

**ASSOCIATED FACTORS TOWARDS THE
KNOWLEDGE ON ESSENTIAL NEWBORN CARE
AMONG PREGNANT WOMEN IN
HLAINGTHARYAR TOWNSHIP,
NORTH DISTRICT, YANGON REGION**

**Thesis submitted to
the Postgraduate Academic Board of Studies
University of Public Health, Yangon
as the partial fulfillment of the requirements
for the Degree of Master of Public Health (MPH)**

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M.B., B.S
Dip.Med.Sc(O&G)**

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ABSTRACT

The most neonatal deaths are high in the first week of life where most of these deaths are preventable. Therefore, knowledge of mothers and providers on simple essential newborn care is important to save the lives of newborns. The objective of this study was to assess the knowledge of pregnant women on essential newborn care and to identify the associated factors towards knowledge on essential newborn care among them. From June 2020 to January 2021, a quantitative institutional-based cross-sectional descriptive study was conducted in the maternal and child health center of Hlaingtharyar Township, North District, Yangon Region. A total of 116 registered pregnant women from selected maternal and child health center were questioned over the phone using structured questionnaires after providing their telephone numbers and verbal consent. Multivariable logistic regression was conducted to assess the relationship between predictors and outcome variable. Mean (SD) age of participants was 28.1 (6.3) years and 52.6 percent were primigravida. The majority were Burmese, Buddhists and 37 percent completed middle school. Nearly 57 percent had poor knowledge of essential newborn care. More than 60 percent of pregnant women had correct knowledge on rooming-in, breastfeeding on demand, and provision of colostrum. About half of the participants knew exclusive breastfeeding for 6 months, signs of eye infection and the umbilical stump should be uncovered. Only 21.6 percent of respondents were aware of the requirement for a birth dose immunization. About 40 percent of pregnant women could not recognize any danger signs of newborns. Associated factors of essential newborn care are ethnicity, maternal educational status, and primigravida. Burmese race (AOR=5.9, 95% CI:1.39,25.31, p=0.016), higher educational level (AOR=2.9, 95% CI:1.17,7.02, p=0.021) and multigravida (AOR=5.6, 95% CI:2.12,14.78, p=<0.001) were more likely to have good knowledge on essential newborn care. Therefore, essential newborn care education should be targeted for pregnant women with a focus on the above-mentioned low-knowledge categories.