Effect of Structured Postnatal Education for Mothers on Neonatal Care and Early Detection of Neonatal Health Problems

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Abstract

Aim of this study was to examine the effect of structured postnatal education for mothers on neonatal care and early detection of neonatal health problems. Design, this study conducted using a quasi-experimental design to achieve the stated aim. Setting: Labor and delivery unit at El Manial Maternity Hospital, Cairo University and homes of studied sample considered the second setting of this study. Sample: a total sample of 130 mothers with inclusion criteria, delivered vaginally, not exceed 35 years old; parity not exceed 4; did not complain of any chronic medical problems; did not have history of neonatal death; delivered full term baby and live near to the hospital area. Tools: three tools were used, structured interviewing questionnaire, neonatal assessment sheet and modified neonatal attachment checklist. Procedure: data collection passed through four phases: interview, assessment, implementation & follow up and evaluation. Results: significant statistics difference was detected in mothers' knowledge before and after health education about cord care and breast feeding (X1 = 204, P<0001; V =131, P=0.001 respectively). Most of neonates their cord detached within normal duration. Also 64.1% of the neonatal health problems were detected by mothers, 82.3% of mothers were practice attachment when they deal with their neonates. Finally more than half of neonates were healthy.

Conclusion: the study concluded that, postnatal education improved mother's knowledge and practice about cord care, breast feeding and mother-neonatal attachment. At home neonates exposed to health problems related to improper care and infection at home such as gastroenteritis, acute respiratory infection and oral thrush. Mothers played a positive role with their babies in early detection of health problems and seeking medical help. Recommendation: The study recommended that, nurses should emphasize on postnatal health education.

Key words: postnatal health education, neonate attachment, breast feeding, neonatal health problems