

Effectiveness of educational programme to improve parents knowledge regarding prevention of shaken baby syndrome a review based on available literature

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Abstract

Background: Child abuse is the physical, sexual or emotional mistreatment or neglect of a child or children. Head injuries are leading cause of traumatic death and the leading cause of child abuse fatalities. Shaken baby syndrome is the term used to describe a form of child abuse caused by vigorously shaking an infant, often in anger, to get a child to stop crying or whining.

Objective: To find the evidence about effectiveness of educational programme to improve parent's knowledge regarding prevention of Shaken Baby Syndrome.

Methods: An electronic search of articles published in various journals has been done. The database search concluded by Pub-med, EBSCO & Google scholar.

Results: The accessible literature refines to get 7 quantitative studies. In this narrative review, 4 research study findings showing that education programme is effective for understanding the concept of Shaken baby syndrome 3 study shows that education programme is effective to reduce the incidence of Shaken baby syndrome.

Conclusion: The responsibility of the nurse to make the parents aware about the importance of prevention of Shaken baby syndrome All parents are required to take a course on shaken baby syndrome. Prevention programme and educational interventions will help to plan corrective measures and evaluating the effectiveness of implemented strategies to prevent the child from traumatic event of shaking.

Keywords: shaken baby syndrome, effectiveness, prevention, parents, mothers

Introduction

Shaken Baby Syndrome defined as a collection of signs and symptoms resulting from the violent shaking of an infant or small child. It is usually caused by a distressed parent or caregiver. Symptoms include Retinal hemorrhages, pale or bluish skin, fractures in ribs, skull or bones, vomiting, tremors, breathing problems, difficulty staying awake. Victims are usually less than 2 years of age, with the majority less than 6 months. It is very important that people are educated on this matter, because parents and caregivers may not be knowledgeable on how much shaking a baby can impact the baby's health.

Need for the study

Physicians often fail to identify the case of head trauma in children who were victims of Shaken Baby Syndrome because the children usually do not exhibit external signs of injury. Most commonly the victim of shaken baby syndrome is between three and eight months old, however it has been reported in newborns. India is focusing on child labor, but Shaken Baby Syndrome is yet to receive such attention. To consider these issues in future, there is a great need to focus the attention of caregivers and parents to understand the concept of Shaken baby syndrome and need for education to reduce the incidence of Shaken baby syndrome.

Aim of the study

The aim of this narrative review is to find the effectiveness of educational programme to improve parent's knowledge regarding prevention of Shaken Baby Syndrome.

Objective

To find the evidence about effectiveness of educational programme to improve parent's knowledge regarding prevention of Shaken Baby Syndrome.

Methodology

Search strategy methods: An electronic search of articles published in various journals has been done. Search was restricted to only English language. The database search concluded by Pub-med, EBSCO

Types of Studies: Experimental study, Quasi Experimental study, Analytical study.

Types of Participants: Mothers of newborn.

Settings: Hospitals.

For this narrative review, articles were searched on Pub Med and EBSCO, using keywords such as Shaken baby syndrome, Effectiveness, Prevention, Mothers of newborn. During initial search 3362, title was retrieved and number of records screened after description was 1005 out of which record screened was 807. Full text articles excluded due to content, and subscription were 191 and at last finally 7 studies included in quantitative synthesis. The accessible literature refines to get 7 quantitative studies. In this narrative review, all 7 research studies supported that educational programme about prevention of Shaken baby syndrome is helpful to improve knowledge among mothers

of newborn.

Outcome: The outcomes from these studies are clearly shows a positive relationship between educational programme on prevention of Shaken baby syndrome and knowledge of parents.

Discussion

- According to Oliver Victor *et al.* 2018 the outcome of the study shows that Post test scores of experimental group were higher (88%) than those of control group posttest (56%). The results shows increase in knowledge level of experimental group after intervention.
- According to Valliammal shanmugam *et al.* 2016 Findings Revealed that there is significant gain in knowledge scores of mothers regarding prevention of Shaken baby syndrome after the intervention. 67% mothers reported that they found intervention useful.
- According to Zolotor AJ *et al.* 2015 ^[1] the outcome of the study shows that Prevention programme was successful delivered to mothers and 76% participant's knowledge level was increased after the prevention programme.
- According to Maureen S *et al.* 2014 the finding shows that mothers found the information beneficial and education programme is effective for increasing knowledge level of mothers about prevention of Shaken baby syndrome.
- According to Aysin tasar *et al.* 2014 ^[6] the finding shows that out of 178 mothers, 77% reported that they found prevention program useful. This study shows that education on prevention given in the early period is useful and permanent.
- According to Ornstein Amy 2013 the finding shows that 80% of participants stated that educational program had helped them cope with baby's crying and improved their knowledge level. The calculated value of chi square shows that there was no significant association between the posttest knowledge and socio demographic characteristics.
- According to Ronald G Barr *et al.* 2009 ^[5] the finding shows that 80% of mothers has not adequate knowledge about danger of shaking a baby. The mean infant crying knowledge score was greater in the intervention group (69.5) compared with controls (63.3). Mean shaking knowledge was greater for intervention subjects (84.8) compared with controls (83.5).

Ethical Consideration

This manuscript is ethically considered by the panel of Teerthanker Mahaveer College of Nursing, Teerthanker Mahaveer University after discussing with each and every point of this manuscript.

Summary of findings

Research studies supported that educational programme is effective to understand the concept of Shaken baby syndrome and helpful to increase awareness among parents about prevention from Shaken baby syndrome.

Importance in Education

Awareness program implications in various areas of nursing

such as nursing service, nursing education, and nursing research the teaching which was given for the study revealed there was an increased impact on the knowledge of the mothers regarding prevention of Shaken baby syndrome. Nurses must plan for similar educational programme based on the level of understanding of parents.

Future Significance

Promote awareness and knowledge of parents regarding Shaken baby syndrome have the significance of reducing the incidence of Shaken baby syndrome among the infant and children. Develop techniques and approaches for prevention of Shaken baby syndrome education through applied research.

Limitations

- Computerised database were limited i.e. PUBMED, Google scholar & EBSCO
- Limited to only parents of newborn.
- Study was confined to get the articles only in English.

Strength

- Article search was carried out on a significant criteria.
- Review found effectiveness of educational programme on prevention of Shaken baby syndrome.

Weakness

- Articles mainly focus on prevention of shaken baby syndrome among mothers of newborn.
- Only 7 studies were included for data synthesis due to limited articles

Source of finding: Self

Conflict of interest: Nil

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