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A descriptive study to assess the knowledge regarding sudden infant death syndrome among the postnatal mothers with a view to develop an information booklet in selected hospitals of Jalandhar, Punjab, 2019

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Abstract

Despite declines in prevalence during the past two decades, Sudden Infant Death Syndrome (SIDS) is one of the main causes of Child mortality globally. Sudden Infant Death Syndrome is responsible for at least one quarter of all Child deaths worldwide. Infant mortality and morbidity is leading issue now a days thus, the present study was conducted on postnatal mothers to assess the level of knowledge and educate them about prevention and reducing the occurrence of the complications.

Aim: To enhances the knowledge of postnatal mothers regarding sudden infant death syndrome and provides them an information booklet.

Method and Material: Non probability convenient sampling technique was used to select the 200 samples for the study. A Self Structure Knowledge questionnaire was used to collect data.

Statistical Analysis: Collected data was analysed by using descriptive and inferential statistics.

Result: A Descriptive study was conducted on 200 postnatal mothers of SGL Charitable Hospital, Civil Hospital, Armaan Hospital, Global Hospital, Amar Hospital, Holy Family Hospital, Alpex Hospital, and Johal Hospital in the month of February 2019 to assess the level of knowledge of postnatal mothers.

Conclusion: The result showed that out of 200 postnatal mothers 99(49.5%) had average knowledge, 71(35.5%) had poor knowledge and 30(15%) had good knowledge regarding Sudden Infant Death Syndrome.

The study concluded that Knowledge regarding Sudden Infant Death Syndrome may help in reducing the occurrence of the complications.

Keywords: Knowledge, postnatal mothers, sudden infant death syndrome, information booklet

Introduction

“Children are the wealth of tomorrow. Take care of them if you wish to have a strong India, ever ready to meet various challenges”.

Jawaharlal Nehru

The health of the nation is wealth of the nation. Today’s children are tomorrow’s adult. Birth is a major challenge to new born to negotiate success from intrauterine to extra uterine. New born is considered to be tiny and powerless completely dependent on others for life ^[1].

Postnatal mother play a vital role in essential new born care. She cares for her baby at physical, emotional and social level ^[2].

The first 28 days of life are known as neonatal period. The child during this time is known as neonate. The children in this group are vulnerable and liable to get various diseases. Sudden infant death syndrome is one of the leading causes of death where death of baby occurs without any reasonable cause ^[3].

Sudden Infant Death Syndrome (SIDS), as the name suggests, is a term that is used when a baby's death cannot be explained even after thorough medical examination. The exact causes of SIDS are not known. However, it is known that SIDS is not caused by suffocation, choking, and infection. SIDS (also known as “crib death”) is the sudden and unexplained death of an infant under 1 year of age ^[4].

SIDS is accounting for about 25% of all deaths between 1 month and 1 year of age. It includes all unexpected deaths those without a clear cause, such as SIDS, and those from a known cause, such as accidental suffocation.

Many unexpected infant deaths are accidents, but a disease or another external factor, such as poisoning or neglect, can also cause an infant to die unexpectedly [5].

After the birth some events such as lack of oxygen, excessive carbon dioxide intake, overheating, or an infection or, if infant is sleeping on the stomach cause death [6].

The American Academy of Pediatrics (AAP) recommends different precautions in order to reduce the risk for SIDS and provide a safe environment to the child's sleep. Among them, we can mention that infants should sleep in the supine position, on firm surfaces, in the parents' bedroom and in their own bed/cradle; they should not share beds; overheating and exposure to smoke must be avoided; and breast-feeding should be encouraged [7].

Infant mortality is the death of an infant in the first year of life. It is measured by the infant mortality rate, which is the total number of deaths to children under the age of one year for every 1,000 live births. IMR is therefore also a useful indicator of a country's level of health or development. The number of infants born weighing less than five pounds, as well as the survival of those who might have previously died has steadily increased since 1984. Having a premature infant has a tremendous impact on families, both in the Neonatal Intensive Care Unit (NICU) and at home, after discharge as they are the prey's for SIDS [8].

Awareness among people plays an important role in preventing infections, improving nutritional status, improving intra-natal and immediate postnatal care techniques in the hospital as well as in the community. This can be done by demonstration, health education and guidance to the parents for creating awareness and making change toward better health care practices [9].

Education in health is in favor of understanding SIDS by people in case of children, as well as of risk factors and efficient preventive measures, such as sleeping position. So, the aim of this study is to enhance the knowledge of mothers of infants regarding Sudden Infant Death Syndrome.

Mamta, Kaur Prabhjot, Sagar Nidhi, Kaur Jasbir (2015) conducted a study to assess Knowledge and infant care practices regarding sudden infant death syndrome Descriptive study was undertaken on 100 mothers selected

through convenience sampling. Data was collected by interview schedule method through structured questionnaire for knowledge. The result of study revealed that majority of mothers (74%) were having poor knowledge, (22%) were having below average knowledge and only (4%) had average knowledge regarding Sudden Infant Death Syndrome. According to infant care practices more than half of mothers (53%) were having good practices and less than half (47%) were having average practices regarding Sudden infant death syndrome [10].

Material and Method

Study design and sample

A descriptive research design was used for the study. Non probability convenient sampling technique was used to select the mothers from SGL Charitable Hospital, Civil Hospital, Armaan Hospital, Global Hospital, Amar Hospital, Holy Family Hospital, Alpex Hospital, and Johal Hospital of Jalandhar for research study.

Data collection and study tool

Prior to the data collection the researcher introduced herself and explained the purpose of the study to the participants. They were assured for the confidentiality of their identity and response. Research tool was consist of selected socio demographic variables and self-structure knowledge questionnaire to assess the level of knowledge of postnatal mothers. First part of tool consists of 15 items and second part of research tool consisted of 30 items. Criterion measure for self-structured knowledge questionnaire was Good level of Knowledge (21-30 scores), Average level of Knowledge (11-20 Score), Poor level of Knowledge (0-10 Score).

Result

Section-1

Socio-demographic characteristics of sample

Association between knowledge regarding Sudden Infant Death Syndrome with their socio-demographic variables. Gravida and number of children had impact on knowledge regarding sudden infant death syndrome.

| Socio-demographic variables | | Frequency N | Percentage % |
|---------------------------------|---------------------|-------------|--------------|
| 1. Age of mother | | | |
| a) | 21-23 | 2 | 26 |
| b) | 24-26 | 5 | 43 |
| c) | 27-29 | 1 | 21 |
| d) | 30-32 | 2 | 10 |
| 2. Age of infant | | | |
| a) | 2 | 2 | 36 |
| b) | 3 | 59 | 30 |
| c) | 4 | 7 | 18 |
| d) | ≥5 | 32 | 16 |
| 3. Birth weight of child | | | |
| a) | 1-2kg | 02 | 01 |
| b) | 2-3kg | 6 | 43 |
| c) | 3-4kg | 112 | 56 |
| d) | 5kg | 00 | 00 |
| 4. Educational status | | | |
| a) | No formal education | 46 | 23 |
| b) | Primary | 85 | 43 |
| c) | Secondary | 25 | 12 |
| d) | Higher Secondary | 26 | 13 |
| e) | Graduate and above | 18 | 09 |
| 5. Occupation of mother | | | |

| | | | |
|---|---|-----|------|
| a) | Home maker | 91 | 46 |
| b) | Self employed | 02 | 01 |
| c) | Private job | 61 | 31 |
| d) | Government job | 46 | 22 |
| 6. Maturity of child during birth | | | |
| a) | Term | 117 | 58 |
| b) | Pre term | 41 | 21 |
| c) | Post term | 42 | 21 |
| 7. Gravida | | | |
| a) | 1 | 112 | 55 |
| b) | 2 | 49 | 25 |
| c) | ≥3 | 39 | 20 |
| 8. No of children | | | |
| a) | 1 | 127 | 63.5 |
| b) | 2 | 38 | 19 |
| c) | ≥3 | 34 | 17.5 |
| 9. Type of delivery | | | |
| a) | Normal vaginal delivery | 61 | 31 |
| b) | Normal vaginal delivery with episiotomy | 81 | 41 |
| c) | Caesarean section | 58 | 28 |
| d) | Instrumental delivery | 00 | 00 |
| 10. Type of Family | | | |
| a) | Nuclear | 53 | 27 |
| b) | Joint | 106 | 53 |
| c) | Extended | 41 | 20 |
| 11. Area of living | | | |
| a) | Urban | 107 | 54 |
| b) | Rural | 93 | 46 |
| 12. Source of information regarding | | | |
| a) | Family | 17 | 09 |
| b) | Friends | 22 | 10 |
| c) | Health personnel | 41 | 20 |
| d) | Mass media | 32 | 16 |
| e) | No information | 88 | 43 |
| 13. Family history of SIDS | | | |
| a) | Yes | 11 | 05 |
| b) | No | 189 | 95 |
| 14. Any co-morbid disease | | | |
| a) | Yes | 55 | 28 |
| b) | No | 145 | 72 |
| 15 Have you started breast feed immediately after birth? | | | |
| a) | Yes | 185 | 92 |
| b) | No | 15 | 08 |

Table 1: Distribution of knowledge score regarding sudden infant death syndrome among the postnatal mothers N=200

| Level of knowledge | Score | Frequency N | Percentage % |
|--------------------|-------|-------------|--------------|
| Good | 21-30 | 30 | 15 |
| Average | 11-20 | 99 | 49.5 |
| Poor | 0-10 | 71 | 35.5 |

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