

MATERNAL READINESS FOR HOME CARE AND NUTRITION

Zisovska E, Pehchevska N, Madzovska L, Dimitrioska R

University Clinic for Gynecology and Obstetrics, Skopje, Macedonia

1 Background

The transitional adjustment period between birth and parenthood includes education about baby care basics, the role of the new family, emotional support, breastfeeding and alternatives, recognition of danger signs and maternal observation. What makes transition from hospital to home especially difficult for parents of newborns is the fact that there are at least 2 major transitions present— transition to parenthood and transition from hospital to home, both extremely challenging especially in the case of parenting a preterm or high risk infant after birth.

2 Aim and Methods

The aim of this study was to assess the knowledge, attitudes and readiness of the mothers to take care of their newborn baby. Material and methods: semi structured questionnaire was designed for the purpose of the study and the consent obtained for participation. The questions were related to care, nutrition and recognition of danger signs. Two cohorts of participants were included: examined group of primiparous mothers who attended prenatal course held within the University Clinic for Gynecology and Obstetrics in Skopje, Macedonia, covering these issues, and control group of mothers with second child after the first normal birth of healthy term newborn. Both group of mothers have delivered healthy term newborns.

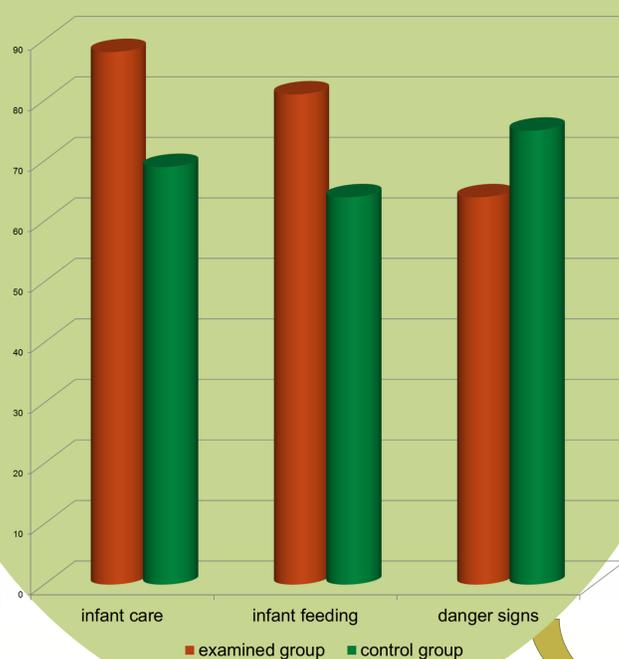
3 Results

Results: 136 mothers were included in the study, 72 mothers in the examined group and 64 mothers in the control group. Correct answers in terms of appropriate infant care found in 63/72(87,5%) and 44/64 (68,7%) mothers respectively. Knowledge about infant feeding and solving feeding problems was assessed and correct answers found in 58/72(80,6%) and 41/64(64,1%) mothers. Correct information about recognition of danger signs found in 46/72(63,9%) and 48/64(75%) mothers.

4 Conclusion

Good antenatal preparedness of the parents, especially mothers is more than necessary in providing care and nutrition of the infant in home setting as the best prevention of impairment of the physical and overall development of the child. Their knowledge is evidence based and more appropriate compared with that of second parous mothers.

3 Results



* References

1. [Martín-Iglesias S et al. Effectiveness of an educational group intervention in primary healthcare for continued exclusive breast-feeding: PROLACT study. BMC Pregnancy Childbirth. 2018 Feb 26;18\(1\):59. doi: 10.1186/s12884-018-1679-3.](#)
2. [Spinelli A, Baglio G, Donati S, Grandolfo ME, Osborn J. Do antenatal classes benefit the mother and her baby? J Matern Fetal Neonatal Med. 2003 Feb;13\(2\):94-101](#)