



Research Article

A STUDY TO ASSESS THE EFFECTIVENESS OF LACTATIONAL COUNSELLING ON BREAST ENGORGEMENT AMONG POSTNATAL MOTHERS AT SELECTED HOSPITAL IN CHENNAI

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ABSTRACT

Human milk has no substitute and breast is nature's apparatus for feeding babies. Breast feeding is an art. In recognition of the immense importance of breast feeding, the Baby - friendly hospital Initiative was launched by UNICEF/WHO in 1991. Breast feeding results in decreased problems such as infections and other medical problems. Breast feeding is one of the first bonding experiences between mother and child. Though it was a preferred practice by the postnatal mothers, it is not successful for the entire mother due to many factors. One of the most common factors affecting this breast feeding practice is breast engorgement. Painful breast engorgement is one of the main physical difficulties experienced by mother in the first week of postpartum. An engorged breast is enlarged, swollen and painful. It may be shiny and edematous with diffuse red areas. The nipple may be stretched flat. The milk often does not flow easily, and it may be difficult for the infant to attach to the breast for suckle until the swelling is reduced. National surveys have shown that painful breasts are the 2nd most common reason that women give up breast feeding in the first two weeks after birth. One factor contributing to such pain can be breast engorgement.

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INTRODUCTION

Breast feeding is one of the first bonding experiences between mother and child.

“Breast is the best” says British Medical Journal of Breast Feeding. Breast feeding is an important woman’s issue, human rights issue, health issue and feminist issue. Breast feeding empowers women. Breast feeding the baby brings joy to the mother which cannot be expressed by words. The feeling the mother gets when she continue to nourish her baby at her breast and see the baby grow and thrive on breast milk is awesome.

Correct breast feeding technique goes a long way in ensuring successful breast feeding. In correct technique may contribute to breast engorgement. The most common problems associated with the breast feeding are breast engorgement, mastitis, cracked or sore nipple, inverted nipple etc. Out of these breast engorgement and mastitis are the most common and severe problem that the mother encounter with. Cessation of lactation is associated with moderate to severe engorgement and pain in 2/3rd of women when no treatment is given. Breast engorgement is responsible for puerperal fever in 13.3% of non - breast feeding mothers. Although many medications are compatible with breast feeding, its always a good idea to minimize the use of medications when nursing.

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MATERIAL AND METHODOLOGY

This chapter deals with the methodology selected by the investigator to study the effectiveness of structured teaching programme on knowledge of postnatal mothers regarding breast feeding problems in Sree Balaji Medical College And Hospital, Chrompet, Chennai.

Research Approach

In view of the nature of the problem selected for the study and the objectives to be accomplished, an evaluative research approach was considered the best to determine the effectiveness of structured teaching programme on knowledge of postnatal mothers regarding breast feeding problems.

Research Design

The research design used in this study was pre- experimental, One group pre test post- test design without control group was selected as the research design for the study.

Table 1

Group	Pre test	Intervention	Post test
Experimental Group	O ₁	X	O ₂

Key

- O₁: Assessment of knowledge of postnatal mothers by Pre-test.
- X: Structured teaching programme on lactational counselling.
- O₂: Assessment of knowledge of postnatal mothers by post - test.

A structured knowledge questionnaire was administered to postnatal mothers on the same day of pre test, following that a structured teaching programme was administered. Post- test was conducted on same day of pre test to assess the effectiveness of structured teaching programme.

Sample Size

In the study 30 postnatal mothers admitted in postnatal ward in Sree Balaji Medical College and Hospital.

Sampling Technique

The postnatal mothers admitted in postnatal wards in Sree Balaji Medical College and Hospital who fulfilled the criteria for sample selection. The sampling technique used for the study was Non-probability convenient sample technique.

Selection and Development of Tools

Structured knowledge questionnaire was an appropriate and effective method to evaluate the knowledge of the postnatal mothers. The main strengths behind development of the tool are review of research and non- research materials on relevant topics regarding breast engorgement.

The Following steps were Undertaken for the Preparation of the final tool

Data collection tool consist of two aspects with following items:

Part I: It includes the items of selected demographic variables of postnatal mothers comprising of age, education, religion, type of family and income of the family,

Part II: It includes 25 questions of which are divided into different sections.

The knowledge regarding breast engorgement was measured in terms of knowledge score. Each correct answer was given as score of one mark and wrong answer or unanswered was given as a score of zero. The maximum score was 40. To interpret level of knowledge the scores were distributed as follows:

To Interpret level of Knowledge the Scores were Distributed as Follows

Table 2

Sl no.	Level of knowledge	Score
1.	Adequate	>75%
2.	Moderate	<55-74%
3.	Inadequate	<55%

RESULT

The findings of the study are discussed in the terms of objectives and hypothesis of the study-

Sample Characteristics

In age distribution, 10%(03) post natal mother were in the age group of below 20 years, 40%(12) post natal mother were in the age group of 21-25 years and 30% (09) post natal mother were in the age group 26-30 years and 20% (06) post natal mother were in age group of above 30 years.

In education status, 20% (06) post natal mother were belongs to primary school, 40% (12) post natal mother were belongs to secondary school, 30% (09) post natal mother were belongs to

undergraduate and 10% (03) post natal mother were belongs to postgraduate status.

In religion distribution, 60% (18) post natal mother were belongs to Hindu religion, 00% (00) post natal mother were belongs to Muslim religion, 30% (09) post natal mother were belongs to Christian religion and 10% (03) post natal mother were belongs to in other religion category.

In type of family distribution, 70% (21) post natal mother were belongs to nuclear family, 20% (06) post natal mother were belongs to joint family, 10 % (03) post natal mother were belongs to extended family and 00% (00) post natal mother were belongs to others category.

In family income per annum 70% (21) post natal mother belongs to lower income group, 10% (03) post natal mother belongs to middle income group, 10% (03) post natal mother belongs to upper middle income group and 10% (03) post natal mother belongs to upper income group.

The Comparison of pre-test and post-test level of Knowledge Regarding Breast Engorgement among the Postnatal Mothers

Level of knowledge	Pre-test		Post-test	
	Score	Percentage	Score	Percentage
Adequate	2	7%	10	33%
Moderate	6	20%	11	37%
Inadequate	22	73%	9	30%
Total	30	100%	30	100%

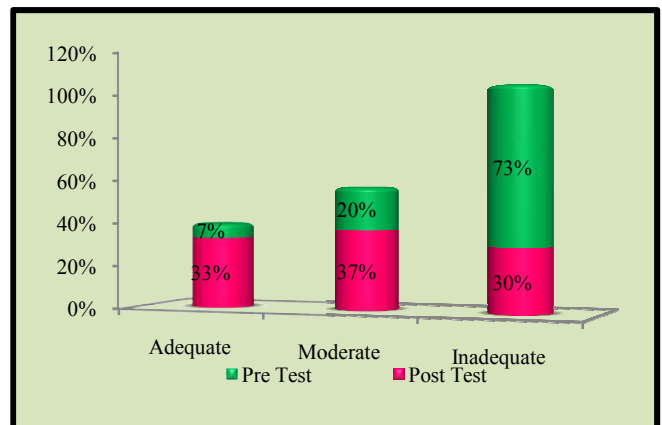


Figure 1 Shows that in the pre-test, Shows that 10 (33%) post natal mother had adequate knowledge, 11 (37%) post natal mother had moderately adequate knowledge and 09 (30%) post natal mother had inadequate knowledge regarding breast engorgement. And in the post-test 10 (33%) post natal mother had adequate knowledge, 11 (37%) post natal mother had moderately adequate knowledge and 09 (30%) post natal mother had inadequate knowledge regarding breast engorgement.

DISCUSSION AND CONCLUSION

The study discussion the results of the data analyzed, based on the objectives of the study and the hypothesis. The purpose of the study was “the study was to assess the knowledge regarding breast engorgement among the postnatal mothers”. The study was conducted in Sree Balaji Medical College and Hospital, Chrompet, Chennai by using non probability-purposive sampling technique. The study consisted of 30 postnatal mothers from post natal ward of Sree Balaji Medical College and Hospital, Chrompet, Chennai. Questionnaire tools/instruments were used to collect the data from the postnatal mother.

Study shows that 10% (03) post natal mother were below the age group of 20 years, 40% (12) were 21-25 years and 30% (09) were 26-30 years and 20% (06) were above 30 years. In education status 20% (06) were primary school, 40% (12) were secondary school, 30% (09) were undergraduate and 10% (03) were postgraduate. In religion 60% (18) were Hindu, 00% (00) were Muslim, 30% (09) were Christian and 10% (03) were in other category. In type of family 70% (21) were belongs to nuclear family, 20% (06) were belongs to joint family, 10 % (03) were belongs to extended family and 00% (00) were belongs to others category. In family income per annum 70% (21) belongs to lower income group, 10% (03) belongs to middle income group, 10% (03) belongs to upper middle income group and 10% (03) belongs to upper income group.

In the pre-test, Shows that 10 (33%) post natal mother had adequate knowledge, 11 (37%) post natal mother had moderately adequate knowledge and 09 (30%) post natal mother had inadequate knowledge regarding breast engorgement. And in the post-test 10 (33%) post natal mother had adequate knowledge, 11 (37%) post natal mother had moderately adequate knowledge and 09 (30%) post natal mother had inadequate knowledge regarding breast engorgement. There is a significant increase in the knowledge after structured teaching programme.

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