

# **Health Needs and Problems of Teenage Mothers Regarding Health Care of Their Infants**

*Thesis*

Submitted in partial Fulfillment of the Requirement of the  
Master Degree in nursing science  
Community Health Nursing

*By*

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*Amal Kamel Arafa Emam* □

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***List of Abbreviations***

<b>ACOG.....</b>	American College of Obstetricians and Gynecologists
<b>AF .....</b>	Artificial Feeding
<b>AIDS.....</b>	Acquired Immunodeficiency Syndrome
<b>ALRIs .....</b>	Acute Lower Respiratory Infections
<b>ANC.....</b>	Antenatal Care
<b>ARIs .....</b>	Acute Respiratory Infections
<b>BCG .....</b>	Bacille Calmette-Guérin
<b>CDC.....</b>	Centers for Disease Control and Prevention
<b>CF .....</b>	Complementary Feeding
<b>CHN .....</b>	Community Health Nurse
<b>DPT .....</b>	Diphtheria-Tetanus - Pertussis Vaccine
<b>EDHS .....</b>	Egypt Demographic Health Survey
<b>Fig.....</b>	Figure
<b>HAV .....</b>	Hepatitis A Virus
<b>HBV.....</b>	Hepatitis B Virus
<b>HIV.....</b>	Human Immunodeficiency Virus
<b>ID .....</b>	Intra Dermal Injection
<b>IM .....</b>	Intramuscular Injection
<b>Kg .....</b>	Kilo gram
<b>LBW.....</b>	Low Birth Weight
<b>MCH .....</b>	Maternal and Child Health
<b>MMR.....</b>	Measles-Mumps-Rubella Vaccine

*List of Abbreviations*

<b>NICUS .....</b>	Nutrition Information Center University of Stellenbosch
<b>RDA.....</b>	Recommended Dietary Allows
<b>SC .....</b>	Subcutaneous Injection
<b>TT .....</b>	Tetanus Toxiod
<b>UNICEF .....</b>	United Nations Children’s Fund
<b>URTI.....</b>	Upper Respiratory Tract Infections
<b>W H O.....</b>	World Health Organization

## ABSTRACT

Teenage mothers are not prepared for the responsibilities of raising a child, physically, socially, culturally, emotionally, economically and educationally that else, not ready for these responsibilities therefore, the problems will increase and influence the quality of life and pregnant outcome. **Aim:** The aim of this study was to assess health needs and problems of teenage mothers regarding health care of their infants. **Design:** A descriptive study was adopted in the study. **Setting:** The study was conducted in:-MCH centers (Health Center El demerdash- Health Center El Azab) located in Cairo governorate. **Sampling:** A purpose sample of size was composed of 286 teenage mothers aged 16-20 years. **Tool of data collection:** The following four tools were used for data collection from the first tool was an interviewing questionnaire, which consists of three parts includes part I: socio-demographic data of teenage mother and the characteristics of infants and part II: questions about teenage mothers' knowledge about their health care infant (as feeding, vaccination, weaning, sleeping, bathing,) and part III: questions about teenage mothers' health needs and problems the second tool: stresses scale for teenage mothers third tool : checklist for teenage mothers' practices related to the care of their infants (breast feeding, diaper care, baby bath,) the fourth tool infant physical assessment sheet. **Result:** The main result of study revealed that more than half (52.8%) of teenage mothers had poor knowledge and less than two third (64%) of them poor practices toward their infant care. There were statistically significant relation between level of teenage mothers' practice and their needs & problems  $p=0.87^{**}$  and relation between teenage mothers' knowledge and teenage mothers' practice regarding their infants care  $p=0.93^{**}$  As well as between teenage mothers' practice towards their infants care and infants' health problems  $p=0.94^{**}$  **Conclusion:** That most of teenage mothers had inadequate knowledge and poor practice regarding the care of their infants, there were negative life styles affected on teenage mother and sever stress level affected on teenage mother and their care of infant. **Recommendation:** The results of this study stresses on the need for a health education programs for teenage mothers who should be informed about all aspects of infants care through antenatal clinics, antenatal counseling, post natal classes, mass media companies for raising the awareness of teenage mothers and correct their knowledge and their practice toward infants' care.

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**Key words:** Teenage mother, Health needs & problems of teenage mothers, Infant care.

## INTRODUCTION

Teenage mothers are concern for public health globally, and the occurrence of teenage pregnancy and birth is a problem in many countries. Teenage years, or adolescence, are the continuance of human development and the transitional period from childhood to adulthood. Divided the age ranges of teenagers into three periods: early (ages 10–13 years), middle (ages 14–17 years), and late or youth (ages 18–21 year) (*Steinberg, 2011*).

Teenage mothers in all phases of life span have similar needs as the hierarchy of human needs which arranged by Maslow, who ranked the seven groups of human needs an ascending order with physiological needs, safety needs, love and belonging needs, esteem needs, needs for actualization, desire to know and to understand, and aesthetic needs (*Janice& Nowlis, 2007*).

Teenage mothers are significantly disadvantaged and face tremendous challenges during pregnancy and early motherhood. Teenage mothers have higher complication rates during both pregnancy and delivery. Teenage mothers are at increased risk of experiencing poor maternal and infant outcomes, such as maternal and infant death or having a low birth weight infant. (*Atuyambe et al., 2008*). Teenage mothers need extra guidance, education, and support, acceptance and reassurance. Teenage mother specifically need and want to know regarding how to

care for their infant and how to become an effective parent, (*Mercer, 2014*).

Teenage mothers are prone to live in poor conditions, lack adequate financial resources, suffer high stress encounter family instability, and have limited educational opportunities. These factors contribute to inadequate parent-child interactions and diminished infant development (*Dreyer, Hatting & Lock, 2010*).

Teenage mothers must strive to balance two competing roles: the teenage role and the parental role. As teenagers require a great amount of time for education and social life and this contributes, in large part, to their growth and development. Mothers must devote their entire time and effort to infant care, which includes feeding, physical care, mental development, and protection from hazards (*Hockenberry & Wilson, 2011*).

Infancy starts at the end of the first month up to end of the first year of life infant growth and development during this period is characterized by being rapidly (*El-sharkawi, et al. 2007*). Infant care during the first year of life is very important for proper growth and development and care for infants during the first year of life include: personal hygiene (eye care, bathing, and diaper care, nutrition and immunization (*Gibbs et al., 2012*).

The factors affected an infant health depends upon the teenage mother's health, the infant environment after birth, and availability of essential services such as physical examination and receiving appropriate immunization. It depends on proper nutrition and other nurturing care (*James and Rebert, 2013*).

Community health nurses play important roles in promoting and maintaining the health of teenage mothers and their infants through different roles such as educator role when imparting accurate knowledge an essential element , counselor role to assist teenage mothers in making healthy and positive decisions, clinician role to provide direct care in services variety of settings and addition practice implementation and evaluation of health teaching plans and integration of research findings into practice (*Pedersen et al, 2009*).

### **Justification of the problems:**

In Egypt early marriage is one that takes place a child has reached the age of 18-20 years. It is important to explore whether the concept of teenage motherhood is in fact an important social matter involving the interpretations and expectations within a cultural context and a public health globally. Those teenage mothers and their infants need special protection (*Stapleton, 2010*).

Approximately 16 million teenage girls become mothers every year. Pregnancy and childbirth are the leading causes of death among Teenagers. Teenage motherhood requires support and community involvement, regardless of the mother's age and socioeconomic position. Teenage mothers and their children are at risk of long-term disadvantages due to lack of preparation and the maturity needed to be a parent (*WHO, 2009*).

High teenage pregnancy rates are a cause for concern as young maternal age has been associated with increased risk of maternal complications during pregnancy and delivery, as well as increased risk of adverse birth outcomes such as preterm birth and small for gestational age (*Maxwell & Hammond, 2011*).

EDHS, (2009) reported that annually 13 million infant are born to women under age 20 world wide, more than 90% in developing countries. In Egypt, according to Egypt Demographic health survey (2009) (EDHS), there are 11.971.100 teenager aged 15-20 years in relation to the total number of population 70.056.000 most mortality, in adulthood has its roots in teenager period . In Egypt, approximately 10% women marry before the age 20 year. However, young female knows little about pregnancy, delivery and childrearing (*WHO, 2009*).