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Correlation between dietary practices and nutritional status among under five children of urban slum.

Shahnawaz Pinzara

Assistant professor J.I.E.T College of Nursing Jodhpur, Rajasthan

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ABSTRACT

The present study was aimed to correlate the Dietary practices with Nutritional status among Under five children of Urban slum. The study was based on health belief model, Health beliefs are person's ideas convictions and attitudes about health and illness. The non experimental correlational survey research design was used, 100 samples were taken with Systematic Random Sampling technique. Tool was used for the study is structured interview schedule and checklist. The reliability of tool was established by inter-rater test and was found 0.87. The pilot study was conducted on 10 samples to check the feasibility and practicability of the tool. Data was collected after the obtaining permission from Nagar-savak and analyze by statistical methods. Major finding of the study revealed the significant association between Ages of the child with Dietary practices among Under five children of urban slum and between the gender of child with nutritional status among Under five children of urban slum. The prevalence of malnutrition was 61.67% among males compared to 38.33% in females. However, low grades of malnutrition (grade-I+II) were higher among males in comparison to females.

OBJECTIVES

1. To assess the dietary practices among under five children of urban slum.

2. To assess the nutritional status among under five children of urban slum.

3. To find correlation between the dietary practices with nutritional status among under five children of urban slum.

4. To find association between dietary practices and nutritional status among under five children of urban slum with selected demographic variables.

RESEARCH METHODOLOGY

The Conceptual Framework adopted for the study was based on Health Belief Model. Non Experimental Descriptive Correlative Research Design was considered as appropriate for the study. The population comprises of all the Under Five Children, samples consist of 100 Children residing in slum area. Systematic Random Sampling technique was utilized for the study.

Criteria for Sample Selection

Exclusion Criteria

- Physically and mentally challenged children.

- Parents who did not have the children along with them at the time of data collection.

- Children who are seriously ill during the data collection procedure.

Data Collection Technique and Tool

The tool was use for the study includes 3 Sections

Section I- Demographic Data

Section II- Interview schedule for dietary practices Which consist of 5 items to assess the Dietary Practices and Calories intake by a child in a whole day for the duration of 6 days by 24 hour recall method i.e. Breakfast, Lunch, Snacks, Dinner and Other food stuffs. (Fast food, Junk Food, Chips, Cold Drinks etc.) and calories requirement per day.

Section III- Checklist for anthropometry measurement/ nutritional pattern Anthropometry check list and classify them according to Indian Pediatric Association (IAP) classification of malnutrition. The Weighing Machine and Measuring Tape validate by the Bio-Medical Engineers.

Pilot Study

The pilot study was conducted on 10 selected Under five children and their mothers. The reliability of a measuring tool was assessed by Inter-rater observation method (kappa). The kappa value for this study is 0.87.

RESULT AND FINDINGS

Section I- Demographic Characteristics

Majority of the sample 51(51%) of the mothers were from age group 18-25 years, 92% had 1 or 2 children below 5 years in family, 80(80%) of them were Hindu, 37(37%) had secondary education, 94(94%) of them were housewives, 64(64%) had family income Rs.3000-6000, 64(64%) had nuclear family, 46(46%) had information regarding dietary

practices from Health Personnel. 28(28%) of the children were with age 2-3 years, 51(51%) were males, 49(49%) of them had birth weight 2.5 - 3.5 kg, 44(44%) were first child in the family, 87(87%) not having health problem during data collection.

Section II- Analysis of Data Related to Dietary Practices Among Under five children of urban slum

| S. N.	Calories per day	Mean	SD	T	df	p-value
1.	Actual calories	895.4	184.2	12.9	99	0.000
2.	Required calories	1057.4	271.3	--	--	--

Actual calories mean is 895.4, and Standard Deviation (SD) is 184.2. The required calories mean is 1057.4 and SD is 184.2, using the paired t-test at 99 degree of freedom (df), the p-value is small (<0.05), thus null hypothesis is rejected. The actual calories per day are significantly less than the required calories per day for the under five children of urban slum.

Section III- Analysis of data related to Nutritional status among Under five children of urban slum   N=100
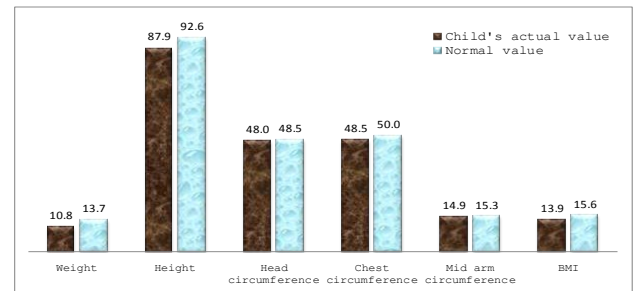
Bar Diagram showing mean score Distribution of Assessment of nutritional status with normal value among under five children of urban slum.

Paired t test was applied to compare difference between actual and normal value of anthropometric measurements. Since P value is less than 0.05 (P value = 0.000) for each anthropometric measurements, At 5% level of significance and 99 degrees of freedom the Researcher concluded that, actual value f anthropometric measurements of under five children on urban slum is significantly below the normal value of that anthropometric measurement**.**
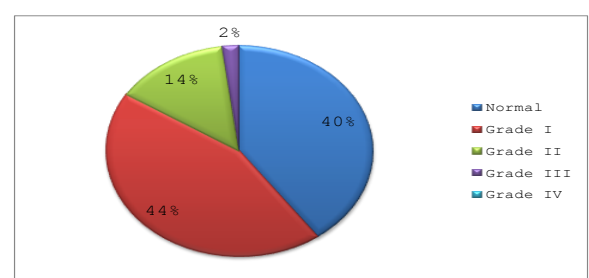
Pie Chart Shows the Distribution of Assessment of nutritional status among Under five children of urban slum according to IAP Classification of Malnutrition.

Figure shows that 44(44%) of them had mild malnutrition (Grade I), 14(14%) of them had moderate malnutrition (Grade II) and 2(2%) of them had severe malnutrition (Grade III).

Section IV- Correlation between dietary practices with nutritional status

S. o.	Nutritional status	R	t	p-value
1.	Weight deviation	0.44	4.9	0.000
2.	IAP classification of Malnutrition	-0.21	-2.1	0.020

Table Shows that p-value corresponding to correlation between Nutritional status and deviation in calories per day was found to be small (<0.05), thus null hypothesis is rejected. The nutritional status in children is significantly correlated with deviation in calories per day.

The Moderate positive correlation (0.44) was found between weight and deviation in calories per day, indicates that lesser the deviation in calories per day, lesser is the deviation in weight of Under five children and vice versa.

The Moderate negative correlation (-0.21) was found between IAP score and deviation in calories per day, indicates that lesser the deviation in calories per day, higher is the IAP classification score of malnutrition. More the actual calories intake per day, higher the IAP classification score of malnutrition which indicates improving nutritional status among Under five children of urban slum.

Section V-

Distribution of Association between Dietary Practices and Demographic Variables- One-way ANOVA was established between Dietary Practices and Demographic Variables among Under five children of urban slum, p-value corresponding to age of the child is small (<0.05), denotes that there is statistically significant association between Age of the child with Dietary status of Under five children, Higher the age of child, more is the deviation in calories per day.

Distribution of Association between Nutritional status and Demographic Variables.
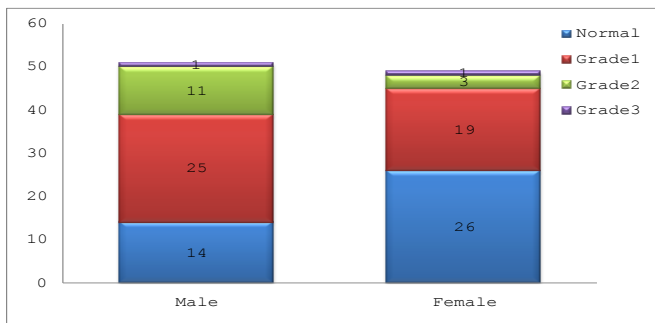
Fisher's exact test was used to find association between nutritional status and demographic variables. p-value corresponding to gender of the child is small (<0.05), thus null hypothesis is rejected. Gender of the child is the only demographic variable which was found to have significant association with nutritional status of child. The prevalence of malnutrition was 61.67% among males compared to 38.33% in females. However, low grades of malnutrition (grade I+II) were higher among males in comparison to females.

DELIMITATIONS

- The study is limited to the under five children of 1 to 5 years of age.

- Data collection period was limited to 6 weeks.

- Only certain parameters were used to assess the nutritional status of children.

- Interview technique does not collect the accurate data regard to feeding practices.

- The tool used by the investigator needs a broad and comprehensive validation.

RECOMMENDATIONS

Keeping in view the findings of the study, the following recommendations are made:

- Study can be replicate in different community setting.

- Structured teaching program can be arranged for mother as part of experimental Study to improve their dietary practices and techniques.

- A comparative study can be conduct between rural and urban settings.

- An experimental study can be conduct to implement Nutritional programme to assess the effect on nutritional status of children.

CONCLUSION

The study was concluded that significant correlation between dietary practices and nutritional status among under five children of urban slum which shows that under five children has low dietary practices which result in lower nutritional status and they have higher risk of malnutrition.

Effectiveness Of Early Suckling on Placental Separation and Blood Loss among Primiparous Women

Mrs. Harilakshmi K.

Lecturer. Sinhgad College of Nursing.Pune

ABSTRACT

Mother and children constitute a large group, at the same time they are also a vulnerable or special risk group. The health of the pregnant women reflects the newborn health because pregnancy is remarkable anabolic process .The foetus is the parasite to the mother which draws its nourishment from her diet. From conception to birth all parts of the foetus like bone, muscles, organs, blood cells, skin and other tissues are synthesized from nutrients in the food which the mother takes. The way a women care of her nutritionally; the more successful her pregnancies will be. During pregnancy, there is an increased demand for nutritional supplement due to growing foetus to maintain maternal and foetal well being. Nature has so designed that when a baby is born, a readymade food in the form of breast milk flows like driven nectar.

Feeding the newborn is an exciting satisfying and often worrisome task for the parents. Mothering this essential need of their new helps parents to strengthen their attachment to their child. Help mother initiate breast feeding within half an hour of birth. More specifically, the help would be done with maternal infant skin to skin contact.

STATEMENT

A Study to Assess the Effectiveness of Early Suckling on Placental Separation and Blood Loss Among Primiparous Women During Third Stage Of Labour.

OBJECTIVES:

1. to assess the duration of placental separation and blood loss among the primiparous women during the 3rd stage of labour.

2. to assess the effectiveness of early suckling on duration of placental separation and blood loss among primiparous women.

3. to correlate the duration of placental separation and blood loss between the primiparous women initiated early suckling and normal suckling.

4. to associate the demographic variable with early suckling on duration of placental separation and blood loss among primiparous women.

The conceptual framework for this study is derived from "General system theory" (LUDWIG VON BERTALANFFY 1968),

based on input, throughput, output and feedback. The research design used was true experimental design was adopted for the study. A simple random sampling technique was used for sampling method. The target population of the study were all primiparous women who were in the process of delivery in the labour ward, obstetrics and gynaecology department at Melmaruvathur Adhiparasakthi Institute of Medical Sciences and Research.

The sample size consists of 60 primiparous women out of this 30 women were assigned to experimental group and 30 women were assigned to control group. The data was collected for a period of six weeks by using the standardised tools. The tools were developed based on the objective of the study and through review literature. The investigator obtained oral consent from the clients to participate in this study.

Details of the tools used for the study are given below:

Tool -1: Demographic variables.

Tool-2: Ongoing assessment rating scale regarding assessment of the mother, neonate, placental separation and blood loss.

The content validity was determined by expert. The reliability was checked by inter rater method. The reliability was 0.74. After the nursing intervention the two sample 't' test was used and found that early suckling was effective on placental separation and blood loss among primiparous women during third stage of labour.

The results of the study have been discussed in relation to the effectiveness of early suckling according to the objectives of the study, conceptual framework and related literature.

RESULTS AND DISCUSSION

Fig 1 Duration and Blood Loss In Time for Experimental Group

$y = 11.423x + 48.27$
$R^2 = 0.4478$
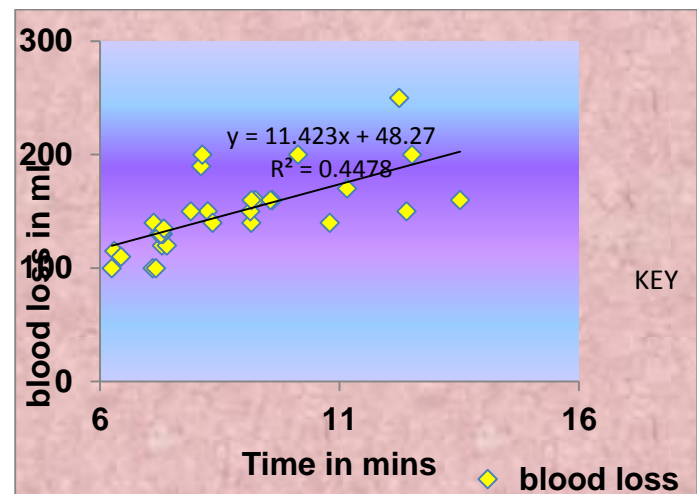
Fig 2 Duration and Blood Loss In Time for Control Group

$y = 3.6961x + 135.48$
$R^2 = 0.19$
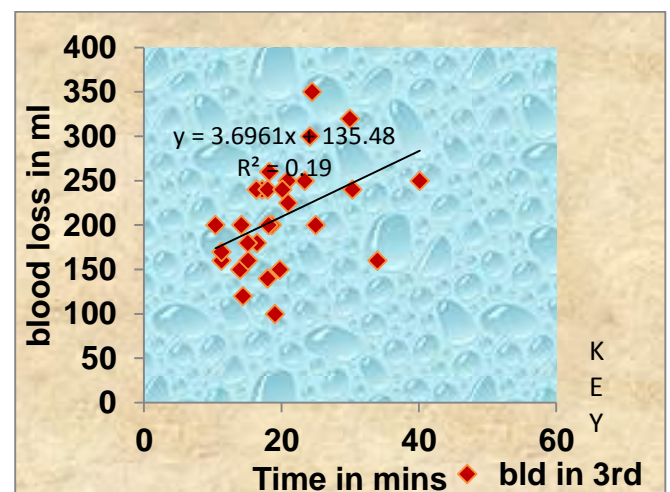
Major Findings of the Study were: subjects who initiated early suckling i.e. experimental group had mean and standard deviation for duration of

placental separation is 8.789 and 2.002 and for control group, the mean and standard deviation for duration of placental separation is 19.94 and 6.77 respectively. Considering blood loss the experimental group had mean and standard deviation as 148.66 and 34.188. The control group had mean and standard deviation as 209.17 and 57.42. Thus it reveals that subjects who initiated early suckling immediately after birth reported significant reduction in time duration of placental separation of 8.78 minutes whereas for control group it was 19.94 minutes.

RECOMMENDATIONS

On the basis of the findings of study it is recommended that:

1. A similar study can be conducted to evaluate the effectiveness of early suckling on placental separation and blood loss among multiparous women.
2. A comparative study can be done to determine the effectiveness of early suckling on placental separation and blood loss among primiparous women and multiparous women.
3. A similar study can be done using large sample of primiparous women.
4. The study can be conducted in rural maternity centre.

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Knowledge of staff nurses regarding use of defibrillators in Intensive Care Units.

Mr. Sandeep Thombare

Clinical Instructor. Sinhgad College of Nursing, Pune.

ABSTRACT

Cardiovascular disease is the nation's number one killer claiming almost as many lives as cancer, accidents, pulmonary infections, and all other causes of death combined. According to 2010 statistic from American Heart Association (AHA), nearly one million deaths from cardiovascular disease were reported, 53.6% of which resulted from heart attacks, 3.1% from hypertensive diseases, 0.7% from rheumatic heart disease, and 27.6% from all other cardiovascular diseases.

Nowadays, use of defibrillation is a necessity in the level of care for clients managed in Intensive care and on general care units. The clients who need emergency defibrillation is a challenge to the nurses providing care. Therefore the nurses must be familiar with the equipment, complications and nursing management. The investigators own experience, discussion with experts and the influence of new models of defibrillators, made him to realize that there is a need to educate the staff nurses regarding correct use of defibrillators.

STATEMENT

To study knowledge of staff nurses regarding use of defibrillators in Intensive Care Units.

OBJECTIVES:

1. To assess the existing knowledge regarding the use of defibrillators among staff nurses in Intensive Care Units.

2. To find out the association between knowledge and selected demographic variables regarding the use of defibrillators among staff nurses in Intensive Care Units.

3. To prepare an information booklet regarding use of defibrillators among staff nurses working in Intensive Care Units.

ASSUMPTION:

The study assumes that

1. Staff nurses may have some knowledge regarding defibrillation.

2. Information booklet will be an effective intervention among staff nurses in imparting knowledge on defibrillation.

Conceptual framework: The conceptual framework for the present study was based on, general system theory by Von Bertalanffy (1968). The study assumed that the information booklet would be helps the staff nurses to update and improve their knowledge regarding use of defibrillators.

METHODS:

A non experimental research design with a descriptive approach was used to test the proposed hypothesis. The study sample (n=80) staff nurses who are working in intensive care units. Non-probability purposive sampling technique was used for the collection of the study sample. In order to collect the data on knowledge regarding use of defibrillators, a structured knowledge questionnaire was used to assess the existing knowledge. A structured knowledge was constructed by preparing blue print, reviewing literature, content validation and establishing reliability .The 8 experts from nursing and 2 doctors validated the tool. Pre test was done on 8 staff nurses who are working in neuro intensive care unit to see the feasibility and practicability of the tool. The reliability coefficient was 0.98.In order to fulfill the objective and test the hypothesis the data was analyzed using both descriptive and inferential statistics.

ANALYSIS AND INTERPRETATION:

The present study assessed the existing knowledge of staff nurses regarding use of defibrillators and found all 19 subjects (23%) had good knowledge, 43 subjects (54%) had average knowledge and 18 subjects (23%) had poor knowledge.

Inferential statistics analysis using chi- square to find out the association between knowledge and selected demographic variables, gender, professional education experiences in years,specific course related to the use of defibrillators show significant association.

- Inferential statistics analysis using chi- square to find out the association between knowledge and selected demographic variables age in years and area of work does not show significant association. They are independent each other.

CONCLUSION:

The present study attempted to assess the existing knowledge regarding the use of defibrillators among staff nurses in intensive care units and prepare an information booklet regarding use of defibrillators .Study concluded that there was adequate knowledge regarding use of defibrillators after distributing the information booklet**.**

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Effect of Stress and Coping strategies adapted by family members of chronically ill patient

Mr. D'souza Manuel A

M.Sc Nursing. J.J.Hospital I.N.E.Mumbai.

INTRODUCTION

Stress in human life is often experienced with tension, anxiety, worry and pressure. It is an accepted fact that stress is useful in life and it can cause either beneficial or detrimental effects. These effects can be physical, social, emotional, intellectual, and spiritual. Stress is necessary to life, yet it can be harmful for life.

According to many investigators, the family members of the chronically ill patient go through stressful phases during hospitalization and caring at home. They play various roles to provide optimum care, information about disease and treatment, financial support, family support, anticipated anxiety and irrational fear of unknown, managing occupation and personal social life gives stress and strain.

As family members represent a unit of society, which is having family bond, that is love and affection within family members of chronically ill patient, go through the crisis while supporting and caring, their mental health is vital while coping with the stressors. They go through the various phases of biological response and may suffer with many diseases.

Assessment of their problem is therefore vital among family members of chronically ill patient.

Family members of chronically ill patients are not considered and taken care during stressful events by the Doctors or any other paramedical workers, therefore it is the nurses responsibility to assess stress level and coping strategies adapted by them and to help them.

RESEARCH STATEMENT

'A study to assess effect of stress and coping strategies adapted by family members of chronically ill patient at selected hospitals in Pune city".

OBJECTIVES OF THE STUDY

1. To assess the effect of stress experienced by family member of chronically ill patients.

2. To assess the coping strategies adapted by family member of chronically ill patients.

3. To correlate the effect of stress with selected demographic variables.

4. To correlate the coping strategies with selected demographic variables.

CONCEPTUAL FRAME WORK

Conceptual framework will be prepared based on modified Lazarus and Folkman's Stress Coping Adaptation model which will explain about the concept related to this study.

METHODS

The research design selected for the study was a Non-experimental descriptive survey design approach which was best suited to the stress and coping strategies among family members of chronically ill patient at selected hospitals in Pune city.

The effect of stress and coping strategies assessed by self structured Likert scale tool and it consisted of three Part–A: - demographic characteristics, part–B: - 45 items/ statements each pertaining to stress aspect regarding chronic illness. It has three domain physical psychological and socioculctural and financial, Part-C: - coping strategies in two dimensions comprising of 37 statements.

MAJOR FINDINGS OF THE RESEARCH STUDY

1. Results of demographic characteristics:-

Majority samples 54(27.5%) were between the age group of 38-48 years and among gender 126(63%) were male. Maximum samples 80(40%) were graduate & above educated and 61(30.5%) sample were between income group of Rs.10000/- to Rs. 15000/-. Major portion 142(73%) of the samples reside in urban area

where as 149(74.5%) were from joint families. Maximum samples 82 (41%) were from the Spouse (husband & wife) and among the number of year taking care of the patient 75 (37.5%) belonged to the year group of 0-1.

2. The major finding of effect of stress level which experienced by family members of chronically ill patients.

Out of the 200 samples maximum (99.5%) of the family members of chronically ill patients fall in moderate level of stress. If we consider chronic illness the stress is going to sustain among the family the person who takes care of them. This study was conducted during the hospitalization of chronically ill patient. The family members had shown moderate 199 (99.5%) stress level and they know how to cope with the situation therefore only 1 (0.5%) showed severe stress level.

Table-1:-Frequency and percentage wise classification of aspects wise effect of stress

N=200

Sr. No.	Characteristics of sample	Percentage (%)		
		Mild	Mode rate	Severe
1	Physical	3	71	26
2	psychological	0.5	91.5	8
3	Socioculctural & Economical	0.5	99.5	0

In the area of physical stress the maximum was 142(71%) which was moderate level followed by severe level i.e.; 52(26%) and mild stress level covered about 6(3%) of all samples. When psychological stress level was analyzed it was found that maximum of the samples had moderate level i.e. 183(91.5%); 16(8%) have severe and only 1(0.5%) was found to have mild stress level and maximum socioculctural and economical stress level 199(99%) were moderate and 1(0.5%) were mild stress level.

3. The major finding of coping strategies which adapted by the family members of chronically ill patients.

Out of the 200 samples maximum that is 85.5% family members were having moderate coping strategy, 14.5% were having good coping strategy and not a single family showed poor coping strategy it suggests that due to chronic illnesses family members have learnt the coping strategies in healthy manner. Problem focused coping strategies moderate to good coping and adapted well the roles they performed. Emotional coping adaption was moderate to good.

FIG 1.CLASSIFICATION OF STRESS
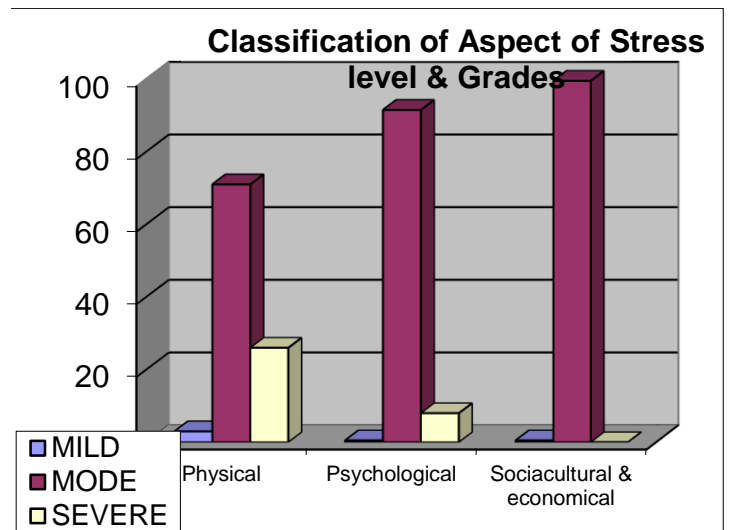
4. Relationship of effect of stress experienced and coping strategy adapted by family members of chronically ill patients with respect to selected demographic variable.

Stress level of all the family member of chronically ill patients in the present study suffer from moderate stress levels and showed no impact of demographic variables as they were not correlated with the effect of stress.

Analysis of coping strategy shows that moderate to good coping strategy adapted by the family members of chronically ill patient and it was correlated with demographic variable such as sex, residence, type of family, relationship with the patient and number of

years taking care. Correlation was compared with 'p' value which is less than 0.01 shows correlation with above demographic variables.

DISCUSSION

It can be inferred that the stress and coping strategies of the family members regarding care of chronically ill patient was moderate. It was found that with adequate preparations in the form of educating, involving, providing information and literature on how to cope up with stress during care of chronically ill and prevention of complications will considerably enhance the knowledge and skills and enable them to adopt appropriate coping strategies.

RECOMMENDATIONS

- A similar study can be undertaken on a large scale so that it can be generalized.
- A similar study can be undertaken in the rural community and homes where patient are not hospitalized.
- A true experimental study can be undertaken using random sample technique and stress management intervention on family members of chronically ill patient.
- A comparative study can be undertaken to assess the stress and coping strategies among family members of chronically ill patient.
- An effective structured teaching programme on stress and coping strategies

can be prepared among the family members of chronically ill patient.

- Health education programme can be arranged for the family members of chronically ill patient.

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Effectiveness of planned teaching on knowledge regarding immunization among the mothers of children below five years

Satish.N.Salvi

Community Health Nursing, College of Nursing,

Bharati Vidyapeeth Deemed University, Sangli, Maharashtra,

ABSTRACT

Vaccines are one of the most successful health interventions that bring about significant reductions in infectious diseases and adverse health consequences and improve quality of life in the population. Over the years vaccines have provided highly cost effective improvements to human health by reducing avoidable human suffering, costs of care and treatment, economic consequences of work i.e. lower productivity and loss of work. More and more diseases are becoming vaccine preventable including those for prominent killers like pneumonia and diarrhoea and the technology used is evolving rapidly. Since vaccines are administered to healthy people, especially childrens,it is pivotal to ascertain they are safe and cost effective. Consequently vaccine development has become time and resource intensive, with more stringent regulatory pathways to ensure safety and efficacy of vaccines. In a situation where there is abundance of new and expensive vaccines on one hand and limitations of resources on the other, it becomes imperative that use of vaccines through induction in the universal immunization programme (UIP) as well as in the free market is done through a framework of decision-making that confers positive health and economic benefits to the society.

Keywords: Planned teaching, Immunization.

INTRODUCTION

The universal immunization programme (UIP) in India targets 2.7 Cores infants and 3 Cores pregnant women. The Expanded programme for immunization (EPI) in India was launched in 1978.The ambit of EPI was increased with the inclusion of measles vaccine in 1985 and it was renamed as the universal immunization programme. The aim of UIP was to cover all districts in the country by 1990, in a phased manner and target all infants with the primary immunization and all pregnant women with TT immunization. For almost 2 decades, UIP did not add any additional vaccine.However, since 2006 vaccines namely Hepatitis B, Second dose of measles and Japanese Encephalitis (JE) vaccine has been introduced. During the same period, a number of other safe and efficacious vaccines have become available for major killers like pneumonia and diarrhoea which are being used in the immunization programmes of many developing and developed countries.
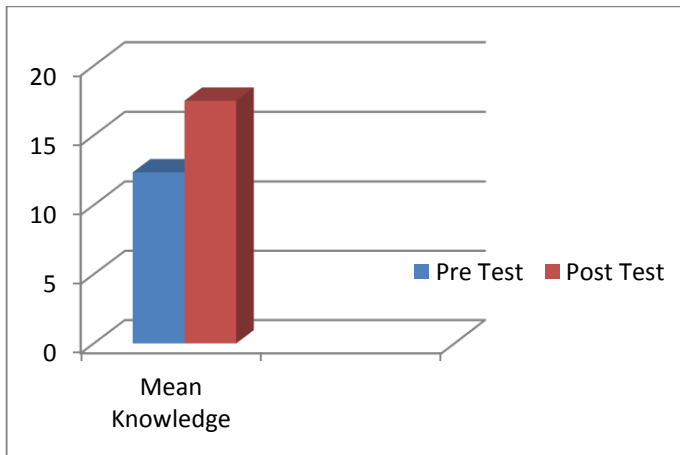
FIGURE AND TABLE

Fig.1.Mean Knowledge Score

TABLE.NO.1.Analysis Result of Final data

	N	Mean	SD	SEM
Pre Test	50	12.34	2.647	0.374
Post Test	50	17.48	2.013	0.285

CONCLUSIONS

The following conclusions are made from the study findings;

1. Adequate knowledge seen in mothers regarding benefits of Immunization.
2. There is significant relationship between Age, Mothers education, Mothers occupation and source of information of mothers with knowledge scores.

Nursing Implications

Assessment of effectiveness of planned teaching programme on knowledge among the mothers in the area where they are lacking. Health education is an important nursing responsibility. Nurse works in various setting like hospital, community health centre etc. and therefore should make use of opportunity in assessing the knowledge about the responsibity, care about immunization. So it is a nurses role to bring this problem related to immunization into focus and gain information about it to plan further actions. The nurse working in community setting both in urban and rural services. Play an important role in assessing the knowledge of immunization and which can help to plan further interventions about management of factors. They can carry out health education both on one to one basis. Nurses need to be equipped with advanced knowledge become involved in providing the necessary services to the community through education programme in order to motivate and encourage them to take self actions and follow knowledge about immunization. Nurses through their own training can acquire a positive attitude and should equip themselves with a sound base of knowledge, use the same in clinical practice.

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