



A STUDY TO IDENTIFY THE HEALTH PROBLEMS OF PRETERM BABIES AMONG MOTHERS OF PRETERM BABIES ADMITTED IN NICU IN SELECTED HOSPITAL, ASSAM

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ABSTRACT:

Premature infant is an infant who was born before the end of 37th week of pregnancy. Due to some complications associated prematurity, these infants need to hospitalize in Neonatal Intensive Care Unit (NICU). **Aim:** To find out various health problems related to prematurity among the preterm babies. **Materials and Methods:** The research design chosen for this study was descriptive. **Sampling and sample size:** A purposive sampling technique was used to select 40 samples from the selected hospital, Assam. **RESULT:** The study result shows that mother age 20-29 yrs were more (70%) participated, maximum has a height between 146-155cm (85%), mother's weight 45-55 kg (75%) were maximum, mothers of 1st baby were more (65%) included in the study, maximum mother (80%) visited there antenatal check up during their 1st trimester and went 3-4 times (45%) for ANC visit, many of the mothers (37.5%) has anemia during their pregnancy period, maximum mothers (97.5%) was on Iron and Calcium medication, most of the mothers (47.5%) were under metric, almost all mothers (95%) were house wife, maximum (77.5%) of them got information about pregnancy care from their family members and family income of range 5,000-10,000 were more (75%). **Conclusion:** Premature infant is an infant who was born before the end of 37th week of pregnancy. Due to some complications associated prematurity, these infants need to hospitalize in Neonatal Intensive Care Unit (NICU). This study identify that there health problems of preterm babies those problems are respiratory distress problem, sucking problem, jaundice, regurgitation, indigestion, abdominal distension, low blood sugar level, brain problems and eye problem, and does not have any problems related to weight gain, congenital anomalies and getting sick frequently.

KEYWORDS: Preterm Babies, Health Problems, Mother, NICU

INTRODUCTION:

In recent years, factors such as assisted reproductive technology, old age pregnancy, advanced ante/postnatal diagnosis and treatments cause a rise in preterm birth rate. The rate of preterm birth in 2005 was reported 12.9 million births (9.6%) worldwide and about 11 million (85%) in Africa and Asia. The births of a premature and critically sick infant make parents experience a very stressful situation. These stress and tension may relate to lack of awareness and knowledge in care and interaction with premature infants. Health professional and staff help parents to know more about their ill children's condition by sharing their knowledge and experience.

RESULT:

Sl. No.	Demographic variables	Frequency	Percentage (%)
1	Maternal age		
	<20 yrs	8	20
	20-29 yrs	28	70
	>30 yrs	4	10
2	Maternal weight		
	<45 kg	7	17.5
	45-55 kg	20	70
	>55	5	12.5
3	Maternal height		
	<145 cm	5	12.5
	145-155 cm	34	85
	>155 cm	1	2.5
4	Parity		
	One	26	65
	Two	9	22.5
	Three or more	5	12.5
5	Time of first antenatal visit		



	1 st trimester	32	80
	2 nd trimester	8	20
	3 rd trimester	0	0
6	ANC visit		
	1-2	7	17.5
	3-4	19	47.5
	More than four	14	35
7	Any illness during pregnancy		
	Hypertension	10	25
	Anemia	15	47.5
	Infection	0	0
	Any other specify	0	0
	None	15	37.5
8	Mother's habit during pregnancy		
	Smoking	0	0
	Drinking alcohol	0	0
	Drug addiction	0	0
	None	40	100
9	Medication during pregnancy		
	Iron & calcium	39	97.5
	Calcium	1	2.5
	Iron	0	0
	No medication	0	0
10	Mother education		
	Illiterate	10	25
	Under metric	19	47.5
	Higher secondary	7	17.5
	Graduation	4	10
11	Occupation of mother		
	House wife	38	95
	Govt. Employee	1	2.5
	Private employee	0	0
	Daily labour	1	2.5
12	Sources of information		
	Family	31	77.5
	Friends	0	0
	Mass media	0	0
	Neighbor	0	0
	other (specify)	9	22.5
13	Family income		
	Below 5000	7	17.5
	5000-10,000	30	75
	11,000-15,000	2	5
	16,000-20,000	1	2.5
	More than 20,000	0	0

Table 1: Demographic variable

On assessment of health problems of low birth weight babies through checklist.the findings are presented in figure 1.

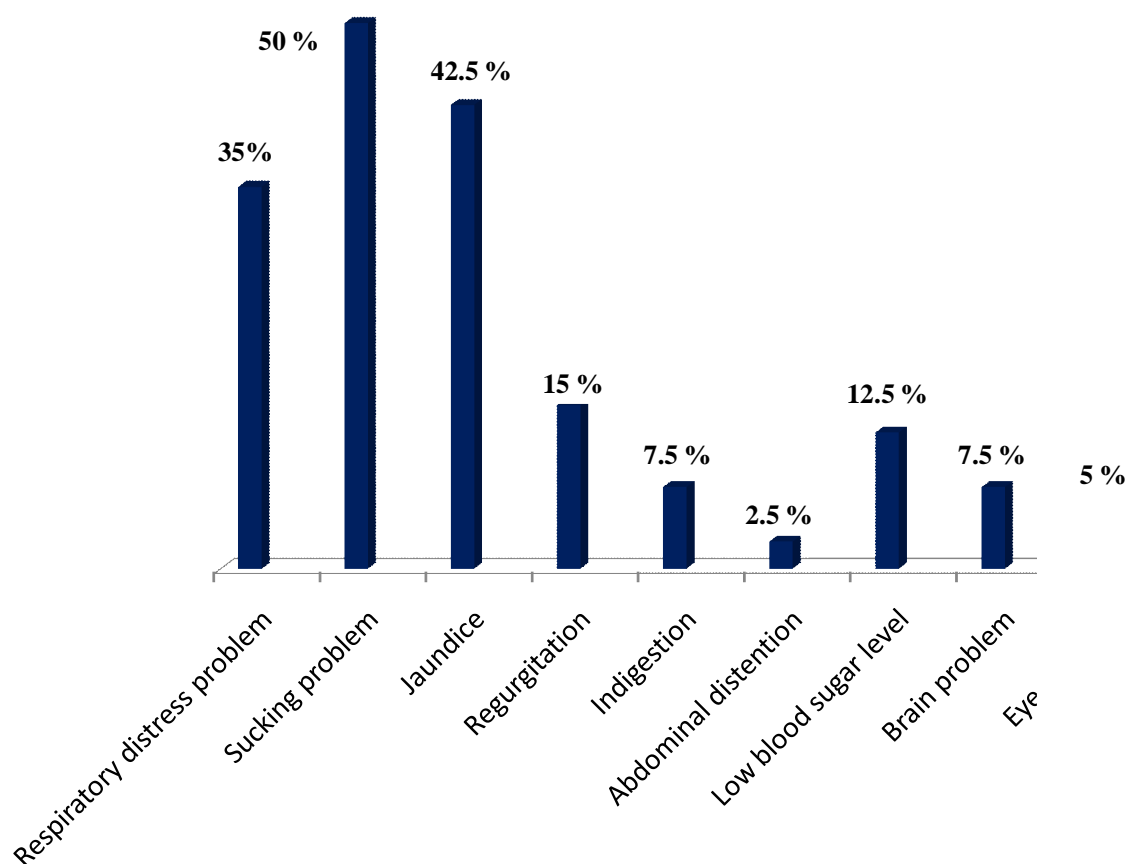


Figure 1: Health Problems of low birth weight babies

Discussion:

The study result shows that mother age 20-29 yrs were more (70%) participated, maximum has a height between 146-155cm (85%), mother's weight 45-55 kg (75%) were maximum, mothers of 1st baby were more (65%) included in the study, maximum mother (80%) visited there antenatal check up during their 1st trimester and went 3-4 times (45%) for ANC visit, many of the mothers (37.5%) has anemia during their pregnancy period, maximum mothers (97.5%) was on Iron and Calcium medication, most of the mothers (47.5%) were under metric, almost all mothers (95%) were house wife, maximum (77.5%) of them got information about pregnancy care from their family members and family income of range 5,000-10,000 were more (75%).

The study shows that out of 40 samples, majority (50%) of the preterm babies have sucking problems, 42.5% suffered from jaundice, 35% of the preterm babies suffer from respiratory problems, 15% has regurgitation, 12.5% has low blood sugar level, 10% has eye problems, 9.5% has indigestion problems, remaining 2.5% has abdominal distension problems.

Conclusion: Premature infant is an infant who was born before the end of 37th week of pregnancy. Due to some complications associated prematurity, these infants need to hospitalize in Neonatal Intensive Care Unit (NICU). This study identify that there health problems of preterm babies those problems are respiratory distress problem, sucking problem, jaundice, regurgitation, indigestion, abdominal distension, low blood sugar level, brain problems and eye problem, and does not have any problems related to weight gain, congenital anomalies and getting sick frequently.

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