

## Knowledge of Primiparous Mothers about Newborn Care in RSU Aminah Blitar City

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### ABSTRACT

Primiparous mothers always face difficulties in caring for their babies. The purpose of this study was to determine the knowledge of primiparous mothers about newborn care at RSU Aminah Blitar City. This research design uses quantitative descriptive with a sample size of 33 primiparous mothers who meet the inclusion criteria of 20-35 years old and selected using purposive sampling method. Data collection was carried out on February 18 - March 16, 2024, in the Al-Kautsar Room of RSU Aminah Blitar City. The instrument in this study used a questionnaire sheet with a total of 20 questions that had been tested for validity and reliability with validity test results with  $r_{table}$  0.381 and reliability test results 0.732. On the questionnaire sheet, each correct answer is given a value of 1 and the wrong answer is given a value of 0. Data analysis with descriptive analysis is presented in the form of percentages. The percentage results are categorized using a qualitative scale: good with percentage results 76-100%, fair with percentage results 56-75% and less with percentage results <56%. Education, age and occupation are factors that influence the knowledge of primiparous mothers because they increase a person's ability to receive information. It was concluded that 73% of mothers had good knowledge because they had a higher level of education, as well as an increasingly mature age, and had a job, The highest score was 97% (160) respondents answered correctly on statements about how to prevent infection, and the lowest score was 73.7% (73) respondents answered correctly on statements about breastfeeding. It is hoped that the results of this study can be used as a discourse in increasing maternal knowledge about newborn care, especially in primiparous mothers, it is hoped that mothers can be more active in seeking information about everything related to newborn care such as attending parenting programs.

Keywords: knowledge; primiparous mother; newborn care

### INTRODUCTION

Primipara is a woman who first undergoes pregnancy until the process of giving birth to a fetus, whether the fetus born is alive or dead. After 6 to 8 weeks after delivery, a normal mother is able to carry out her duties as a parent, however, some mothers find it difficult to adjust to their new role and still need support in carrying out their responsibilities as parents (Adila et al., 2019).

Becoming a mother is a change in women both in status and role (Indriastuti, 2015). Maternal role achievement is a process by which a mother can achieve her ability to carry out her role as a mother, integrating her maternal behavior until they find a new role where they achieve confidence and harmony with their new identity. Maternal role attainment is a developmental and interactional process where every moment a mother touches her baby creates the ability to nurture and care. Conditions that influence the transition experience are understanding, expectations, level of planning, and level of knowledge (Ernawati, 2020).

Newborns are babies born from 37 weeks to 42 weeks of pregnancy with a birth weight of 2500 grams to 4000 grams, these babies need care that aims to keep them warm and clean, avoid infection, or prevent infection and provide exclusive breastfeeding. Newborn care is an important factor for mothers, especially primiparous mothers. Such care includes keeping warm, maintaining cleanliness (bathing the baby, cord care, changing diapers), and providing milk (breastfeeding) (Wagiyo and Putrono, 2016; Valmont et al., 2023).

All infants are examined immediately after birth to determine if the transition from intra-uterine to extra-uterine life is smooth and there are no abnormalities. A comprehensive medical examination is performed within the first 24 hours of

life. A physical examination or assessment of the newborn is done to determine if any abnormalities need immediate action. Physical examination of the baby is done in two stages (Wagiyo dan Putrono, 2016).

Normal newborn care is divided into two stages: care for the first 1 hour after birth and care after 24 hours. Care 1 hour after birth includes drying the baby's body and placing it on the mother's stomach, immediately giving breast milk to train the baby's suction reflex. Early breastfeeding initiation is also useful for reducing infant mortality and helping to exclusive breastfeeding, IMD can increase the baby's immune system. Cover the baby, especially the head, with a dry cloth. Do not bathe the baby at least 6 hours after delivery and clean the airway by wiping his face or suctioning it. Perform umbilical cord clipping and care by wrapping sterile gauze if the umbilical cord is exposed to feces or feces, wash with soap and clean water, and dry it properly. The administration of vitamin K injections to prevent bleeding in newborns, installation of baby identification devices, and conducting medical records in the form of birth weight measurements, baby length, head circumference, abdominal circumference, and baby footprints. Care after 24 hours includes teaching parents daily care for newborns, including keeping the baby warm and clean (preventing infection, cord care, bathing the baby), and breastfeeding (Wagiyo dan Putrono, 2016).

Keeping the baby warm is necessary because the baby is at risk of hypothermia because the baby is in a warm temperature in the mother's belly. When the baby is born, the room temperature is colder, and the baby does not have the ability to regulate its own body temperature, so hypothermia is mainly during the first six to twelve hours of birth (Yuliani & Amalia, 2021).

In addition to maintaining warmth, it is also necessary to keep the baby clean to avoid infection. Keeping the baby clean is done by making sure that the top of the diaper is located below the umbilical cord. Cord care is meant to prevent infection; namely, if the umbilical cord is exposed to feces or stool, wash it with soap and clean water and dry it properly. To maintain the cleanliness of the whole body of the baby also by bathing it with a stable temperature and using warm water but newborns are allowed to bathe after 6 hours of labor (Yuliani & Amalia, 2021).

The last thing to consider in baby care is breastfeeding. Breastfeeding can help the baby start life well and contains antibodies that are good for the baby. In the first few hours after birth, the baby's initial sucking reflex is strongest, so efforts to suckle within the first hour of birth are very important for the success of the subsequent breastfeeding process. Provide breast milk as needed every 2-3 hours starting the first day (Yuliani & Amalia, 2021; Safira & Luthiyana, 2024).

According to WHO globally, there are 6,700 neonatal deaths every day or equivalent to 47% of deaths of children under 5 years of age. As many as (75%) neonatal deaths occur in the first week of life, in 2019 there were 1 million newborns died in the first 24 hours of life.

Infant Mortality Rate (IMR) is the number of deaths of infants under 1 year of age (0-11 months) per 1,000 live births in a given year. In the span of 50 years (period 1971-2022), the decline in IMR in Indonesia was almost 90 percent. IMR decreased significantly from 26 deaths per 1,000 live births from the 2010 Population Census results to 16.85 deaths per 1,000 live births from the SP2020 Long Form results (Badan Pusat Statistik Jawa Tengah, 2023).

Based on interviews there are 2 data on primiparous mothers, with the results of one mother doing cord care correctly by washing using clean water, believing the importance of swaddling babies so that their legs are not bent, being able to bathe their own babies, providing breast milk and sufor companions because only a little breast milk comes out and one mother doing cord care in a way that is less correct, namely being able to use alcohol, believing that it is not swaddled because it can inhibit the growth of the baby, has not been able to bathe her baby and provide adequate breast milk.

According to Nurliawati (2016) there were 10 respondents aged less than 20 years, and 85 respondents aged 20-35 years, and 31 respondents aged more than 35 years. Based on the results of the study, it can be seen that most respondents have a poor level of knowledge, namely as many as 64 people (50.79%), and those who have a sufficient level of knowledge are 49 people (38.89%) and a small portion, namely as many as 13 people (10.32%) have a good level of knowledge (Nurliawati, 2016).

Based on these reasons, the lack of information in primiparous mothers causes a lack of knowledge and attitudes of mothers about newborn care so that mothers cannot take good care of their babies (Pebriantny & Aswan, 2020). Therefore, We took research related to maternal knowledge about newborn care.

## METHOD

This research design uses quantitative descriptive with a total sample of 33 primiparous mothers who meet the inclusion criteria of 20-35 years old and selected using a purposive sampling method. Data was collected on February 18 - March 16, 2024, in the Al-Kautsar Room of RSU Aminah Blitar City. The instrument in this study used a questionnaire sheet with a total of 20 questions that had been tested for validity and reliability, with validity test results of label 0.381 and

reliability test results of 0.732. In the questionnaire sheet, each correct answer is given a value of 1 and the wrong answer is given a value of 0 which is then tabulated and interpreted using a scale of Good (Percentage results 76-100%), Fair (Percentage results 56-75%), Less (Percentage results <56%). Data collection was conducted after the researcher obtained approval from the Director of Aminah General Hospital in Blitar City with the following steps: After obtaining permission from Aminah General Hospital, the researcher selected respondents according to the inclusion criteria, explained the purpose and objectives of the research, then the respondents signed the informed consent form. After that, the respondents filled out the questionnaire within 20 minutes. All collected data were then tabulated and interpreted. The ethics of this research include autonomy, informed consent, anonymity, and confidentiality.

**RESULT**

**General Data**

The general data description presents data on the characteristics of respondents based on maternal age, latest education, and occupation. The usefulness of general data is determining factors that may affect primiparous mothers' knowledge of newborn care.

Table 1. Characteristics of Primiparous Mothers in Al-Kautsar Room

Characteristics	Frequency	Percentage
Age (years)		
20-25	13	39
26-30	17	52
31-35	3	9
Gender		
Female	33	100
Last Education		
Junior high school	5	15
Senior high school	17	52
Diploma school	4	12
Undergraduate	7	21
Job		
Private job	3	9
Self-employed	2	6
Civil servant	2	6
Housewife	26	79

Based on the table, it can be interpreted that as many as (52%) of respondents are mostly aged between 26-30 years, more than half (52%) or 17 respondents at the high school education level (SMA), the most work is housewives (IRT) totaling 26 (79%).

**Special Data**

1. Percentage Competency of Primiparous Mothers' Knowledge of Newborn Care

Table 2. Percentage of Knowledge Competency of Primiparous Mothers about Newborn Care

Sub statement	Knowledge			
	Doesn't know		Know	
	Frequency	Percentage	Frequency	Percentage
Keeping baby warm	24	14.5	141	85.5
Preventing infection	5	3	160	97
Umbilical cord care	23	23.2	76	76.8
Bathing baby	18	13.6	114	86.4
Breastfeeding	26	26.3	73	73.7

Based on the table, it can be interpreted that the highest score is 97% (160) of respondents answered correctly on the statement about how to prevent infection, and the lowest score is 73.7% (73) of respondents answered correctly on the statement about breastfeeding.

2. Level of Knowledge of Primiparous Mothers About Newborn Care at RSU Aminah Blitar City

Table 3. Primiparous Mothers' Knowledge Level about Newborn Care at RSU Aminah Blitar City

Category	Frequency	Percentage
Good	24	73
Simply	5	15
Less	4	12
Total	33	100

Based on the table, it can be presented that the knowledge of primiparous mothers about newborn care is 73% in the good category, 15% in the sufficient category, and 12% in the insufficient category.

3. Table of Cross-Tabulation of Respondents' Characteristics with Categories of Primiparous Mothers' Knowledge of Newborn Care at RSU Aminah Blitar City

Table 4. Cross-Tabulation Table of Respondent Characteristics

Sub statement	Knowledge Category						Total	
	Good		Simply		Less		f	%
	f	%	f	%	f	%		
Age (years)								
20-25	11	84.6	1	7.7	1	7.7	13	100
26-30	12	70.6	2	11.8	3	17.6	17	100
31-35	1	33.3	2	66.7	0	0	3	100
Last Education								
Junior high school	1	20.0	1	20.0	3	60.0	5	100
Senior high school	13	76.5	3	17.6	1	5.9	17	100
Diploma school	4	199	0	0	0	0	4	100
Undergraduate	6	85.7	1	14.3	0	12.1	7	100
Job								
Private job	3	100	0	0	0	0	3	100
Self-employed	1	50	0	0	1	50	2	100
Civil servant	1	50	1	50	0	0	2	100
Housewife	19	73.1	4	15.4	3	11.5	26	100

Based on the table, the age of respondents in the knowledge category with ages 26-30 years was 70.6% (12) respondents, high school education with good knowledge was 76.5% (13) respondents, and the occupation of housewives with good knowledge was 73.1% (19) respondents.

**DISCUSSION**

**Keeping Baby Warm**

Based on the results of the study, it is known that most of the primiparous mothers' knowledge about how to keep the baby warm, as much as 85.5% of mothers answered correctly, and as many as 14.5% of respondents answered incorrectly. In general, factors that affect knowledge can be classified into internal factors (coming from within the individual) and external factors (coming from outside the individual). Internal factors include age and gender. External factors include education, occupation, experience, sources of information, interest, environment, and socio-culture.

In this study, primiparous mothers' knowledge of good newborn care was influenced by education, occupation, and age. Knowledge is closely related to education, where the person is expected to have wider knowledge with higher education. According to research by Nurhamsyah et al. (2015), Age factors can also affect the level of knowledge of respondents in this study; the older a person is, the level of maturity will cause someone to be more mature in thinking

(Nurhamsyah et al., 2015). According to Nurliawati's research (2016) for mothers who work, of course, have another environment besides the environment at home, so that in the work environment they usually get information from people who are in their work environment so that their insights will be broader than those of mothers who live in the home environment (Nurliawati, 2016).

According to Yuliani & Amalia (2021) to keep the baby warm to avoid hypothermia that needs to be done, namely if the baby is wet, immediately dry the baby's body and change clothes with dry ones, new babies can be bathed in warm water 6 hours after birth, wear hats, socks, socks or blankets and wrap the baby in a clean, dry cloth, Keep the room warm, with a temperature of 22-28, the baby should be kept with the mother, if the soles of the baby's feet feel cold, the baby can be placed on the mother's chest (mother's skin contact with the baby's skin), if the baby is < 2500 grams or temperature < 36.5 C, warm the baby with kangaroo method care or with a 60-watt lamp with a minimum distance of 60 cm from the baby (Yuliani & Amalia, 2021).

### **Preventing Infection**

Based on the results of the study, it is known that the majority of primiparous mothers' knowledge about how to prevent infection as many as 97% of mothers answered correctly and as many as 3% of respondents answered incorrectly. In accordance with the theory of Barokah & Melani (2020) Knowledge is influenced by many factors including age, education, occupation, information and experience, so that the respondent's ability to answer questions is still lacking because the respondent has not been exposed to much information. In this study, primiparous mothers' knowledge of adequate newborn care is influenced by factors of education, occupation and age (Barokah & Melani, 2020).

According to research by Annisa et al. (2020) which says that education has an important role in determining human quality. Low education affects a person's level of knowledge, so the lower a person's level of knowledge, the more it will affect a person in understanding something (Annisa et al., 2020). In addition, according to Priyoto (2014) age is one of the factors that can also affect knowledge. The older a person is, the more experience will increase so that it will increase knowledge (Barokah & Melani, 2020). According to Nurliawati's research (2016) for working mothers, of course, they have another environment besides the environment at home (Nurliawati, 2016).

According to Yuliani & Amalia (2021) to increase success in preventing infection, mothers need to understand several ways to prevent infection in newborns, namely washing hands before and after holding the baby, keeping the umbilical cord clean and dry, keeping the baby's body clean by bathing it using soap and warm water, ensuring that all clothes and fabrics used for babies are clean, mothers maintain personal hygiene, especially the breasts, avoid newborn contact with sick people, because they are very vulnerable to contracting diseases, ask mothers to give colostrum because it contains immune substances, encourage mothers to breastfeed as often as possible only breast milk until 6 months, avoid the use of bottles and pacifiers because it can increase the risk of gastrointestinal infections (Yuliani & Amalia, 2021).

### **Umbilical Cord Care**

Based on the results of the study, it is known that most of the primiparous mothers' knowledge about umbilical cord care as much as 76.8% of mothers answered correctly and as many as 23.2% of respondents answered incorrectly. The theory of knowledge, according to Darsini et al. (2019), knowledge is everything that is known based on human experience itself, and knowledge will increase according to the process of experience it experiences. Knowledge is the result of knowing, and this occurs after people perceive a certain object (Darsini et al., 2019).

According to research by Annisa et al. (2020), the level of community education is associated with the ability to absorb and receive information in the health and family fields. In line with Notoatmodjo (2007) revealed that age is a category of knowledge level in terms of understanding something. The more often a person experiences it, the higher the person's knowledge. In addition to age and education factors, work factors also affect a person's knowledge (Annisa et al., 2020). Notoatmodjo (2014) states that people who work can improve the quality of their knowledge through information they get from the work environment (Barokah & Melani, 2020).

According to Yuliani & Amalia (2021) to increase the mother's insight in caring for the umbilical cord, it is necessary to understand several principles in caring for the baby's umbilical cord, namely washing hands with soap and running water before and after performing cord care, do not wrap the umbilical cord or give anything to the umbilical cord, if there are signs of infection such as redness or discharge with a bad smell, it should not be compressed because it can cause the umbilical cord to get wet or moist, fold the diaper under the cord stump, the umbilical cord wound should be kept open, dry and clean, until the remaining cord dries and detaches itself, if the cord is dirty, clean it with clean water and soap and dry it immediately using a clean cloth, look for signs of cord infection such as redness of the skin around the cord, pus or odor. If there are signs of infection, take the baby to a health facility immediately, if the baby's umbilical cord has fallen off, keep it clean by cleaning the center when bathing and drying it (Yuliani & Amalia, 2021).

### **Bathing Baby**

Based on the study's results, it is known that most of the primiparous mothers' knowledge about bathing babies as much as 86.4% of mothers answered correctly and as many as 13.6% of respondents answered incorrectly. According to Hendrawan et al. (2020), knowing is defined as a reminder of material that has been previously learned. At this stage it involves recalling or memorizing something learned or stimuli that have been received. Therefore, knowing is the lowest level of knowledge. Low education affects a person's level of knowledge, so the lower a person's level of knowledge, the more it will affect a person in understanding something (Hendrawan et al., 2020).

Increasing one's age can affect the increase in knowledge gained, but at certain ages or towards old age the ability to accept or remember a knowledge will decrease. According to Darsini et al. (2019) the work environment can make a person gain experience and knowledge both directly and indirectly (Darsini et al., 2019).

According to Yuliani & Amalia (2021) to increase success in bathing babies, the steps that need to be taken are preparing bathing equipment, preparing the room in a warm state, checking the warm water in the bathtub, supporting the baby's head while rubbing water on the face, umbilical cord and baby's body (chest, hands and feet) with a washcloth that has been soaked in warm water, soaping the entire baby's body, chest, hands, feet including the folds of the baby's body with a washcloth that is soapy, washing the umbilical cord with a washcloth and soap, cleaning and drying it thoroughly, cleaning genitalia, put the baby in a warm water bath, the mother's left hand supports the baby's head and holds the baby's armpits tightly, the mother's right hand cleans the soap on the baby's body using a washcloth, turn the baby slowly to clean the baby's back, the right hand supports the baby's body and holds the armpits tightly, washing the hair is done if the hair looks dirty, immediately wrap the baby with a dry towel (second towel) and place it on a dry towel, avoid using powder on the buttocks and groin, put on diapers, baby clothes and covered with a clean and dry cloth. The clothes used by the baby should be made of materials that easily absorb sweat, to avoid rashes or blisters on the baby's skin, and use clothes that keep the baby warm and prevent hypothermia (Yuliani & Amalia, 2021).

### **Breastfeeding**

Based on the study's results, it is known that most of the primiparous mothers' knowledge about breastfeeding as many as 73.7% of mothers answered correctly and as many as 26.3% of respondents answered incorrectly. According to research by Nursalam et al. (2009), the factors that influence a person's knowledge are experience, age, education, employment, and family support. According to research by Annisa et al. (2020), the higher the education, the more knowledge will be obtained, and age will provide an overview of the experiences he has gone through. Experience is the best teacher; the saying can be interpreted that experience is a source of knowledge or that experience is a way to obtain the truth of knowledge. Therefore, personal experience can also be used to gain knowledge (Annisa et al., 2020). Darsini et al. (2019) state that sometimes the work done by an individual will provide wider opportunities for individuals to gain knowledge, or it could be that the work activities actually make individuals unable to access information (Darsini et al., 2019).

According to Yuliani & Amalia (2021), to increase success in early breastfeeding initiation, the way that needs to be done is that the entire head and body of the baby is dried as soon as possible, except for the hands, without removing white fat, because it can comfort the baby's skin (keep the baby warm), the baby is placed on the mother's chest or stomach with the baby's skin attached to the mother's skin, both are covered and the baby can be given a hat, the baby is allowed to find the nipple himself. The mother can stimulate the baby with a gentle touch but not force the baby to the nipple (Yuliani & Amalia, 2021).

### **CONCLUSION**

Based on the research conducted by the researcher, it can be concluded that the highest score was 97% (160) of respondents knew the competence on how to prevent infection, and the lowest score was 73.7% (73) of respondents did not know the competence on breastfeeding. Knowledge of primiparous mothers about newborn care at RSU Aminah Blitar City as much as (73%) have good knowledge due to age, occupation, and education factors.

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