

Effectiveness of a Parental Discharge Education Programme on Home-based Care among Parents of At-Risk Newborns: A Pilot Study

SHAGUN¹, JYOTI SARIN², LEENA PRAVIL JOHN³

ABSTRACT

Introduction: The transition from hospital to home remains a vulnerable period for at-risk newborns, where inadequate parental preparedness may compromise continuity of care and neonatal well-being. Limited parental insight, poor decision-making ability, and insufficient caregiving skills often increase the risk of preventable complications after discharge. Structured parental discharge education can empower parents with essential knowledge and caregiving competence, thereby promoting safer and more effective home-based newborn care.

Aim: The study aimed to assess the feasibility and preliminary effectiveness of a Parental Discharge Education Programme on parental insights, decision-making ability, and caregiving skills among parents of at-risk newborns.

Materials and Methods: A pilot quasi-experimental non-equivalent comparison group pre-test post-test design was adopted among 20 parents of at-risk newborns selected through purposive sampling from selected hospitals of Ambala, Haryana. The final study sample size will be 58 parents of at-risk newborns. Participants were allocated into experimental and comparison groups. The experimental group received a structured Parental Discharge Education Programme consisting of individualised teaching sessions and demonstrations regarding cord care, hand hygiene, kangaroo mother care, feeding and burping techniques, thermal protection, maternal nutrition, immunisation, follow-up care, and identification of neonatal danger

signs. The comparison group received routine discharge care. Data were collected using a structured parental insight questionnaire, decision-making ability questionnaire, and caregiving skills assessment checklist. Descriptive statistics and inferential statistics including paired t-test, unpaired t-test, Chi-square test, Pearson correlation coefficient, independent t-test, and one-way Analysis of Variance (ANOVA) were used for data analysis.

Results: Pre-test findings showed no statistically significant difference between the experimental and comparison groups in parental insights, decision-making ability, and caregiving skills. Post-test scores of the experimental group were significantly higher in parental insights (18.20 ± 1.03 vs 13.10 ± 3.41 ; $t=4.52$), decision-making ability (10.80 ± 1.13 vs 7.30 ± 2.58 ; $t=3.92$), and caregiving skills (32.30 ± 4.34 vs 19.30 ± 4.08 ; $t=6.89$) at $p<0.05$. Within-group analysis also demonstrated significant enhancement in all outcome variables after implementation of the education programme. The pilot study additionally supported the feasibility and acceptability of the intervention and data collection procedures.

Conclusion: The findings suggest that the Parental Discharge Education Programme was feasible, acceptable, and effective in enhancing parental preparedness for home-based care of at-risk newborns, thereby supporting safer transition from hospital to home and promoting improved caregiving practices among parents.

Keywords: Caregiving skills, Decision-making ability, Feasibility pilot study, Home-based newborn care, Parental insights.

PARTICULARS OF CONTRIBUTORS:

1. Student M.Sc. Nursing, Maharishi Markandeshwar College of Nursing, Maharishi Markandeshwar (Deemed to be University), Mullana, Ambala, Haryana, India.
2. Principal cum Professor, Maharishi Markandeshwar College of Nursing, Maharishi Markandeshwar (Deemed to be University), Mullana, Ambala, Haryana, India.
3. Assistant Professor, Department of Child Health Nursing, College of Nursing, Dr. Ram Manohar Lohia Institute of Medical Sciences (Dr. RMLIMS), Lucknow, Uttar Pradesh, India; Associate Professor, Department of Child Health Nursing, Maharishi Markandeshwar College of Nursing, Maharishi Markandeshwar (Deemed to be University), Mullana, Ambala, Haryana, India.

NAME, ADDRESS, E-MAIL ID OF THE CORRESPONDING AUTHOR:

Dr. Jyoti Sarin,
Principal cum Professor, Maharishi Markandeshwar College of Nursing, Maharishi Markandeshwar (Deemed to be University), Mullana, Ambala-133207, Haryana, India.
Email: sarinjyoti@yahoo.co.in