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### RESEARCH ARTICLE

#### NEONATAL JAUNDICE- KNOWLEDGE ATTITUDE PRACTICE AMONG WOMEN

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#### Abstract

**Background:** Neonatal jaundice which is also referred as hyperbilirubinemia is yellow discoloration of the skin and other organs due to accumulation of bilirubine. During the first week of delivery about 60 % term and 80 % preterm newborns suffer with this condition which needs medical consultation, it has been seen that breastfeeding neonates still have jaundice with in 1 month. Neonatal jaundice has a direct correlation with mortality and death in under developed countries. It is treatable illness in infants. Strategies to prevent complication of jaundice and early detection mass communication is important. To reduce morbidity and mortality due to severe NNJ, women of childbearing age and pregnant women should be educated on early recognition of NNJ, prompt and appropriate intervention.

**Methods:** Relevat literature was scrutinize through a search on Medline and Pubmed.

**Results:** Women more that 60% didn't knew about neonatal jaundice and have misconceptions for treatment modalities.

**Conclusions:** Despite of spreading awareness womens have deficit knowledge and various myths regarding Neonatal Jaundice and there is need to spread awareness in community based for the same.

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#### Introduction:-

Neonatal jaundice which is also referred as hyperbilirubinemia is yellow discoloration of the skin and other organs due to accumulation of bilirubine.<sup>1</sup> During the first week of delivery about 60 % term and 80 % preterm newborns suffer with this condition which needs medical consultation, it has been seen that breastfeeding neonates still have jaundice with in 1 month.<sup>2</sup> Neonatal jaundice has a direct correlation with mortality and death in under developed countries. It is treatable illness in infants.<sup>3</sup> Strategies to prevent complication of jaundice and early detection mass communication is important.<sup>4</sup> NNJ is among the top 5 causes of hospital readmission of newborn infants globally.<sup>5</sup> maternal risk factors like pre-eclampsia, sickle cell anemia, Rh incompatibility, infections and fetal factors

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as age, gender, nutrition and lack of enzymatic proteins may cause the bilirubin to increase in the blood and severe discoloration of skin appears.<sup>6</sup>

Neonatal jaundice is increased in infants of East Asian, American Indian, and Greek.<sup>7</sup>Limited and wrong parental knowledge, beliefs passed along years to mothers, perceptions and parental attitude toward the condition may possibly explain delay in seeking medical advice immediately.<sup>8</sup> Delay in seeking medical care may also be related to various myths and unorthodox treatments.<sup>9</sup> However NNJ has serious implications on the general health of the neonates including kernicterus, hearing loss, cerebral palsy, and death.<sup>10</sup> To reduce morbidity and mortality due to severe NNJ, women of childbearing age and pregnant women should be educated on early recognition of NNJ, prompt and appropriate intervention.<sup>11</sup> Nowadays, new-borns are discharged early from hospitals, therefore mothers play an important role to recognize jaundice and control it properly.<sup>12</sup>

## **Methods:-**

### **Research Problem Statement**

The present review was aimed to gain a comprehensive understanding of the knowledge, and practice regarding Neonatal jaundice among women

This review has been divided in 2 sections Each section examined several related studies. These sections are:

First section deals with the knowledge regarding knowledge and attitude about neonatal jaundice

Second section deals with the traditional belief and practices for neonatal jaundice

## **Objectives:-**

To assess the knowledge regarding neonatal jaundice

To assess the attitude and practices among women for neonatal jaundice

## **Methods:-**

A narrative review was designed. A systematic electronic search was used to identify relevant studies. Only original research papers were used in the study. The electronic databases searched were: Research gate, PubMed, Scopus, Google scholar and Allied Health Literature (CINHAL).

### **Inclusion criteria**

- 1) Original research papers related to the topic.
- 2) The document which is available in full text and is widely accessible online.
- 3) Studies that are presented in English.

### **Exclusion criteria**

- 1) Poor quality journal articles.
- 2) A research articles without having ISSN number.
- 3) Research studies that are not listed in a journal data base.
- 4) Research which focuses on sign and symptoms of neonatal jaundice

## **Results:-**

### **Outcome Knowledge And Attitude Regarding Neonatal Jaundice**

1. Huang Y, Chen L, Wang X et al did a study in yr 2021 a cross sectional study done in Shenzhen China South Medical University among 403 mothers, convenience sampling was used result depicted that only 46.4 % had good knowledge 41.4 % wanted to seek information about NNJ. Logistic regression was used it had positive relation between good knowledge of NNJ and higher education. Good practice was related to prior education.<sup>1</sup>

2. T, Alabdullah DW, Abukhaled JK et al did a cross sectional study done in Saudi Arabia among adults in yr 2021. Study was conducted among 336 adult including both gender. Result depicted that 63.9 % didn't had knowledge about NNJ, 26.9 % got to know about NNJ from primary resources. 37.6% had miss conception about baby with NNJ to be exposed to Sunlights. Respondents have positive attitude towards seeking medical advice for NNJ.<sup>6</sup>

3. Boo NY, Gan CY et al did study in yr 2011 on Malaysian mothers' knowledge & practices on care of neonatal jaundice. A cross sectional study was conducted among 400 women's among which 23 were professionals, 100 were

semi-skilled workers, 81 were skilled workers and 5 were unknown occupations. Majority 93.8% knew about neonatal jaundice less than half 50% knew that neonatal jaundice which appears within 36 hrs was an abnormal jaundice and believed that food taken by mother while breastfeeding could cause jaundice to baby. Majority (88.7%) of them knew that jaundiced infants needed blood tests to monitor the severity of jaundice. However, only 27.1% of them were aware that putting jaundiced infants under the sun could result in dehydration and worsening of jaundice.<sup>13</sup>

4. Another study conducted in 2021-2022 study title- mothers knowledge regarding home care management of neonatal study in Qaladzesulaymaniyah City, this was a cross sectional study, sample size was 114 mothers. Findings revealed that 34.2% mothers were in age group 26-32 yrs. 64.9% didn't had knowledge about jaundice there was statically significance between mother's knowledge and early breastfeeding behavior. Factors which contributed to enhance knowledge was residency area, age, occupation, and education level.<sup>7</sup>

Another study cross sectional study was conducted in 2020 on-Prevalence of and mother knowledge, attitude and practice towards glucose-6-phosphate dehydrogenase deficiency among neonates with jaundice 487 neonates with jaundice blood investigation for bilirubin was done findings revealed that 10.10% prevalence of G6 PD deficiency was there. Also self structured questionnaires were used by researcher to find out about perception towards NNJ. 30% having good knowledge 46.8% had positive attitude towards NNJ, 29.9% with good practice towards NNJ.<sup>15</sup>

### **Traditional Beliefs Used For Neonatal Jaundice**

4. Traditional belief in management and prevention of jaundice among antenatal mothers was done which was cross sectional study among 190 women in year 2017 by help of self-structured questionnaires. Findings revealed that 56% were multipara. 36% women used some paw extracts to treat neonatal jaundice in newborn, 5% phototherapy, 30% used sunlight to treat, 16% over the counter drugs 26% antibiotic, 12% pregnant women avoided cold water in pregnancy, 26% giving glucose water to baby, 11% drinking herbal concoctions both baby and mother. This study concluded that there was maximum beliefs in traditional management and prevention of neonatal jaundice.<sup>14</sup>

5. Huq S, Hossain SM et al did a study in 2017 on -Knowledge regarding neonatal jaundice management among mothers, cross-sectional study was done in Dhaka city among 150 women by purposive sampling, a semi structured questionnaires were made, among them majority 83.3% heard about neonatal jaundice 16.7% didn't heard about jaundice. Regarding knowledge 90.6% had knowledge on putting jaundice under direct sunlight 62.7% herbal remedies, 48% consulted doctors, 12% had knowledge about phototherapy.<sup>16</sup>

6. Liaqat S, Sherazi SH et al in 2013 did study on- Mothers Knowledge and Attitude about Neonatal Jaundice in Rural Areas of Sargodha. Cross sectional study conducted in Korle -Bu hospital and Momprobi Polyclinic in Accra among 175 Antenatal mothers self Structured -Questionnaires were used. Result depicted that 77.1% had heard about NNJ, 27.4% got to know about NNJ from hospital. Women who were knowing about NNJ they also had idea about one symptom, 92.6% did not know the cause of NNJ.<sup>17</sup> A cross sectional study was conducted in Ria Medical college in Sargodha in year 2018 among 115 mothers using convenient sampling for a duration of 6-month result depicted that 35% of women among them were having moderate knowledge about all symptoms related to jaundice whereas 55% had a very little or No knowledge about neonatal jaundice.<sup>18</sup>

### **Discussion:-**

Women are having low knowledge in developing countries about neonatal jaundice. Women are using various herbal remedies to treat NNJ. Women with higher education has direct relation with knowledge of NNJ. Some studies also done among both genders result depicted that 63.9% didn't had knowledge about NNJ, 26.9% got to know about NNJ from primary resources. 37.6% had miss conception about baby with NNJ to be exposed to Sunlight's. 36% women used some paw extracts to treat neonatal jaundice in newborn, 5% phototherapy, 30% used sunlight to treat, 16% over the counter drugs 26% antibiotic, 12% pregnant women avoided cold water in pregnancy, 26% giving glucose water to baby, 11% drinking herbal concoctions both baby and mother. So there is a need to aware women to prevent neonatal morbidity and mortality.

### **Scope For Further Research:-**

Further researches can be done in this field as an experimental studies, various myths followed by women's can be solved. Spreading of awareness is need of an hour. Women's are un aware about both types of jaundice

physiological and pathological and treatment modalities. Homebased booklets can be made for management of neonatal jaundice consisting of danger signs.

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#### **Conflict of interest:**

No.

#### **Ethical approval:**

Sincits an article not needed

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