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STRUCTURED LEARNING, SAFER INFANTS: CAREGIVER EMPOWERMENT IN ACTION

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ABSTRACT

Background : Lack of parental awareness in newborn care can lead to feeding issues, infections, and hospital readmissions.

Objective : To provide structured parental training on newborn care in a multispecialty hospital.

Methods : Prospective educational interventional study in NICU and postnatal wards with 201 participants. Structured training included posters, demonstrations, and hands-on practice on hygiene, breastfeeding, cord care and danger signs in local language.

Results : Structured training improved caregiver knowledge, confidence, and safe practices. While collecting sample feedbacks, Over 90% of mothers reported positive impact on prenatal and newborn care.

Conclusion : Structured parental training is low-cost, effective, enhances caregiver confidence, reduces complications, and supports better neonatal outcomes.

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INTRODUCTION

- First 28 days of life constitute the most critical period for survival and growth, with the majority of under-five deaths occurring during this time from preventable causes.
- Key causes: infections, feeding difficulties, delayed recognition of complications.
- In India, despite more institutional deliveries, gaps in parental knowledge persist.
- To address this, we implemented a structured parental training program in our multispecialty hospital collaborating with a global nonprofit organization called NOORA HEALTH to educate caregivers on essential newborn care, build confidence in handling infants, and promote early recognition of warning signs.

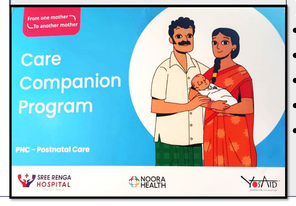
STRUCTURED TRAINING BY STAFFS



METHODS AND MATERIALS

- Study design and technique: A prospective educational interventional study using quantitative method
- Study period : 2025 January – 2025 June
- Study settings/area : Postnatal wards.
- Sample size : 201 (74 mothers and 127 caregivers).
- Data source : Retrospective data from hospital registers and training records (CCP app)
- Tools: Demonstrations, Digital app, posters and flip charts using local language (Tamil)

FLIP CHART



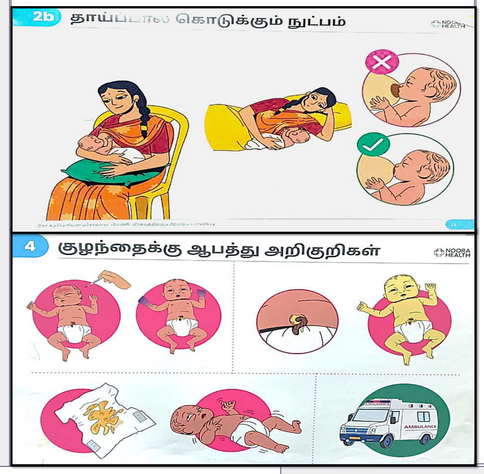
Training Content:

- Hand hygiene & infection prevention
- Breastfeeding and feeding techniques
- Cord care
- Immunization awareness
- Danger signs identification

RESULTS

- **Participants trained:** 201 (74 mothers and 127 caregivers).
- **Knowledge gain:** Parents showed measurable improvement in understanding newborn care practices, especially regarding **feeding positions, hygiene practices and cord care**.
- **Confidence level:** Caregivers reported higher confidence in handling newborns independently and recognizing early signs of illness.
- **Behavioral outcomes:** Families adopted improved hygiene practices, exclusive breastfeeding initiation increased, and misconceptions about cord care reduced.
- **Trends:** Sample feedbacks were collected from mothers and Over 90% of mothers reported positive impact on prenatal and newborn care.
- No readmissions in the study period.

CONTENTS OF FLIP CHART



DISCUSSION

The study shows that structured parental training in newborn care is both feasible and well-accepted in hospital settings. Caregivers actively participated, highlighting the need for such programs, especially in local language.

Key findings

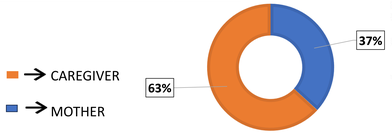
- Training in local language was well-received.
- Common questions: breastfeeding, milk supply, jaundice.
- Visual aids improved recall.
- Digital app is user friendly.



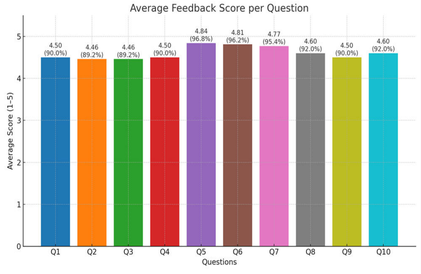
- Follow-ups help sustain practices.
- Education reduces readmissions and improves newborn care.

GRAPHS AND TABLES

Total deliveries	= 126
Mothers got trained	= 74
Care givers trained	= 127
Total participants	= 201



MONTH	TOTAL DELIVERIES	PARTICIPANTS		TOTAL
		MOTHERS	CARE GIVERS	
JANUARY	23	13	23	36
FEBRUARY	23	14	20	34
MARCH	18	11	17	28
APRIL	13	8	18	26
MAY	26	13	21	34
JUNE	23	15	28	43
TOTAL =	126	74	127	201



Q1 → Feeding positions → (90%)
Q2 → Danger signs recognition → (89.2%)
Q3 → Handling independently → (89.2%)
Q4 → Identifying medical need → (90%)
Q5 → Hygiene practices → (96.8%)
Q6 → Avoiding pre-lacteal feeds → (96.2%)
Q7 → Timely immunization → (95.4%)
Q8 → Family hand hygiene → (92%)
Q9 → Relevance of training → (90%)
Q10 → Recommend to others → (92%)

CONCLUSIONS

- Structured parental training in newborn care is **simple, low-cost, effective and safe**
- Improves caregiver **knowledge, skills, and confidence** in handling newborns.
- **Reduces parental anxiety** and promotes safe practices in feeding, hygiene, and sleep.
- Enables **early recognition of danger signs**, lowering risk of preventable complications.
- **Decreases hospital readmissions** and improves neonatal survival and well-being.
- Bridges the gap between **Hospital-based care and home practices**.
- Scalable across hospitals and communities, supporting **National and global child health goals**.

REFERENCES

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