged. Infants were discharged home as soon as their mothers understood how to care for and feed them, regardless of their weight. In this setting, KMC reduced infant mortality and improved mother-infant bonding.¹This review was based on 16 studies (2518 infants), 11 of which were conducted in low- and middle-income countries, and found that

KMC not only reduced mortality at hospital discharge (RR 0.60; (95% CI 0.39 to 0.93), and concluded that it also reduced severe mortality. It reduced illness, infection, and length of hospital stay, and improved mother-infant bonding, breastfeeding, and maternal satisfaction. KMC is now considered by many to be an important intervention to reduce morbidity and mortality in low-birth-weight infants in developing countries.^{1,2} In high-income countries, access to modern technology and resources may reduce the need to use KMC to improve survival of low-birth-weight infants. Nevertheless, the practice of skin-to-skin contact between premature infants and parents has been adopted in neonatal intensive care units in many of these countries, initially as a means of promoting mother-infant bonding and breastfeeding. KMC is a way to involve both mothers and fathers in the care of at-risk infants and helps humanize the NICU experience.³

Need for the study

Various physiological parameters were examined to determine the safety of KMC in premature infants. A meta-analysis of 23 studies in 190 full-term and 326 preterm infants (gestational age 26-36 weeks) found that body temperature increased by 0.22°C, heart rate did not change, and statistically It was concluded that there was no clinically significant increase. Skin contact resulted in a 0.60% decrease in oxygen saturation.⁴ Childbirth is thought to disrupt the smooth and integrated neurobehavioral development of newborns, resulting in disruption of the nervous system. This can manifest as disturbances in physiological function, stress, and behavior. During KMC, cardiopulmonary fitness and temperature stability are achieved as described above. Additionally, preterm infants showed

decreased wakefulness and REM sleep during skin-to-skin care, suggesting a more mature sleep organization. Practicing KMC reduces the frequency of nosocomial infections. This advantage is more pronounced in developing countries than in developed countries.⁶ KMC is one of the non-pharmacological interventions recommended by the Canadian Pediatric Society and the American Academy of Pediatrics for analgesia during bedside procedures in the NICU.⁹

As the benefits of KMC are numerous, it is important for that nurses and the nursing students to be skillful enough to demonstrate KMC to the postnatal mothers, especially is case of prematurity.

Objectives:

1. To assess the practical skills of 4th year BSc nursing students on Kangaroo Mother Care.
2. To find out the association between practical skills and selected demographic variables.
3. To educate the 4th year BSc nursing students on Kangaroo Mother Care.

Material and methods:

Source of Data: The data was collected from fourth year B.Sc. nursing Students.

Research design and approach: Descriptive non-experimental design was adopted for this study

Research Setting: The study was conducted in Banashankari Referral Hospital, Bengaluru.

Sample: Fourth year B.Sc. nursing Students posted in Banashankari referral hospital for clinical postings.

Sampling technique: Convenient Sampling

Sample Size: The sample size is 30 fourth year B.Sc nursing students.

Inclusion criteria:

- Samples willing to participate in the research study.

Exclusion criteria:

- Those who are not available at the time of study.

Instrument intended to be used:

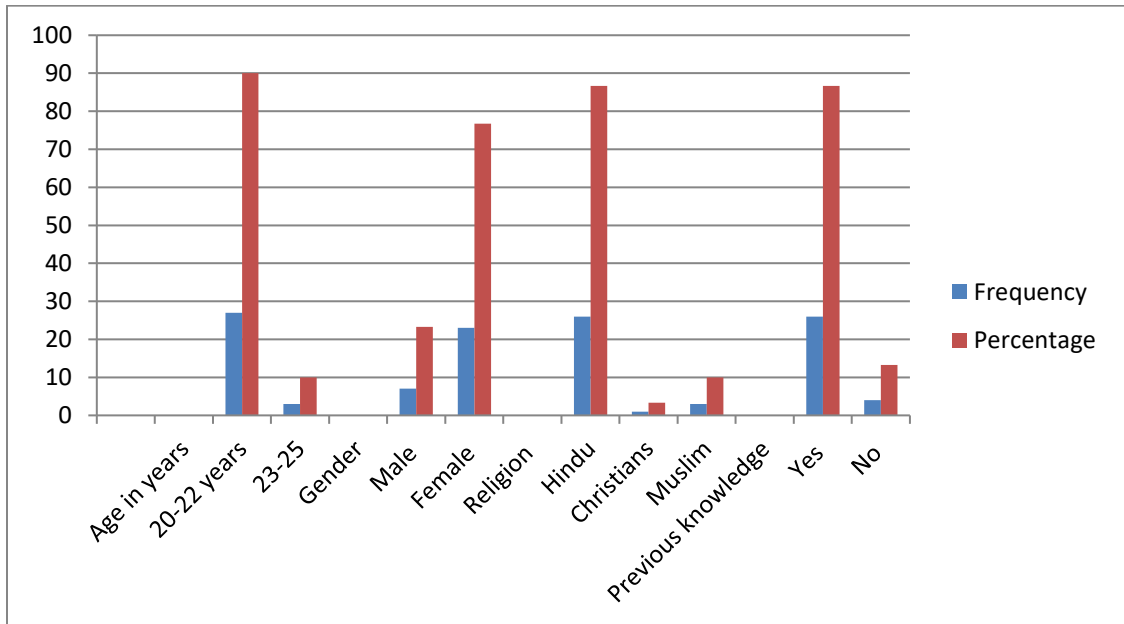
Section A: Questionnaire to collect the Demographic data.

Section B: Standardized observation checklist by Indian Nursing Council on kangaroo mother care.

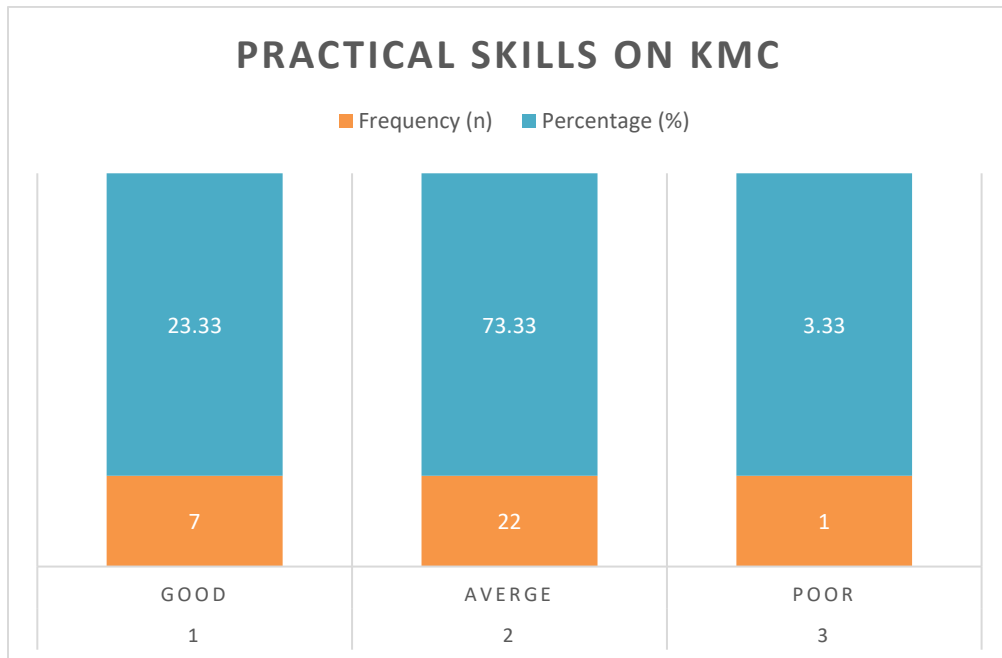
Section 1: Demographic variables of fourth year B.Sc. Nursing Students

Sl.no	Demographic variables	Group	
		Frequency(n)	Percentage (%)
1	Age in years		
	a. 20-22 years	27	90
	b. 23-25	3	10
2	Gender		
	a. Male	7	23.3
	b. Female	23	76.7
3	Religion		
	a. Hindu	26	86.7
	b. Christians	1	3.3
	c. Muslim	3	10
4	Previous knowledge		
	a. Yes	26	86.7
	b. No	4	13.3

The above table shows that 90% of participants belong to the age of 20-22years and only 10% belong to the age group of 23-25. The majority of participants are females that is 76.7% and males only 23.3%. 86.7% of participants are Hindu, 10% are Muslims and only 3.3% are Christians. 86.7% had previous knowledge and 13.3% had no previous knowledge.



Section 2: Practical skills of fourth year B.Sc. Nursing Student



The above graph shows that, majority (73.33%) of the participants have average level of practice, where as 23.33% of the participants have good level of practice and very few (3.33%) have poor level of practice.

Section 3: Association of pre-test practical skills of 4th year B.Sc. Nursing Students with selected demographic variables.

n=30

SL. NO	Demographic variable	Level of KMC practice			Chi square	P Value
		Good	Average	Poor		
1	Age in years					
	20-22 years	6	20	1	0.274	0.872
	23-25	1	2	0		
2	Gender					
	Male	2	4	1	3.719	0.156
	Female	5	18	0		
3	Religion					
	Hindu	6	19	1	0.632	0.959
	Christians	0	1	0		
	Muslim	1	2	0		
4	Previous knowledge					
	Yes	7	19	0	7.579	0.023
	No	0	3	1		

The above table describes about the association level of KMC practice with their selected demographic variable among final undergraduate nursing students. A significant association was found only in the area of previous knowledge where p value is less than 0.05

Conclusion:

Kangaroo mother care improves growth, reduces morbidity and reduces hospital stay in low-birth-weight babies; it is cost effective intervention that helps save lives. It should be made available at all level of care. The study results showed that majority (73.33%) of the participants had practical skills, where as 23.33% of the participants have good practical skills and very few (3.33%) had poor practical skills. And there was significant association between the practical skills on KMC with previous knowledge, (p<0.05) whereas there was no significant association between age, gender, religion and practical skills on KMC.

The overall findings of the study showed that majority of the fourth year B.Sc nursing students had average practical skills regarding kangaroo mother care. There is a need to further improve the skills of the nursing students in order to improve the health conditions of preterm neonates.

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