Knowledge of first mothers on the care of the newborn

Conocimiento de madres primerizas sobre el cuidado del recién nacido

ABSTRACT. Objectives: To determine the level of knowledge about the care of the newborn that the first mothers care for in a state hospital in the Comas district in Lima-Peru, 2016. Methodology: Quantitative research, with descriptive non-experimental cross-sectional design; the sample consisted of 132 first-time mothers. Applying a validated questionnaire as an instrument. Results: The knowledge level of newborn care in first-time mothers was high at 5.3%, mean at 79.5% and low at 15.2%. Conclusions: First-time mothers mostly have an average level of knowledge about newborn care, and in the dimensions considered also have average level.

Keywords: Newborn, Knowledge, Maternal Behavior, Infant Care

RESUMEN. Objetivo: Determinar el nivel de conocimiento sobre el cuidado del recién nacido que poseen las madres primerizas atendidas en un hospital estatal del distrito de Comas en Lima-Perú, 2016. Metodología: Investigación cuantitativa, con diseño no experimental descriptivo de corte transversal; la muestra estuvo constituida por 132 madres primerizas. Aplicándose como instrumento un cuestionario validado. Resultados: El nivel conocimiento del cuidado del recién nacido en madres primerizas fue alto en 5.3%, medio en 79.5% y bajo en 15.2%. Conclusiones: Las madres primerizas, en su mayoría tienen nivel de conocimiento medio sobre el cuidado del recién nacido, y en la dimensiones consideradas también tienen nivel medio.

Palabras clave: Recién nacido, conocimiento, conducta materna, cuidado del lactante

1 Bachelor's degree in Nursing from Lima - Peru
2 Bachelor's degree in Nursing from Lima - Peru

Quote as: Flores HL, Mendoza KC. Conocimiento de madres primerizas sobre el cuidado del recién nacido. Rev. Cien y Arte Enferm. 2018; 3(1-2): 44 - 49
DOI: 10.24314/rcae.2018.v3n1.06
Correspondence: kmb_9_2005@hotmail.com
RECEIVED: 04/06/2018 ACCEPTED: 20/06/2018
INTRODUCTION

A fundamental principle of global health is the protection of the mother’s and newborn’s health. Both have lifetime access to health care, through a continuum of care that begins with care for the mother well before pregnancy (during her childhood and adolescence) and continues during pregnancy and childbirth. Care can be provided, according to need, in the home and community, or in health centers and hospitals.1-4

In Peru, 90% of first-time mothers are mostly under the age of 14 to 19, 90% of these adolescents do not have adequate knowledge about caring for newborns, and 10% have confusing knowledge about the subject. Early motherhood also compromises the health of babies, with a high risk of neonatal and infant death.3,4

At the Comas district hospital in Lima, where this study was conducted, it was observed that 45% of children under five years old who die annually are infants under 28 days old or in the neonatal period, three out of four newborn deaths occur in the first week of life; mostly mothers are involved in acquiring material resources for newborn care, and it is evident in most cases that the human cognitive preparations provided for the care of this new being are very scarce.5,6

It is necessary for the nursing professional to recognize the needs of newborn care by reaching out to adolescent mothers and strengthening beneficial care practices, promoting health services that are close to their culture and consistent with their environment.7

When reviewing primary sources, studies conducted in Ecuador and Spain with adolescent mothers and primiparous adults show that the level of knowledge about newborn care was regular in 55% of adolescents and 58% of adults. While in Peru, studies conducted in Lima and Tacna,10-12 agree that an average of 48% of first-time adolescent mothers do not know about basic neonatal care, 60% do not know about thermoregulation and clothing, 71.4% do not recognize weak or strong crying as warning signs, 56% report not having received information from health personnel and 64.3% report that their family members provided them with the most information about newborn care.

In this sense, it is necessary to emphasize that human care involves values, willingness, a commitment to care, knowledge, and care actions. It is an interpersonal process, between two people with a transpersonal dimension (nurse-patient). In addition, there is the concept of self-care as a constant contribution of the individual to his/her own existence. Behavior that exists in specific life situations, directed by people about themselves, toward others or toward the environment, to regulate the factors that affect their own development and functioning for the benefit of their life, health, or well-being.13-14

Consequently, there are essential neonatal conditions that must be met in all services that attend births, regardless of their level of complexity; these include assessment of maternal-fetus-neonatal risk; immediate neonatal care and resuscitation if appropriate with immediate mother and child attachment and initiation of suction. More emphasis is placed on breastfeeding, which assures the child adequate nutrition and protects him/her from infections, while at the same time providing the opportunity for the formation of affective bonds between him/her and his/her mother, which in turn are the basis for the child’s future security and independence.15

Afterwards, care in the first month of extrauterine life is very special. The child’s great capacity for learning is facilitated and stimulated by affection, caresses and, in general, by all the care provided by the mother, father and people around him and provide tactile, visual and auditory manifestations of love.17

The care is provided according to the stage of development and growth, it will be necessary to adopt a set of hygienic rules in order to keep always clean the body of the baby, avoiding dermal diseases.18 In the emotional development of the child, a child deprived of physical affection lacks an essential stimulus for growth. The baby is born sociable and seeks physical affection in caresses, hugs and kisses, so it is important that parents freely and physically express love for their baby.19 One should also pay attention to sleep, not as a sensation of behavior, but as one of the modalities that this has, in which certain forms of behavior typical of moments of vigil are minimized or modified.20

Finally, vaccination is one of the most effective care measures in public health, because by generating an immune response that reduces the possibility of contagion, it is able to prevent and even eliminate diseases.21-23

In accordance with the above, this study was carried out with the objective of determining the level of knowledge about the care of newborns held by first-time mothers attended at a state hospital in the district of Comas in Lima-Peru, 2016.

MATERIALS AND METHODS

The study corresponded to a quantitative approach, with a non-experimental and cross-sectional design, descriptive level; the sample consisted of 132 first-time adolescent mothers. A questionnaire was applied as a measuring instrument to assess the level of knowledge about the care of newborns by primiparous mothers; the results were analyzed with IBM SPSS version 23. The descriptive statistics, frequencies and percentages presented in tables and figures were used.
RESULTS

79.5% of primiparous adolescent mothers have a middle level of knowledge about newborn care, and 15.2% have a low level of knowledge.

On the other hand, it can be seen that of the total number of mothers surveyed about general newborn care, 59.9% had an middle level of knowledge and 26.5% had a low level of knowledge.

It can be seen that, of the total number of mothers surveyed, 54.5% had a middle level of knowledge about home care of the newborn and 41.7% had a low level of knowledge about home care of the newborn.
Finally, of the total number of mothers surveyed about newborn growth, 52.3% have a middle level of knowledge and 43.9% have a low level of knowledge about the subject. With respect to the percentages of level of knowledge about general newborn care, most mothers have a middle level of knowledge; this is because most mothers know how the umbilical cord is cleaned and how often the baby is bathed, but they don't know the skin color of a newborn. It is similar to Mama-ni11 who obtained a regular knowledge level of 60.7%.

Finally, the percentages of knowledge level about the growth dimension of the newborn show that most mothers have a middle level of knowledge; this is explained because most mothers know the normal growth charts of the newborn, but do not know that it is important to stimulate the baby with maternal love.

It is concluded that family care is important, so adolescent mothers should be guided through self-care practices during this postpartum stage. In view of this, Nursing has as an important function in the promotional preventive activity through the education to the relatives about the care to have with the adolescent mother in this stage of change; as is the puerperium, since with the care provided, we will avoid the maternal and neonatal morbidity and mortality index. At the same time, it is worth mentioning that the mere fact that mothers have an average knowledge about the growth of the newborn is very good because in this way they can provide a humanized care to their children, but the ideal would be that mothers reach a high and adequate knowledge about the care of their newborn during their growth and development during the life stage of the firstborn.

Conflicts of interests: The authors state that there are no conflicts of interests.
BIBLIOGRAPHIC REFERENCES


