

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

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### **ABSTRACT**

An experimental approach with pre and post test design, without control group was used to evaluate the effectiveness of structured teaching programme on knowledge regarding pregnancy induced hypertension among the primigravida women attending the Antenatal outpatient department in Sri Ramakrishna Vivekananda Urban health centre at Thiruvanniyur, Chennai. The sample of “100” primigravida women with a period of gestational age 8 weeks to 24 weeks selected by Non probability Convenience Sampling technique for pre test using questionnaire before imparting health education. The post test was conducted one week after imparting health education on the similar group. Results showed that in the pre test mean knowledge score of primigravida women was 24.05 whereas in the post test mean knowledge score had increased markedly to 74.30. It was concluded that structured teaching programme played a vital role in improving the knowledge on pregnancy induced hypertension among primigravida women.

**KEYWORDS:** Primigravida Women, Pregnancy Induced Hypertension, Structured Teaching Programme