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Effectiveness of new born care program on perceived maternal competence and satisfaction of Nigerian mothers

Blessing Chioma Emmanuel

Imo State University Owerri, Nigeria

Background: New born has various needs as frequent feeding, bathing, provision of warmth, umbilical cord care, protection etc. Adequate care for them depends on the mother's awareness, attitude and skill. Thus maternal competence is vital. This calls for a new born care teaching program to increase maternal competence on new born care.

Objectives: To determine the effect of new born care program on maternal competence and find associations between the maternal competence and selected demographic profiles among antenatal mothers.

Methods: 80 pregnant mothers attending antenatal clinic were recruited based on inclusion criteria. Knowledge-to-action process was used. The intervention was a new born care program that was administered using audio-visual teaching. The experimental group (N=40) received the new born care program. The comparison group (N=40) did not receive any. Outcomes were measured with the Parenting Sense of Competence scale at baseline and post intervention at 2 days after delivery.

Result: Mothers who received new born care program had significant improvement in the maternal competence from low (pre-test) to high (post-test) in satisfaction ratings. There was a significant difference ($p=0.0397$, $t=-2.453$) in the level of maternal competence between the study and comparison group after the new born care program at satisfaction rating. Relationship was established ($P<0.05$) between the level of maternal and age ($x^2=8.95$, $p=0.014$) and parity ($x^2=6.85$, $p=0.0325$) only but not with education, employment and family support.

Conclusion: The new born care program was effective in improving the maternal competence of antenatal mothers. Mother's age and parity were identified to influence maternal competence while education, employment and family support were not significantly related to maternal competence.

blessema12@gmail.com