

“A STUDY TO ASSESS THE EFFECTIVENESS OF DEMONSTRATION ON MUMMIFICATION SKILL AMONG PRIMIPARA MOTHERS IN SELECTED HOSPITALS OF PUNE CITY.”

Ms. Shital Bhosale^{1*}, Dr. Bhagyashree Jogdeo², Mrs. Sneha Sankpal-Desai³

1. M.Sc. Nursing Student, Bharati Vidyapeeth (Deemed to be University), College of Nursing, Pune-43.
2. Professor, PhD, M.Sc. Nursing, Bharati Vidyapeeth (Deemed to be University), College of Nursing, Pune-43.
3. Clinical Instructor, M.Sc. Nursing, Bharati Vidyapeeth (Deemed to be University), College of Nursing, Pune-43.

*Corresponding Author

Abstract

The neonate is placed on cloth with shoulders at fold and feet toward the opposite corner, with the infant right arm straight down against the body neonate right shoulder and chest and beneath left side of the body. This procedure is called as mummifying, carried out to prevent loss due to large surface area. Thermoregulation is critical for both premature babies infants because they must shift from intrauterine to extra-uterine life. Evaporation, conduction, convection, and radiation are all ways for newborns to lose heat. The purpose of the mummification is to prevent neonatal hypothermia. **Aim of the study:** A study to assess the effectiveness of demonstration on mummification skill among primipara mothers. **Material and method:** A quantitative research design used in this study. A study was conducted in selected hospitals of Pune city.. Non- probability purposive sampling technique was used. Total 100 samples of primipara mothers were included in this study. Self-structured observational checklist used for skill of mummification. The collected data were analyses by using descriptive, frequency and percentage statistics. The chi-square is used to see the association between demographic variable and skill outcome. **Results:** The study shows that 43% Primipara mothers were from 18-24 years of age group, 61% were unemployed and 61% Primipara mothers from urban area. The source of information majority 34% were got information from mothers. The findings related to Pre-interventional skill among primipara mothers regarding mummification is 55% were having average skills and 45% were having poor skills . Post-interventional skill among primipara mothers regarding mummification all were having good skills. Mean score was 13.11 with SD \pm 0.87. **Conclusion:** This study revealed that after demonstration of mummification mothers were showed good skill and There is no significant association between knowledge and demographic variables because p value is more than 0.05 level of significance.

Keywords Assess, Effectiveness, Demonstration, Skill, Mummification.

Introduction

The birth of the baby is a natural event if it is not landing up any complication. In vitro, the babies are warm and well insulated by the aqueous uterine environment and kept it slightly

higher temperature than maternal temperature with gradient of heat flows from the babies to mothers. Transition from intra uterine to extra uterine at birth and throughout the initial newborn period, the environment is a vital phase that necessitates behavioral and physiological infant adjustment. The health of the infant and in fact the infant's survival depends on the critical physiologic function of thermoregulation. The infant loses heat rapidly and in greater amounts than an adult does because of the infant large skin Higher skin permeability to water, lower quantity of subcutaneous fat and increased surface area per body mass ratio. Four mechanisms of heat loss are through conduction, convection, evaporation and radiation.¹

Mummification wrapping a baby carefully in a light, airy blanket to allow them to feel relaxed and sleep is a traditional technique. The theory is that mummification would make your child feel safe and comfortable, similar to how they felt inside your womb.²

The neonate is placed on cloth with shoulders at fold and feet toward the opposite corner, with the infant right arm straight down against the body neonate right shoulder and chest and beneath left side of the body. This procedure is called as mummifying, carried out to prevent loss due to large surface area. The main purpose of the mummification is to prevent neonatal hypothermia.³

Hypothermia, defined as a normal temperature below 36.5°C, is a common finding in newborns, especially Low Birth Weight babies and who are more likely to become hypothermic due to poor thermoregulation and a lack of awareness of the condition among health professionals.⁴

Need of The Study

Mummification Prior to the 18th century, this was an almost ubiquitous child-care practice. To reduce excessive sobbing, it is still used in certain regions of the Middle East and is gaining favour in the United Kingdom, the United States, or the Netherlands.

There were studied a number of publications on mummification in order to assess its potential benefits and drawbacks. In general, mummified newborns are less active and sleep for longer periods of time. When preterm newborns are mummified, they have superior muscle development, less physiologic discomfort, greater motor organization, and higher self-regulatory capacity. Excessively wailing newborns wept less when mummified compared to massage, and mummification helps relieve discomfort in infants. In situations of neonatal abstinence sickness and newborns with neonatal brain damage, it is beneficial. When used incorrectly, it may assist regulate temperature but also induce hyperthermia.⁵

Each year, around 130 million babies are born throughout the globe, with four million of them dying in the first month of their lives Low-income nations account for the vast majority of newborn deaths with inadequate maternal and infant care. One of the Global Goals is to make the world a better place. The goal is to lower the number of children under the age of five who die.⁶

In India, traditional infant mummification or banding also with hips and knees extended have been linked to Developmental Dysplasia of the Hip (DDH). However, "hip-safe mummification" with both the hips & knees flexed is expected to eliminate this risk.⁷

Many researchers have shown that mummification might have negative consequences. There has been evidence of a higher risk of overheating. There is some evidence of a link between vitamin D deficiency and respiratory illnesses. Weight loss recovery is delayed in swaddled newborns who are momentarily removed from the mothers after delivery and given supplements.⁸

Aim of The Study

A descriptive study to assess the effectiveness of demonstration on mummification skill among primipara mothers in selected hospitals of Pune city.

Research Methodology

A quantitative research design was used in this study. A study was conducted in selected hospitals of Pune city, India. Non- probability purposive sampling technique was used. Total 100 samples of primipara mothers were included in this study. Self-structured observational checklist used for skill of mummification. The collected data were analysed by using descriptive, frequency and percentage statistics. The chi-square is used to see the association between demographic variable and skill outcome.

Result

Section I: Demographic profile of Primipara mothers

The study shows that 43% Primipara mothers were from 18-24 years of age group, 61% were unemployed and 61% Primipara mothers from urban area. The source of information majority 34% were got information from mothers.

Section II

Figure 1. Pre-interventional skill among primipara mothers regarding mummification. N=100

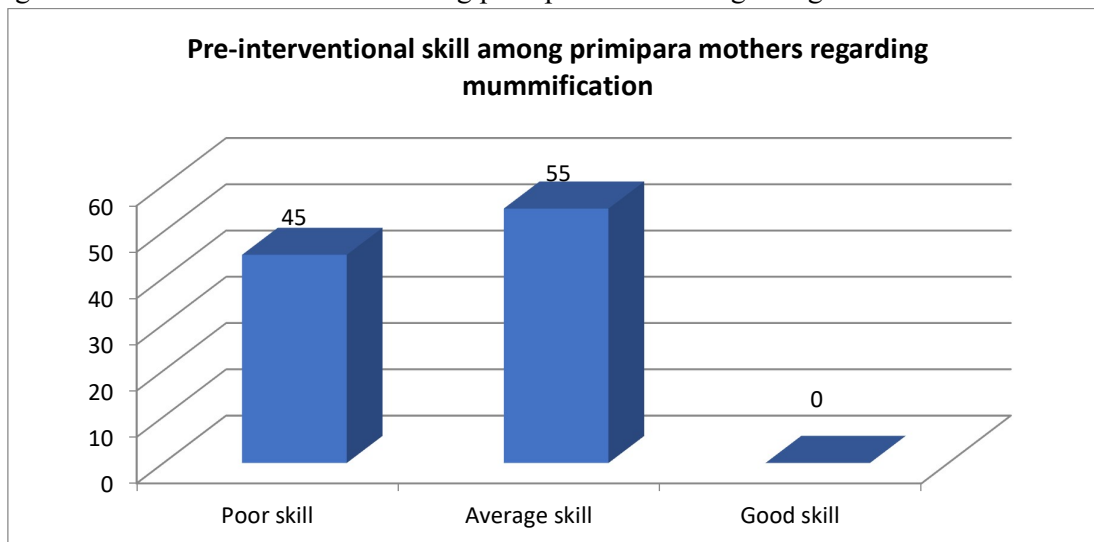


Figure 1 shows that Pre-interventional skill among primipara mothers regarding mummifications as 55% were having average skills and 45% were having poor skills. Mean score was 5.61 with SD ± 1.09 .

SECTION III

Figure 2. Findings related to post-interventional skill among Primipara mothers regarding mummification. N=100

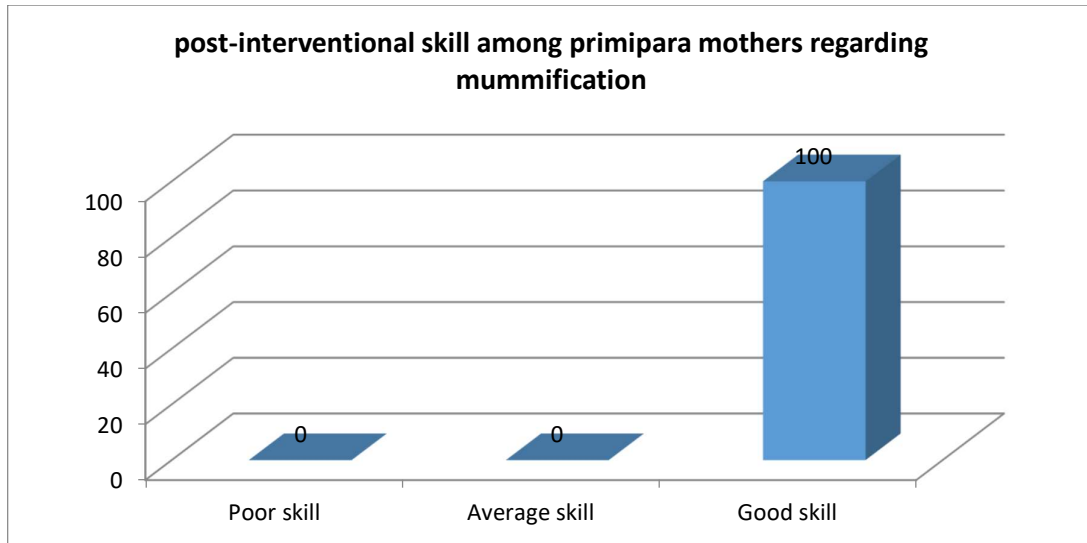


Figure 2 shows that post-interventional skill among primipara mothers regarding mummification all were having good skills. Mean score was 13.11 with SD \pm 0.87.

Section IV

Table1. Effectiveness of demonstration on mummification skill among Primipara mothers regarding mummification

| variable | mean | SD | T calculated value | P value | Remark |
|------------------|-------|------|--------------------|----------|-------------|
| Pre-test skills | 5.61 | 1.09 | 60.72 | < .00001 | Significant |
| Post-test skills | 13.11 | 0.87 | | | |

INTERPRETATION:

The value of t is 60.728197. The value of p is < .00001. The result is significant at p < .05.

Section V

Association between pre- interventional skill Score with selected Socio-demographic variables

The study shows that There is no significant association between skill and demographic variables because p value is more than 0.05 level of significance.

Discussion

The present study was conducted to assess the effectiveness of demonstration on mummification skill among primipara mothers. The results showed that Pre-interventional skill among primipara mothers regarding mummifications as 55% were having average skills and 45% were having poor skills. Mean score was 5.61 with SD \pm 1.09. In post-interventional skill

among primipara mothers regarding mummifications all were having good skills. Mean score was 13.11 with SD \pm 0.87. The value of p is $<$.00001.

Newborns who sleep in a swaddle sleep more peacefully and for longer periods of time than babies who sleep in a traditional swaddle. While compared to traditional swaddling, midwives are quicker and more efficient when employing rapid swaddle. The study indicated that socialization and the use of an immediate swaddle, particularly in newborn, are required. In addition to being inexpensive, quick to produce, and highly safe and comforting for newborns, instant swaddle is also particularly beneficial in healthcare facilities without an incubator since it raises body temperature of new born babies.⁸

A study carried on the In Mongolia, swaddling has thermoregulatory properties. Indoor temperatures ranged widely According to the research, temperatures in residences ranged from 0 to $>25^{\circ}\text{C}$, but remained between 20 and 22°C . Despite extensive wrapping, SIDS, or partial face covering, infant core and peripheral temperatures were similar, and no newborns showed evidence of significant heat or cold stress, whether bundled up or in sleeping bags. Infants in tents showed the 'mature' circadian pattern of a reduction in body temperature after excessive sleepiness, following by a rise in outer warmth, with such a reversal tendency later in the night, just before waking, at 3 months. Throughout the coldest periods, swaddling offered no discernible thermal benefits over sleeping bags, and in centrally heated buildings, it might contribute to the risk of overheating during the day.⁹

Conclusion

The present study concludes that Pre-interventional skill among primipara mothers regarding mummifications as 55% were having average skills and 45% were having poor skills. Mean score was 5.61 with SD \pm 1.09. Post-interventional skill among primipara mothers regarding mummification all were having good skills. Mean score was 13.11 with SD \pm 0.87. Primipara mothers having good skills after demonstration of mummification skill in experimental group, So mummification is a non-pharmacological, effective, inexpensive procedure.

Shinde Avinash Chandrabhan et al Assess the Effectiveness of Swaddling on Physiological and Neurobehavioral parameters among the Neonates admitted at Pravara Rural Hospital, Pune. The result of study found that the swaddling is effective to maintain physiological and neurobehavioral parameters in a normal range of neonates. The study conclude that, swaddling did not have any ill effect on physiological and neurobehavioral parameters. Neonates who received swaddling also did not develop any complications. The conclusion of this study is the swaddling was found to be effective in maintain the physiological and neurobehavioral parameters in a normal state among the neonates. This study concludes that swaddling was beneficial in maintaining the physiological and neurobehavioral parameters in a normal range of neonates than the neonates who did not received swaddling.¹⁰

Conflict of Interest

All the authors of study "A Study To Assess The Effectiveness Of Demonstration On Mummification Skill Among Primipara Mothers In Selected Hospitals Of Pune City." are not involved in any organization or entity with any financial or non-financial interest in the subject matter or material discussed in this script.

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