



EFFECTIVENESS OF POSTNATAL PRACTICE OF BREAST CARE AND BREAST FEEDING TECHNIQUE AMONG HOSPITALIZED ANTENATAL MOTHERS

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ABSTRACT

Breast milk is nature's way of providing all nutritious those new born needs in the right amounts and proportions till the infant reaches 4-6 months of age. No other types of animal milk or milk formula can substitute for this breast milk. To assess the effectiveness of prenatal teaching programme on postnatal practice of breast care and breastfeeding on the first postnatal day and third postnatal day in experimental and control group. To find the association between postnatal practice and selected demographic variables of mothers in experimental group. An evaluative research was found to be appropriate for the study. An arbitrary decision was taken to keep the sample size as 60. 30 antenatal mothers were recruited in experimental group and 30 in control group Overall postnatal practice mean score among primi, LSCS, multi on 1st postnatal day regarding breast care were 22.6, with 't' value 14.92 ($p < 0.01$) were highly significant in the experimental group than control group Overall postnatal mean score among primi, LSCS, multi on 3rd postnatal day regarding breast care were 23.6 with 't' value = 39.5 ($p < 0.01$), for breast feeding the overall mean score among primi, multi, LSCS on 3rd postnatal day were 23.7 with 't' value = 15.83 ($p < 0.01$) were highly significant in the experimental group than control group.

KEY WORDS: prenatal teaching programme, effectiveness post natal practice, breast care, breast feeding.



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INTRODUCTION

Breast milk is nature's way of providing all nutritious that new born needs in the right amounts and proportions till the infant reaches 4-6 month of age. Breast feeding nipple infections are higher, nipple sore results, once breast, nipple care is not established before and after breast feeding. Therefore, breast care along with breast massage before feeding ensures good expression of breast milk prevents breast and nipple infections. Most of the postnatal mothers end up with breast feeding problems , breast engorgement . this were due to improve the feeding techniques, ignorance of mother, lack of skills , following faulty positions which lead to decreased consumption of breast milk by the infant. There , the mother needs guidance , care from nursing personnel who can help mother to assist the mother giving breast feeding. Breastfeeding rates in England and Wales at one week postpartum were only 57% among the 71% of women who initially breastfed, despite this being the period of the most intense input from health professionals who provide postnatal care. At 6 weeks only 43% of all women were breastfeeding; and of the women who had initiated breastfeeding only 65% were still doing so. The WHO 13 of 393 Postnatal care: Routine postnatal care of women and their babies July 2006 Good communication between health professionals. A study to assess effectiveness of Prenatal Teaching Programme on Post natal practice of Breast care and Breast feeding among Antenatal mother in selected hospital at Chennai To assess the effectiveness of prenatal teaching programme on postnatal practice of breast care and breast feeding during antenatal mother in post natal period. To find the association between postnatal practice of breast care and breast feeding technique and selected demographic variables of mothers in experimental group.

Hypothesis

RESULT AND DISCUSSION

H₁. There will be significant difference in postnatal practice scores of breast care and breast feeding in experimental group than control group.

MATERIALS AND METHODS

Quasi Experimental (post test design) used to find out the effectiveness of post natal practice of breast care and breast feeding technique among antenatal mother's . Institutional ethical approval was obtained Bharath university in Chennai from 05-03-2013 to 26 -03 2013, prior to study inform concern obtained from antenatal mother's . sample size was 60 , and sampling technique was convenient sampling technique . The tool consist of demographic data and questionnaire to assess the practice of breast care and breast feeding technique for experimental group where was intervention was not given for the control group . After post test the data were analyzed by using descriptive and inferential statistics.

Research tools and technique

The study tool consists of three parts

Part I: consist of selected demographic variables such as age, education, socio economic status, source of information, sex of baby, occupation. The data were obtained through interview method by the investigator from antenatal mothers in their waiting period in ward.

Part II: The observation check list to observe the practice of Breast care

Part III: To assess the breast feeding technique.

Score Interpretation for breast care and feeding Technique

Poor practice on breast care and Breast feeding technique+ up to 50%

Moderate practice on breast care and Breast feeding technique+ 50% to 75%

Adequate practice on breast care and Breast feeding technique+ Above 75%

Table1

Mean, standard deviation and 't' value of postnatal practice of breast care and breast feeding among the experimental and control group on first postnatal day

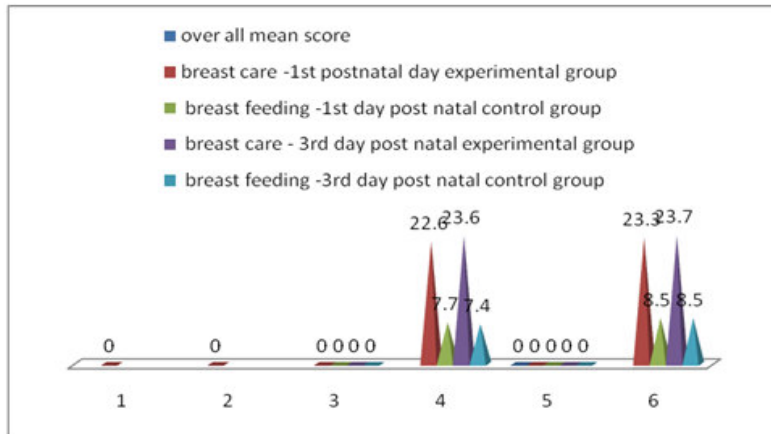
Aspects of postnatal practice (mean score-48)	Experimented group (30)		Control group (30)		't' value/ p-value d.f.=18
	mean	S.D	mean	S.D	
Breast care (score 24)					
Primi (10)	22.8	1.35	6.6	2.36	19.518(HS)
L.S.C.S (10)	22.2	1.47	1.58	1.58	21.493(HS)
Multi (10)	22.8	1.03	2.2	2.2	17.543(HS)
Breast feeding technique					
Primi (10)	23.4	0.843	8.6	2.5	17.718
L.S.C.S (10)	22.8	1.398	8.00	1.632	18.143
Multi (10)	23.6	0.842	9.00	2.403	21.769

HS-P<0.01

Table 2
Mean, standard deviation and 't' value of postnatal practice of breast care and breast feeding among the experimental and control group on third postnatal day

Aspects of postnatal practice (mean score-48)	Esperimented group (30)		Control group (30)		"t" value p-value d.f.=18
	Mean	S.D	mean	S.D	
Breast care (score 24)					
Primi (10)	23.7	0.674	6.6	2.366	22.975(HS)
L.S.C.S (10)	23.3	0.823	7.50	1.58	20.028(HS)
Multi (10)	23.9	0.316	8.9	2.287	22.583(HS)
Breast feeding technique (score 24)					
Primi (10)	23.4	0.699	8.60	2.503	23.975(HS)
L.S.C.S (10)	23.7	0.483	8.00	1.603	28.28(HS)
Multi (10)	23.9	0.316	9.00	2.403	20.08(HS)

HS-p<0.01



The obtained mean practice score 23.7, 23.3 & 23.9 among experimental group for breast care were higher than the control group among primi, L.S.C.S & multi mothers respectively. The obtained' value t=22.975 (PC 0.01), t=20.028 (p<0.01) and t=22058 (p<0.01) were highly significant. The obtained mean practice score for breast feeding in third postnatal day 23.7, 23.4 & 23.9 was higher than the control group among primi, L.S.C.S

& multi mothers respectively. The 'obtained' value't' = 23.97 (p<0.01), t =20.23, (p<0.01) & t = 28.02 (p<0.01) were highly significant on 3rd postnatal day. Atkinso2010 prenatal nipple conditioning for breast feeding Burd2002² breast encouragement count in breast feeding whielow 2003¹⁰ breast feeding factors affecting the mother milk supply vijayalakshmi 2003⁹ breast feeding technique in prevention of nipple sore .

Table 3
Data on association between age and education of mothers and post natal practice of breast care and breast feeding in experimental group.

Demographic variables	Experimental group						X ² value
	primi		L S C S		multi		
	adequate	good	adequate	good	adequate	good	P value
Age							X ² = 0
<20	2	1	1	1	1	-	P = 1(NS)
21-25	4	2	3	3	1	1	Among primi multi
26-30	1	-	2	-	4	3	LSCS mothers
31-35	-	-	-	-	-	-	X ² = 0.31(primi)
Education Illiterate	1	1	1	3	5	2	X ² = 1.069
Primary School	-	-	1	-	-	-	LSCS
Middle school	2	2	2	1	2	1	X ² = 0.11(multi) (NS)
High school	1	1	1	1	1	-	

Reveals the association between the age and education of ante natal mother and post natal practice score practice score of breast care and breast feeding. The obtained X² = 0, (p=0.005) was not significant with regarding to age and level of practice among primi, LSCS, and multi mothers in experimental group. Therefore the null hypothesis was accepted and the research hypotheses were rejected. There was no association between age and post natal practice score among mothers in experimental group. The obtained X²

= 0.13(P>0.5), X² = 1.069(P>0.05) & X² =0.11(P>0.05) among primi, LSCS, multi mother regarding education and level of post natal practice were not significant in experimental group. Therefore the null hypotheses Ho₅ was accepted and research hypotheses H₅ was rejected. There was no association between education and post natal practice score among mothers in experimental group. It was inferred that there was no association between age and education of post natal mothers and level of post natal practice score in the

experimental group. The effectiveness of pre natal teaching programme was independent of the age and education of ante natal mothers in the experimental group.

CONCLUSION

From this study the findings reveals that the prenatal teaching programme was effective in the experimental group than in control group. Mothers in the experimental

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group had higher post natal practice of breast care and breast feeding after prenatal teaching programme compare to mother in control group which were independent of their age and educational background.

CONFLICT OF INTEREST

Conflict of interest declared none.

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