

Knowledge, Attitude and Practice of mothers regarding Neonatal Jaundice: A Hospital based Observational Study

(Knowledge of mothers on Neonatal Jaundice)

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Abstract:-_Background: Neonatal jaundice is a common cause of mortality and morbidity in newborn babies. It is important for mothers to be able to detect neonatal jaundice early so that they may seek successful therapy earlier.

Objectives: to assess the knowledge and attitude of postnatal mothers about neonatal jaundice.

Methods : It was a hospital based observational study conducted in one of the busiest hospitals of Jorhat over a period of 12 months. Mothers in the post natal period whose babies developed neonatal jaundice were questioned and their responds were noted in a predesigned proforma. Written Consent were taken from the mothers. Institutional ethic committee clearance was taken.

Results: 439 mothers whose newborns developed clinical jaundice participated in the study. Majority(53%, n=232) mothers were in the age group of 25 to 34 years, 31%(n=136) were in the age group of 15 to 24 years and 16%(n=71) were in the age group of more than 35 years. Sixty four percent were multipara(n=281) and 36%(n=158) were primipara. 80%(n=351) mothers had some knowledge about the condition, 12% (n=53%) had good and sufficient knowledge about neonatal jaundice and 8%(n=35) mothers had no knowledge about the condition. Only 33%(145) of the mothers knew that NNJ could cause brain damage, and 40% (176%) identified refusal of feeds as a danger sign. Up to 74%(324) of the mothers believed that their baby will be completely cured with medical treatment , and 23%(101) were of the opinion that exposing babies to sunlight could prevent the condition.

Conclusion: Knowledge of mothers on neonatal jaundice is very important for early diagnosis and treatment of the condition which inturn can go along way to prevent serious complications associated the condition.

Keywords:- Neonatal Jaundice, Knowledge, Attitude, Mothers

I. INTRODUCTION

Neonatal jaundice is a yellowish discolouration of sclera and skin of newborn due to high bilirubin level [1]. Neonatal jaundice is a common cause of mortality and morbidity in newborn babies and account for up to 60% cases in term and 80% in preterm babies in the first week of life [2,3]. If Neonatal jaundice is not treated on time, especially in premature babies, unconjugated hyperbilirubinemia may lead to kernicterus, a serious neurological problem manifesting in the form of hypertonia, seizures, opisthotonus posturing and eventually can lead to death or cerebral palsy as a long term sequelae. In Asian countries such as Malaysia normally NNJ is common and involve varied races. There is high potential to have higher levels of significant jaundice and higher risk of developing kernicterus [4]. Therefore it is important for mothers to be able to detect neonatal jaundice early so that they may seek successful therapy earlier [5]. In this study we tried to assess the knowledge and attitude of postnatal mothers about neonatal jaundice.

➤ AIMS AND OBJECTIVES

- 1) to assess the knowledge and attitude of postnatal mothers about neonatal jaundice.

II. METHODS AND MATERIALS

Place of Study: the study was conducted in one of the busiest hospitals of Jorhat, Assam

Study Design: Hospital based observational study

Duration of Study : 1 years (December 2019 – November 2020)

Method of study: Mothers in the post natal period whose babies developed neonatal jaundice were questioned and their responds were noted in a predesigned proforma. Written Consent were taken from the mothers. Institutional ethic committee clearance was taken

Exclusion criteria:

1. Babies with major congenital malformations.
2. Babies of parents who did not give consent to participate in the study
3. Outborn babies were excluded from the study

Statistical methods : The data obtained was tabulated and analysed statistically using social science system version SPSS.16

III. RESULTS AND OBSERVATION

During the study period 439 mothers whose newborns developed clinical jaundice participated in the study.

Table 1: Demographic profile of mothers with babies having clinical jaundice

| Group | Subgroup | N=439 | Percentage |
|----------------|--------------|-------|------------|
| Age of mothers | 15- 24 years | 136 | 31% |
| | 25- 34 years | 232 | 53% |
| | >35 years | 71 | 16% |
| Parity | Multipara | 281 | 64% |
| | Primipara | 158 | 36% |

Analysis of the data showed that majority (53%, n=232) mothers were in the age group of 25 to 34 years, 31% (n=136) were in the age group of 15 to 24 years and 16%(n=71) were in the age group of more than 35 years. Sixty four percent were multipara(n=281) and 36%(n=158) were primipara

Table 2: Prior Knowledge of mothers with clinical jaundice

| Group | Subgroup | N=439 | Percentage |
|-------------------------------------|----------------|-------|------------|
| Prior knowledge about the condition | No knowledge | 35 | 8% |
| | Some knowledge | 351 | 80% |
| | Good knowledge | 53 | 12% |

80% (n=351) mothers had some knowledge about the condition, 12% (n=53) had good and sufficient knowledge about neonatal jaundice and 8%(n=35) mothers had no knowledge about the condition. Only 33%(145) of the mothers knew that NNJ could cause brain damage, and 40% (176) identified refusal of feeds as a danger sign. Up to 74%(324) of the mothers believed that their baby will be completely cured with medical treatment , and 23%(101) were of the opinion that exposing babies to sunlight could prevent the condition.

IV. DISCUSSION

In this study we tried to find the knowledge, attitude of postnatal mothers whose babies had clinical jaundice from the data, almost all of the postnatal mothers who participated in this research have knowledge on NNJ which they directly received via health education program provided by nurses in the antenatal session in clinics. However, some of them still have knowledge about neonatal jaundice from other unreliable sources directly or indirectly such as the Internet and magazines. However, some of the post-natal mothers had not received from the data, almost all of the postnatal mothers who participated in this research have knowledge on NNJ which they directly received via health Education program provided by nurses in the antenatal session in clinics. However, some of them still have knowledge about neonatal

jaundice from other unreliable sources directly or indirectly such as the Internet and magazines. However, some of the post-natal mothers had not received We found that majority (53%) of mothers were in the age group of 25 to 34 years, 31% were in the age group of 15 to 24 years and 16% were in the age group of more than 35 years. Sixty four percent were multipara and 36% were primipara. 80% of the postnatal mothers who participated in this study have some knowledge and 12 % have good knowledge on neonatal jaundice which they received either via health education from the doctors and nurses in the antenatal period or from other sources like the Internet and magazines. However, 8% of the post-natal mothers had not received any information on neonatal jaundice. This analysis was similar to a study done by Boo et al where the majority of mothers (around 93.8%) knew about neonatal jaundice [6]. The education on neonatal jaundice should be continuously administered by health care providers especially nurses in maternal and child health clinic because the education and number of babies having neonatal jaundice is significantly influenced by each other [7]. Only 33%(145) of the mothers knew that NNJ could cause brain damage, and 40% (176) identified refusal of feeds as a danger sign. Up to 74%(324) of the mothers believed that their baby will be completely cured with medical treatment , and 23%(101) were of the opinion that exposing babies to sunlight could prevent the condition. Boo et al in their study found 83.1% of multiparous mothers with a past history of having children developing neonatal jaundice practiced placing their infants under direct sunlight[6].

Our study shows that majority of postnatal mothers have some knowledge about neonatal jaundice which in turn helped in early identification and treatment of the condition.

Our study had one limitation only mothers of inborn babies with clinical jaundice were included in the study but this did not affect the study findings and the results are comparable to some other similar studies done. Furthermore, future research on this topic is recommended to increase the level knowledge and attitude of Neonatal jaundice.

V. CONCLUSION

In this study we tried to find the knowledge attitude of postnatal mothers whose babies had clinical jaundice. We found that majority of mothers were in the age group of 25 to 34 years and were multipara Majority of the mother had some knowledge on neonatal jaundice which they received either via health education from the doctors and nurses in the antenatal or from other sources like the Internet and magazines. Knowledge of mothers on neonatal jaundice is very important for early diagnosis and treatment of the condition which in turn can go along way to prevent serious complications associated the condition.

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