



A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE AND PRACTICE REGARDING THE BREAST PROBLEMS AND ITS MANAGEMENT AMONG POSTNATAL MOTHER IN SELECTED HOSPITALS, KOLLAM.

Nursing

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ABSTRACT

Introduction: Breast care is one of the most neglected aspects of the postnatal care and the common maternity care. Exclusive breast milk is essential for the physical and mental development of the new born. The postpartum breast problem hinders the successful breast feeding. The incidence of maternal morbidity rate was 42.9% during puerperium. Most common cause for the morbidity is the breast problem. Breast feeding reduces the risk to mothers such as postpartum hemorrhage. Breast fed children are much likely become ill to healthy especially when colostrum is given and breast feeding continued for first six month of life. But some of common problem related to breast feeding include breast engorgement, painful nipple, nipple infection, mastitis, breast abscess, lactation failure, poor milk production and incorrect feeding techniques leads to lactation problem in early neonatal period.

Materials and Methods

- **Research approach and design:** Quantitative approach with pre-test post-test control group design
- **Sampling technique:** Purposive sampling technique.
- **Samples:** The sample size was 40, 20 in experimental group and 20 in control group.
- **Tools:** structured knowledge questionnaire, Bristol breastfeeding assessment tool

Results: The data were analyzed using both descriptive and inferential statistics on the basis of the hypotheses of the study. The findings of the study shows that there was a significant increase in mean posttest knowledge score of the sample That is mean difference of (5.0) with t value of (6.71) at 0.05 level, which is greater than the calculated table value.

Regarding the association between selected demographic variables and knowledge , practice of postnatal mothers breast feeding, there is no significant association between the selected variables with the knowledge and practice of post natal mothers. Hence it shows that planned teaching programme is effective in managing the postnatal breast complications

Conclusion: The findings of the study revealed that there was statistically significant difference in the pretest and post test scores in knowledge and practice of postnatal mothers regarding the breast feeding and management of postnatal breast complications. The present study indicated that the planned teaching programme on knowledge and practice regarding the breast problems and its management among postnatal mother is effective.

KEYWORDS

Planned teaching programme, Breast problems , postnatal mother.

INTRODUCTION

The wealth of the nation is its healthy population. The mothers role in creating a healthy population is remarkable one .So mother should be physically, emotionally and socially healthy. The problem associated with breast inhibits exclusive breast feeding. The adequate management of these problems are inevitable. Flat and retracted nipples are the major postpartum breast feeding problems. Any problem of the breast, if untreated it may cause further complications like recurrence of the problems or even breast cancer. Breast problems are often leading reasons for stopping breast feeding. Breast feeding reduces the risk of mother and newborn which recommends exclusive breast feeding for six months considering the benefits of exclusive breast feeding in the early stages of neonatal period increases the wellbeing of the newborn. WHO together with the UNICEF has developed the strategy to monitor and identify the initial difficulties involving the breastfeeding technique. There are some aspects in the process of sucking that should be carefully assessed by the health care professional in the activities for exclusive breast feeding is not commenced in the early period.

MATERIALS AND METHODS

Quantitative approach with pretest posttest control group design was used in this study. Purposive sampling technique was applied for the selection of samples. Samples were 40 post natal mothers 20 in experimental group and 20 in control group admitted at Bishop Benziger Hospital, Kollam. Written consent was taken from the institution and all the participants. Pretest was done by using structured knowledge questionnaire and Bristol breastfeeding assessment tool. Planned teaching was given to experimental group regarding the post natal breast complications and its management and the control group received routine hospital care. On fourth day posttest was done for both group using the same tool.

RESULTS

Description of sample characteristics

Fig1: percentage wise distribution of the sample according to sample

characteristics of experimental and control group

N=40

SL.NO	CATEGORY	FREQUEN CY	PERCENT AGE (%)
1.	Age in years		
	a. <20 years	3	7.5
	b. 20 -30 years	30	75
	c. >30 years	7	17.5
2.	Occupation		
	a. Housewife	16	40
	b. Employed	24	60
3.	Time of initiation of breastfeeding		
	a. <1 hour	12	30
	b. 1-2 hour	20	50
	c. 12-25 hour	6	15
	d. >2 days	2	5
4.	Time of giving pre lacteal feeds		
	a. 12-24 hours	19	47.5
	b. 1-2 days	20	50
	c. >2 days	1	2.5
5.	Pattern of breast feeding		
	a. Exclusive	27	67.5
	b. Lacteal feed	13	32.5
6.	Maternal position		
	a. Sitting	28	70
	b. Lying	12	30
7.	Breast problems		
	a. Not enough milk	27	67.5
	b. Poor attachment	4	10
	c. Breast engorgement	6	15
	d. Cracked nipple	-	-

	e. Inverted nipple	-	-
	f. Flat nipple	3	7.5
	g. Sore nipple	-	-
	h. Nipple infection	-	-
	i. Breast abscess	-	-
8.	Parity		
	a. Primipara	22	55
	b. Nulliparous	18	45
9.	Type of delivery	15	37.5
	a. Normal vaginal delivery	6	15
	b. Forceps/ Ventouse delivery		
	c. LSCS	19	47.5
10.	Information regarding prevention of breast problems		
	a. Yes	29	72.5
	b. No	11	27.5
11.	Source of information		
	a. Parents	16	40
	b. Relatives	9	22.5
	c. Media	8	20
	d. Health workers	6	15
	e. Nil	1	2.5
12.	Breast milk		
	a. Adequate	27	67.5
	b. Inadequate	13	32.5
13.	Discomfort experienced during breast feeding		
	a. Yes	21	52.5
	b. No	19	47.5

Poor	19	95	1	5
moderate	1	5	10	50
Good	0	-	9	45

a in the table 8 shows that none of them had good practice in the pretest scores, 5% samples had moderate practice score and 95% had poor practice of breast feeding according to Bristol breastfeeding assessment tool. In the posttest 5% of the samples had poor practice and 50% had moderate practice of breast feeding and 45% had good practice score. Hence there is increase in the post test score of experimental group.

DISCUSSION

The present Study was aimed to assess the effectiveness of planned teaching program knowledge and practice regarding the breast problems and its management among postnatal mother in selected hospitals, Kollam. The study findings shows that there was increase in the participants knowledge and practice regarding breast feeding after the planned teaching programme. It is evident health teaching and health awareness program are essential for postnatal mothers to prevent breast complications during the postnatal mothers.

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Frequency and percentage distribution of knowledge regarding breast complications among Experimental group

Table 2 n=20

Knowledge	Pretest		Posttest	
	frequency	percentage	frequency	percentage
Poor	12	60	-	-
Average	8	40	11	55
Good	-	-	9	45

Frequency and percentage distribution of knowledge regarding breast complications among Control group

Table 3 n=20

Knowledge	Pretest		Posttest	
	frequency	percentage	frequency	percentage
Poor	13	65	12	60
Average	7	35	8	40
Good	-	-	-	-

Mean, Mean difference, SD and Unpaired 't' value of posttest knowledge score of experimental and control group

Table 4 N=40

Category	Mean	Mean difference	SD	SE	t value
Experimental post test	16.4	5.0	2.22	0.608	6.71
Control post test	11.4		2.50	0.573	

Part C: Frequency and percentage distribution of Bristol breastfeeding assessment tool of Control group

Table 5 n=20

Knowledge	Pretest		Posttest	
	frequency	percentage	frequency	percentage
Poor	18	90	18	90
moderate	2	10	2	10
Good	0	-	0	

The data in the table 7 shows that none of them had good practice in the pretest scores, 10% samples had moderate practice score and 90% had poor practice of breast feeding according to Bristol breastfeeding assessment tool in the posttest 90% of the samples had poor practice and 10% had moderate practice of breast feeding and none of them had good practice score

Frequency and percentage distribution of Bristol breastfeeding assessment tool of Experimental group

Table 6 n=20

The dat	Pretest		Posttest	
	frequency	percentage	frequency	percentage