

Minor Disorders of Newborn - A Narrative Review

Malar Kodi Aathi¹, Akojiam Sangita Devi², Gaurav Kohli³

¹Assistant Professor, Dept of Child Health Nursing, ²Dept of Medical Surgical Nursing, ³Dept of Community Health Nursing, M.M Institute of Nursing, M.M University Mullana, Ambala Haryana

ABSTRACT

Background: The minor disorders are most common among newborns, neglecting the minor health problem is the one of the factor contributing to the newborn mortality rate. In India most the mothers are not aware of management regarding minor disorders of newborn (vomiting, constipation, diarrhea, physiological jaundice, conjunctivitis, umbilical cord infection, pseudo menstruation, breast engorgement, and skin rashes). In a view of limited studies and resources, important consideration on literature review taken.

Aim: This study aims to investigate in the terms of incidences of minor disorders of newborn including knowledge of postnatal mother regarding minor disorders. To increase the attention of least fathered area but it is early needed of neonatal health in the state of Karnataka will help the nursing personnel to reduce the incidence of minor disorder of newborn.

Method and material: A narrative review undertaken using the following databases in the end of 2010, pub med, CINAHL, MEDLINE, Local Newspaper (THE HINDU), National, International Journals, and Magazines of Karnataka regarding minor disorders of newborn.

Results: Twenty research studies on nursing from databases regarding minor disorders of newborn. The incidence Knowledge of postnatal mothers concludes most of the studies 10 (78%) shows mothers had below average knowledge and 66% mothers showed negative attitude and there was big gap between actual and desired practice in carding newborn.

Discussion: In the National, International literature regarding minor disorders of newborn, the consensus would be needed around the knowledge, attitude, and practice of postnatal mother since the studies and awareness were very less in number.

Keywords: Level of Knowledge, Socio Demographic Variables, Minor Disorders, Newborns, Postnatal Mothers

INTRODUCTION

God could not be everywhere and Therefore he made mother."

(Jewish proverb)

The birth of a child is significant event in any family. A child is a precious gift, which has lot of potentials within. The health of a growing child is always a matter of great Concern, because a healthy child can become healthy citizen in future. Children are our future and outmost precious resources. After birth of child the health depends upon the health care practice adopted by the family especially by mothers. The physical health of child is important because it is associated with the mental and social development. Most of children have not been protected over years and they remain

as a group that most vulnerable and least powerful in india¹.

Newborns are the blessing for today and promise for the days to come. The newborns are the most upper sensitive, delicate and susceptible from which can easily be harmed if not taken care of. The newborns health comprises physical, mental, and social wellbeing².

In India the estimated infant's population is 100 million, almost half the population. UNICEF reports that, 40,000 children are dying daily due to so many causes which are preventable³.

The first month of a baby's life is very critical, the mothers knowledge and practices play a crucial role in safe guarding health and enhancing the newborns

adaptation to the new environment, as nursing professionals it is one of our responsibility to impart knowledge to mothers about the minor disorders of newborn and its management. The mother's responsibility is to provide necessary facilities and care to the newborns and enjoy their life ⁴.

Indian statistical reports says 50% deaths occurs below 5 years.33% of all deaths occurs below 1 year.20% of all death occurs below 1 month. 10% of all death occurs below 1 week ⁵.

Indian academy of pediatrics reports states that approximately 22.01% newborns were affected with minor disorders. In that Physiological jaundice is contributing 78.25%, and vomiting is 80.6%, diarrhea is 79.5% and others contributes 40% ⁶.

The minor disorders are most common in newborn, neglecting the minor health problem is the one of the factor contributing to the newborn mortality rate. In India most the mothers are not aware of management regarding minor disorders of newborn. It is the responsibility of the nurse to educate mothers regarding the management of minor disorders among newborn, which is an extended activity for promotion of maternal and child well being ⁷.

Perinatal period is the most hazardous one in a person's life. The global burden of newborn deaths is estimated to be 4 million per year in that 96% is contributed by the developing countries. As many as 2 million newborns die every year in Southeast Asia Region ⁸.

Each year over 26 million babies are born in India accounting for 50 births per minute, in that 1.2 million newborns die per year representing almost three deaths per minute, every 3 second one child dies in India. Newborn deaths now account for up to two thirds of all infant deaths in developing countries. This means that interventions to reduce newborn mortality rate are at the cutting edge of the child survival program ⁹.

High newborn mortality rate one of the most sensitive indicators of the health status of the population. In 2008 the status of the newborn mortality rate is 34 per 1000 live birth in India, in that Karnataka contributes 23.5%. Karnataka is one of the provinces of India situated in the southern part of India. There are 177 hospitals and 1696 PHC in the state which are rendering maternal and child health services ¹⁰.

Minor disorders in the newborn are very common. About 22% of newborn will get minor disorders in their life period. 3-7 days considered as a peak days in getting minor disorders of newborn ¹¹.

There is a relationship between the female literacy with newborn mortality rate. The knowledge of mothers can reduce the neonatal mortality rate. Indian statistics says that only the states of Kerala and Punjab have recorded is NMR is less and Tamil Nadu, Andhra Pradesh, Karnataka, orissa are recorded in intermediate category due to lack knowledge of postnatal mothers regarding care of newborns ¹².

The department of health and family welfare had implemented several important programs and schemes to address the issue of highest infant and child mortality rate in the country. Approximately 50% of Perinatal and neonatal deaths can be prevented by simple measures at the primary care. The neglect of nutrition, health and health education of girl child and mothers are the fundamental reason for adverse state of perinatal health in the country ¹³.

The Deccan Herald recently reported the progress in the reduction of India's child mortality rate with an average fall of approximately 2.6% between 1990 and 2006. However, if India is to reach the millennium development goal set by the united nation. The average annual rate of reduction over the next nine years should be approximately 7.6%. We certainly hope this goal to be achievable. In Karnataka to reduce the newborn mortality rate the government had established home based newborn care in rural areas, in that mothers are given training to provide care to the newborns in the home setting ¹⁴.

A study conducted on newborn health problem and their home remedies in urban community area at New Delhi in 100 newborn babies .It identifies the common problems of newborn, that are vomiting, skin rash, eye infection, diarrhea, feeding problem, and physiological jaundice, and also all mothers using some form of home remedies for relieving these problems. Education to mothers on minor health problems of newborn will help them to have better understanding of these problems ¹⁵.

A study was carried out to see the mother's knowledge regarding minor disorders of newborn. 120 mothers were selected for the study by convenient sampling technique. It revealed that there is a significant association among mothers between the age

and education with knowledge scores. The mothers who were educated, 30 years and above had demonstrated good knowledge on the management of minor disorders of newborn ¹⁶.

Mothers plays keys role in identifying minor developmental deviation and early evidence of the disease process because she is constantly and closely watching her baby, so she needs the basic knowledge and skills pertaining to child feeding, others common problem during newborn period ¹⁷.

National neonatology forum (NNF) had reclinced ten steps to reduce NMR. In that teaching the mother about identifying and managing minor developmental deviation during newborn period is important. Major reason for the high mortality rate is lack of knowledge regarding care of newborn at birth to 7 days ²⁰.

The knowledge about the basic care of a newborn such as environment, temperature control at birth, card care, and feeding, identifying minor illness is woefully inadequate among postnatal mothers ²¹.

Scantly research data are available on the needs of woman and newborns in the postpartum period. A study has been done on the attitude and experience of woman of different ethnic group who had minor disorders of newborn. Generally those women were experiencing great differences between their cultural heritage and care provided to the newborns with minor disorders ²².

Hence the postnatal mothers are not aware of management regarding minor disorders of newborn, they must be educated to impart the knowledge in various aspects of minor disorders of newborn to decrease the newborn mortality and morbidity rate from preventable and manageable cause. The investigator felt there is need to assess the knowledge of postnatal mother regarding minor disorders of newborn.

METHOD

A narrative review of international review was undertaken using the following databases in the end of 2010, pub med, CINAHL, MEDLINE, Local Newspaper (THE HINDU), National, International Journals, and Magazines of Karnataka regarding minor disorders of newborn.

Data sources and searches: data collected from the pub med, CINAHL, MEDLINE, Local Newspaper

(THE HINDU), National, International Journals, and Magazines of Karnataka (refer figure:1).

Selection criterion of the study and data extraction

The selection criteria for the systemic review regarding minor disorders of newborn are

- Articles and publication related to minor disorders of newborn like vomiting, constipation, diarrhea, physiological jaundice, conjunctivitis, umbilical cord infection, pseudo menstruation, breast engorgement, and skin rashes
- Incidence and prevalence of the each minor disorders of newborn in India and Karnataka
- Studies related to minor disorders of newborn
- Studies related to newborn health problems and home remedies used in India and Karnataka
- Studies related to knowledge attitude and practice of mothers regarding minor disorders of newborn.

The data extraction criteria for the systemic review regarding minor disorders of newborn are includes other minor disorders of newborn, antenatal mother's knowledge etc..

FINDINGS

Through all these literature review, the investigator concluded the postnatal mothers have inadequate knowledge regarding minor disorders of newborn. A need felt to assess the level of knowledge of postnatal mothers and to help them in gaining knowledge regarding it. It might be the great help to postnatal mothers to know about the minor disorders that can occur in newborn.

RESULTS

Twenty research studies on nursing from databases regarding minor disorders of newborn. The incidence Knowledge of postnatal mothers concludes most of the studies 10 (78%) shows mothers had below average knowledge and 66% mothers showed negative attitude and there was big gap between actual and desired practice in carding newborn.

DISCUSSION

In National, International literature regarding knowledge, attitude, practice regarding of postnatal

mothers are very few, after in this the scientific review we felt that ate very few studies and articles regarding this issue. But newborn period very crucial and need to pay more attention mainly to reduce mortality and morbidity of newborn mother must possess good knowledge regarding this concern.

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Conflict of Interest Statement

All contributors of this review articles did not have any financial difficulty to carry out this narrative review of knowledge of postnatal mothers regarding minor disorder of newborn. There was not any hindrance to write an article and to publish in *International Journal of Review*.

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