

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

INTRODUCTION

Women Represent the Great Majority of the world’s poor. With this poverty comes a range of well-documented problems: low educational attainment; low income and earning potential; inferior social power, status and influence compared with men; and importantly, poor health outcomes for both women and their children. High rates of maternal mortality and morbidity remain apparently intractable problems in many countries, particularly developing countries.

OBJECTIVES OF THE STUDY

- To assess the level of knowledge among primigravida women on pregnancy induced hypertension.
- To evaluate the effectiveness of structured teaching programme on pregnancy induced hypertension among primigravida women.
- To associate between demographic variables and the post test knowledge on pregnancy induced hypertension among primigravida women.

STATEMENT OF THE PROBLEM

Assess the effectiveness of structured teaching programme on knowledge regarding pregnancy induced hypertension among the primigravida women attending the antenatal opd in sri. ramakrishna vivekananda urban health centre at thiruvanniyur, chennai.

HYPOTHESIS

- H_1 - there is a significantly less knowledge on pregnancy induced hypertension among primigravida women.
- H_2 - there will be a significant association between structured teaching programme on pregnancy induced hypertension and level of knowledge of primigravida women on pregnancy induced hypertension.
- H_3 – there will be a significant association between knowledge among the primigravida women on pregnancy induced hypertension and their back ground factors such as age, education, occupation, types of family and source of information of pregnancy induced hypertension.

MATERIALS AND METHODS

We have chosen 60 hospitalized antenatal women the research design used for this study is quasi experimental design.

Table 1

E	x	O ₁	O ₂	O ₁₁	O ₂₁
C		O ₃	O ₄	O ₃₁	O ₄₁

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.

Part II

Includes data on steps of breast care to items which include breast massage technique 6 items and total 12 items. The observation were made in three points scales ranging from poor, average postnatal practice score of breast care of good postnatal score.

Part III

includes state on steps of breast feeding has 12 items observation on breast feeding technique were made in three print scales ranging from good, average and poor postnatal practice of breast feeding.

RESULTS AND DISCUSSIONS

The study was conducted to evaluate the effectiveness of prenatal teaching programme on post natal practice of breast care and breast feeding techniques among hospitalized antenatal mothers, quasi experimental design experimental group and control group with evaluate approach was adopted the sample was selected by using queta sampling technique. The sample comprise of 60 hospitalized antenatal mothers.

Table 1

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

Table 1

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)	22.8	1.35	6.6	2.36	19.518(HS)
Primi (10)	22.2	1.47	1.58	1.58	21.493(HS)
L.S.C.S (10)	22.8	1.03	2.2	2.2	17.543(HS)
Multi (10)					
Breast feeding technique	23.4	0.843	8.6	2.5	17.718
Primi (10)	22.8	1.398	8.00	1.632	18.143
L.S.C.S (10)	23.6	0.842	9.00	2.403	21.769
Multi (10)					

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

Table 2

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)	23.7	0.674	6.6	2.366	22.975(HS)
Primi (10)	23.3	0.823	7.50	1.58	20.028(HS)
L.S.C.S (10)	23.9	0.316	8.9	2.287	22.583(HS)
Multi (10)					
Breast feeding technique (score 24)	23.4	0.699	8.60	2.503	23.975(HS)
Primi (10)	23.7	0.483	8.00	1.603	28.28(HS)
L.S.C.S (10)	23.9	0.316	9.00	2.403	20.08(HS)
Multi (10)					

HS-p<0.01

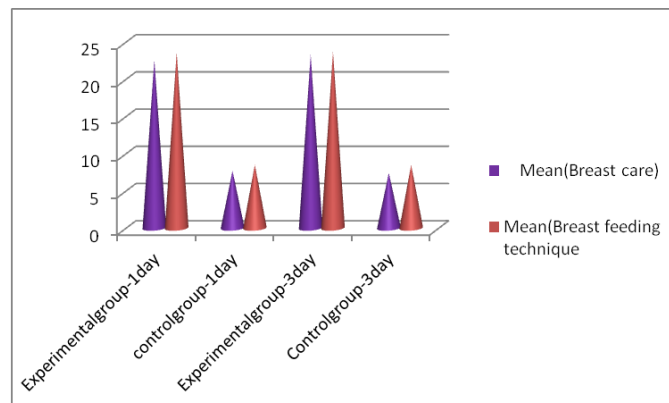


Figure 2

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 't' 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 't' 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. Atkinson (2010) prenatal nipple conditioning for breast feeding Burd (2012) breast encouragement count in breast feeding whiehelow (2013) breast feeding factors affecting the mother milk supply vijalakshmi (2013) breast feeding technique in prevention of nipple sore **Joseph A 2010** study of determine the effectiveness of prenatal teaching programme among hospitalized antenatal mothers.

Table 3

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

Table 3

Demographic Variables	Experimental Group						X ² Value P Value
	Primi		L S C S		Multi		
	Adequate	Good	Adequate	Good	Adequate	Good	
Age							X ² = 0 P = 1(NS) Among primi multi LSCS mothers
<20	2	1	1	1	1	-	
21-25	4	2	3	3	1	1	
26-30	1	-	2	-	4	3	
31-35	-	-	-	-	-	-	
Education							X ² = 0.31 (primi) X ² = 1.069 LSCS
Illiterate	1	1	1	3	5	2	
Primary	-	-	1	-	-	-	
School	2	2	2	1	2	1	
High school	1	1	1	1	1	-	
							X ² = 0.11 (multi) (NS)

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 $X^2 = 0$, ($p=0.005$) 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 $X^2 = 0.13$ ($P>0.5$), $X^2 = 1.069$ ($P>0.05$) & $X^2 = 0.11$ ($P>0.05$) among primi, LSCS, multi mother regarding education and level of post natal practice were not significant in experimental group. Therefore the null hypotheses H_0 was accepted and research hypotheses H_5 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.

CONCLUSIONS

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 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.

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