

NEW BORN CARE PRACTICES IN NEPAL
(A Case Study of Dumarwana VDC, Bara District)

**A THESIS
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RECOMMENDATION

This is to certify that the thesis

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Entitled

New Born Care Practice in Nepal

is Recommended for External Examination.

Prof. Dr. Ram Sharan Pathak

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Date: May, 2011

VIVA-VOCE SHEET

We have conducted the viva-voce examination of the thesis

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and find that the thesis to be an independent work of the student written according to the prescribed format. We accept the thesis as the partial fulfillment of the requirement for Master of Arts in Population Studies.

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DECLARATION

Except where otherwise acknowledged in the text, the analysis in this thesis represents my own original research.

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ABSTRACT

Care of women during pregnancy and children is essential to ensure health and successful outcome of pregnancy for mother and her newborn infants. Women often deliver in unhygienic condition, with out help of the skilled birth attendant that increase the risk to both mother and newborn baby.

The title of the study was **“A study on New Born Care Practice in Nepal: A Case Study of Dumarwana VDC, Bara District.”** The objective of this study were to assess and find out the home based newborn care practice, to assess the home based delivery care, to identify the newborn care practices and to find out the factors associated with safe delivery and newborn care practices among the mothers i.e. socio-economic and demographic factors.

A descriptive cross sectional analytical study was conducted to find out the newborn care practices, primary data were collected from sample survey covering 150 women of reproductive age.

Among 150 respondents maximum number of delivery were conducted at hospital. The study showed that 62 percent respondents had knowledge about cleanness of delivery place and 60 percent of delivery attendants had knowledge on hand washing practice before conducting delivery. Use of safe delivery kit was done by maximum respondents and majority of the respondents were found taking vitamin A and iron doses.

The study showed good cord cutting practices as 74 percent used new blade. Similarly, 72.7 percent used sterilized thread for tying cord and less percent i.e. 88 applied some home made substances like oil, ash, turmeric etc. after cord cutting.

It was seen from the study about 66.7 percent of respondent dried baby before placenta delivery, majority of respondents bath their baby within after 1 hour of delivery.

First breast feeding time was found good as the study showed about 62.7 percent breast feed their baby within one hour of delivery and also 90.0 percent feed yellow milk to their baby. Among the total respondents 94 percent are still breast feeding their baby of the

total respondents 55 percent of respondent had given drinks like bottle milk, water, glucose water, fruit juice, sugar salt water etc. within three days of delivery.

As the study showed majority of the respondents except 22.7 percent had knowledge on danger signs of neonates and most of them were found seeking treatment from health facilities i.e. 68.6 percent incase of treatment seeking practice.

About 56.7 percent of respondent's baby had diarrhea of which 36.7 percent took their baby to health facilities for treatment as the study showed. About 98.7 percent of the babies were found immunized and most of the respondent had knowledge on nutritional foods.

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ABBREVIATIONS AND ABBREVIATION

AHW	: Auxiliary Health Worker
AIDS	: Acquired Immune Deficiency Syndrome
BCC	: Behavior Change Communication
BEOC	: Basic Essential Obstetric Care
BPP	: Birth Preparedness Package
CEOC	: Comprehensive Essential Obstetric Care
CHDK	: Clean Home Delivery Kit
DH	: District Hospital
DOHS	: Department of Health Service
ENC	: Essential Newborn Care
HP	: Health Post
HIV	: Human Immune Deficiency Virus
IMCI	: Integrated Childhood Management illness
IMR	: Infant Mortality Rate
IEC	: Information, Education & Communication
LBW	: Low Birth Weight
MCHW	: Maternal and Child Health Worker
MDG	: Millennium Development Goals
MMR	: Maternal Mortality Rate
MNTE	: Maternal and Neonatal Tetanus Elimination
NDHS	: Nepal Demographic and Health Survey
NMR	: Neonatal Mortality Rate
NNHS	: Nepal Neonatal Health Strategy
NSMNLTP	: National Safe Motherhood & Newborn Health Long Term Plan
PNC	: Postnatal Care
PHC	: Primary Health Care
RHC	: Reproductive Health Care
SHP	: Sub Health Post
SBA	: Skilled Birth Attendants
STI	: Sexually Transmitted Infection
SNL	: Saving Newborn Lives

SN : Staff Nurse
TBA : Traditional Birth Attendants
TT : Tetanus Toxioid
VDC : Village Development Committee
VHW : Village Health Worker
WHO : World Health Organization