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“ A STUDY TO ASSESS THE EFFECTIVENESS OF LACTATIONAL COUNSELING ON BREAST ENGORGEMENT AND NEWBORN FEEDING BEHAVIOR AMONG ANTE NATAL MOTHERS AT CEmONC CENTRE, DISTRICT HOSPITAL, MADANAPALLI.”

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Abstract

Background: Breastfeeding is the universally preferred method of feeding a newborn. Breast engorgement is a condition that affects breastfeeding mothers early in the postpartum. The discomfort and tenderness as a result of the engorgement is a major contributing factor to the early cessation of breastfeeding. Many treatments for breast engorgement have been attempted and explored. The studies revealed that lactational counseling can increase the knowledge of mother in reducing the incidence of breast engorgement and in improving the newborn feeding behaviour.

AIM: the aim of the study was to prevent breast engorgement and newborn feeding behavior.

Objectives: 1. Determine the effectiveness of lactational counseling on breast engorgement among ante natal mothers., 2. Determine the effectiveness of lactational counseling on newborn feeding behaviour among antenatal mothers. 3. Associate the breast engorgement and newborn feeding behaviour with selected back ground variables of the antenatal mother.

Methodology: 50 antenatal mothers from CEmONC center, Madanapalli were selected by using convenience sampling method.

Results: Study results shows that among 50 primi antenatal mothers' majority 62% (31) had inadequate knowledge, 34% (17) had moderate knowledge and only 4% (2) had adequate knowledge in pre-test. Whereas

in post-test 8% (16) had inadequate knowledge and 50% (25) had adequate knowledge and 34% (17) had moderate knowledge on newborn feeding behavior. Study findings revealed that among 50 primi antenatal mother's majority 64% (32) had inadequate knowledge, 30% (15) had moderate knowledge and only 6% (3) had adequate knowledge in pre-test. Whereas in post-test 7% (14) had inadequate knowledge, 54% (27) had adequate knowledge and 32% (16) had moderate knowledge on breast engorgement.

Keywords: modified breast engorgement, newborn feeding behavior, antenatal mothers.

Introduction: Breastfeeding begins within the first hour after birth and continue as often and as much as the baby wants. Breastfeeding has a many advantages for both mother and baby. Breastfeeding enhances immunity and protects the baby from infection, reduce the incidence of maternal hemorrhaging and breast and ovarian cancer. Delayed breastfeeding may leads to breast engorgement. Lactation counselling can provide anticipatory guidance to the postnatal mothers and can reduce the incidence of breast engorgement. Basic breastfeeding technique helps to avoid breast feeding problems.

Need for the study: The rate of breast engorgement all over the world is 1:8000, and in india, it is 1:6500. engorgement symptoms occur most commonly between days 3 and 5, with more than two -third of women with tenderness on day 5 but some as late as days 9-10. two -third of women experience at least moderate symptoms. WHO recommended that all mothers should be supported to initiate breast feeding as soon as possible after birth to establish breast feeding and to manage common breast feeding difficulties.

Problem statement: 'a study to assess the effectiveness of lactational counseling on breast engorgement and newborn feeding behavior among antenatal mothers at CEmONC center, Madanapalli.

Objectives:

- To determine the effectiveness of lactational counseling on breast engorgement among ante natal mothers.
- To determine the effectiveness of lactational counseling on newborn feeding behavior among antenatal mothers.
- To find out the association between the pre and post counselling scores on breast engorgement and newborn feeding behavior with selected demographic variables of the antenatal mothers.

Delimitations:

- ❖ Antenatal mother who were attending CEmONCcentre, madanapalli with more than 20 weeks of gestation.
- ❖ Antenatal mothers who were present at the time of data collection.
- ❖ Antenatal mother who do not have any associate complicating factors with pregnancy.

Methodology:

Research approach: A quantitative approach was adopted to determine the research study.

Research design: the present study was conducted by using quasi experimental research design.

Setting of the study: the setting of the study is CEmONC center, Madanapalli.

Population

Target population: the target population for this study includes the all antenatal mothers.

Accessible population: The accessible population for the present study present study includes in antenatal opd in CEmONC center, Madanapalli.

Sample: The sample for the present study selected antenatal mothers admitted antenatal opd in CEmONC center, Madanapalli.

Sample size: The sample for the present selected from 50 antenatal mothers in CEmONC center, Madanapalli.

Sample Technique: As the selection of the sample depends on availability of mothers, non probability convenience sampling technique was adopted based on inclusion criteria.

CRITERIA FOR SAMPLE SELECTION:**Inclusion criteria:**

- ✓ The antenatal mothers who were attending antenatal OPD at CEmONCcentre, Madanapalli.
- ✓ The antenatal mothers who were willing to participate in the study and were present while data collection.
- ✓ Antenatal mothers who do not have any complicating factors associated with pregnancy.

Exclusion criteria:

- ✓ Multi-gravida mothers attending the antenatal OPD at CEmONCcentre, Madanapalli.
- ✓ Antenatal mothers with complicating pregnancy/ high risk pregnancy.

DEVELOPMENT AND DESCRIPTION OF THE TOOL:

The tool was developed with the help of related literature from journals, websites, discussion and guidance from the experts in the field of nursing and medicine.

The tool consists of two sections:

Section-1: consists of questions to collect demographic data.

Section-2: consists of 8 questions regarding newborn feeding behaviour of antenatal mothers. In check list 1 given scoring like 0,1,2.

Section-3: consists of 9 questions regarding breast engorgement of antenatal mothers. in check list 2 given scoring like 1,2,3,4,5.

Scoring key of newborn feeding behaviour:

- ✓ Low-0
- ✓ Medium-1
- ✓ High-2

Scoring key of breast engorgement:

- ✓ Very low-1
- ✓ Low-2
- ✓ Medium-3
- ✓ High-4
- ✓ very High-5

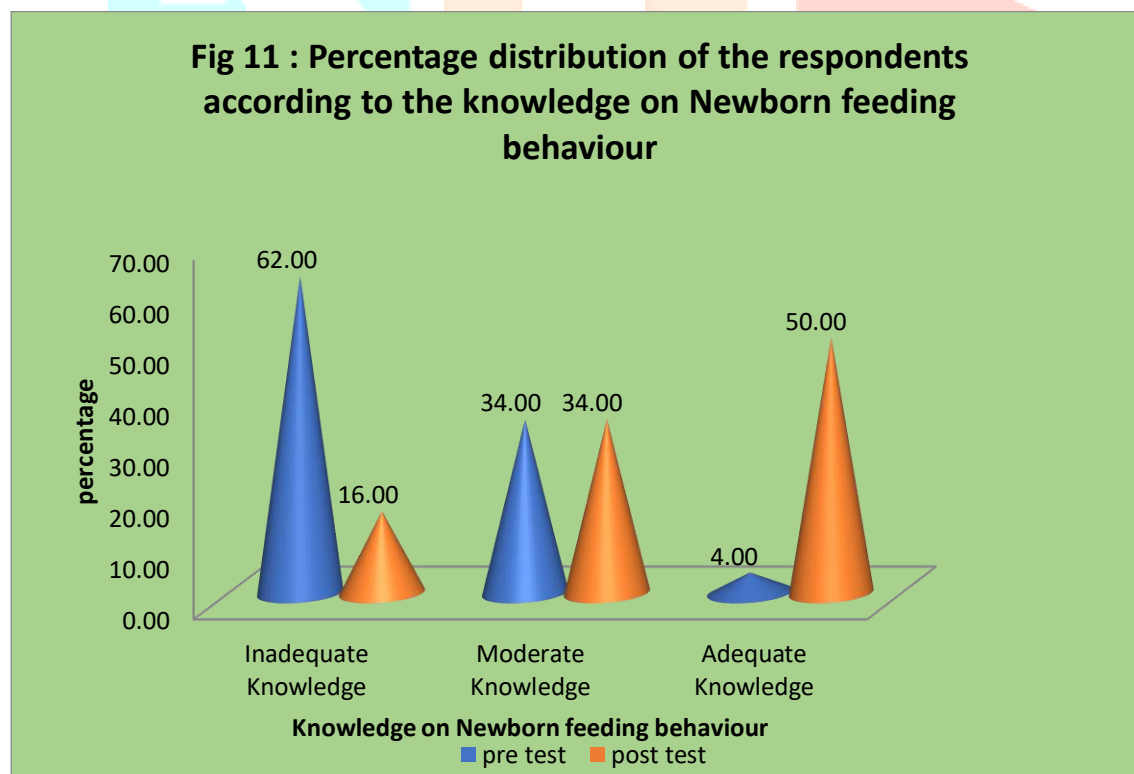
Data analysis:

Table 1: Distribution of pretest and post test knowledge scores on lactational counseling on newborn feeding behaviour

LEVEL OF PRE AND POST TEST KNOWLEDGE ON NEWBORN FEEDING BEHAVIOUR	Pre test		Post test	
	Frequency	Percent	Frequency	Percent
Inadequate Knowledge	31	62.00	8	16.00
Moderate Knowledge	17	34.00	17	34.00
Adequate Knowledge	2	4.00	25	50.00
Total	50	100.00	50	100.00

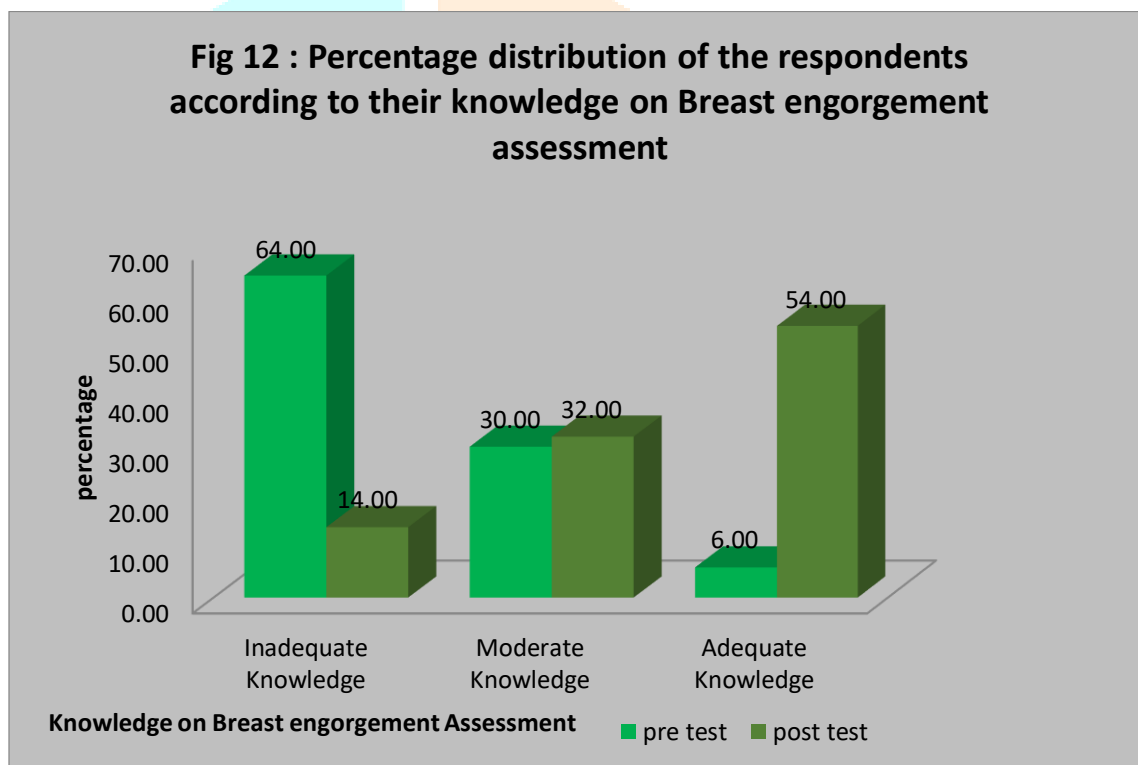
shows that among 50 primi antenatal mothers majority 62% (31) had inadequate knowledge, 34% (17) had moderate knowledge and only 4% (2) had adequate knowledge in pre test. Whereas in post-test 8% (16) had inadequate knowledge and 50% (25) had adequate knowledge and 34% (17) had moderate knowledge on newborn feeding behaviour.

Fig 11 : Percentage distribution of the respondents according to the knowledge on Newborn feeding behaviour



LEVEL OF KNOWLEDGE ON PRE AND POST TEST BREAST ENGORGEMENT ASSESSMENT	PRE TEST		POST TEST	
	FREQUENCY	PERCENT	FREQUENCY	PERCENT
Inadequate Knowledge	32	64.00	7	14.00
Moderate Knowledge	15	30.00	16	32.00
Adequate Knowledge	3	6.00	27	54.00
Total	50	100.00	50	100.00

Table:2 shows that among 50 primi antenatal mothers majority 64% (32) had inadequate knowledge , 30% (15) had moderate knowledge and only 6% (3) had adequate knowledge in pre test. Whereas in post-test 7% (14) had inadequate knowledge and 54% (27) had adequate knowledge and 32% (16) had moderate knowledge on breast engorgement.



ASSOCIATION BETWEEN DEMOGRAPHIC VARIABLES AND PRE TEST KNOWLEDGE OF ANTENATAL MOTHERS ON NEWBORN FEEDING BEHAVIOUR.

			Pre test knowledge on Newborn feeding behaviour			Total	df	Chisquare	p value
			Inadequate Knowledge	Moderate Knowledge	Adequate Knowledge				
Age years in	Below 20	N	7	1	0	8	6	9.575	0.144
		%	14.00%	2.00%	0.00%	16.00%			
	21-23	N	11	5	0	16			
		%	22.00%	10.00%	0.00%	32.00%			
	24-26	N	11	5	1	17			
		%	22.00%	10.00%	2.00%	34.00%			
	27 and above	N	2	6	1	9			
		%	4.00%	12.00%	2.00%	18.00%			
Total		N	31	17	2	50			
		%	62.00%	34.00%	4.00%	100.00%			
Religion	Hindu	N	24	10	2	36	4	3.176	0.529
		%	48.00%	20.00%	4.00%	72.00%			
	Muslim	N	6	5	0	11			
		%	12.00%	10.00%	0.00%	22.00%			
	Christian	N	1	2	0	3			
		%	2.00%	4.00%	0.00%	6.00%			
Total		N	31	17	2	50			
		%	62.00%	34.00%	4.00%	100.00%			
Educational Status of the respondent	Illiterate	N	4	0	0	4	10	41.066**	0.000
		%	8.00%	0.00%	0.00%	8.00%			
	Primary education	N	4	2	1	7			
		%	8.00%	4.00%	2.00%	14.00%			
	Secondary education	N	14	3	0	17			
		%	28.00%	6.00%	0.00%	34.00%			
	Higher secondary education	N	9	8	0	17			
		%	18.00%	16.00%	0.00%	34.00%			
	Graduate	N	0	4	0	4			
		%	0.00%	8.00%	0.00%	8.00%			
Post graduate	N	0	0	1	1				
	%	0.00%	0.00%	2.00%	2.00%				
Total		N	31	17	2	50			
		%	62.00%	34.00%	4.00%	100.00%			
Educational status of the husband	Illiterate	N	2	0	0	2	10	23.560**	0.009
		%	4.00%	0.00%	0.00%	4.00%			
	Primary education	N	2	2	0	4			
		%	4.00%	4.00%	0.00%	8.00%			
	Secondary education	N	17	4	0	21			
		%	34.00%	8.00%	0.00%	42.00%			
	Higher secondary education	N	5	3	1	9			
		%	10.00%	6.00%	2.00%	18.00%			
	Graduate	N	4	8	0	12			
		%	8.00%	16.00%	0.00%	24.00%			

		%	8.00%	16.00%	0.00%	24.00%			
	Post graduate	N	1	0	1	2			
		%	2.00%	0.00%	2.00%	4.00%			
Total		N	31	17	2	50			
		%	62.00%	34.00%	4.00%	100.00%			
Occupation of the spouse	Coolie	N	12	3	1	16	8	7.490	0.485
		%	24.00%	6.00%	2.00%	32.00%			
	Farmer	N	2	3	0	5			
		%	4.00%	6.00%	0.00%	10.00%			
	Private employee	N	4	3	0	7			
		%	8.00%	6.00%	0.00%	14.00%			
	Self employee	N	10	4	0	14			
		%	20.00%	8.00%	0.00%	28.00%			
Government Employee	N	3	4	1	8				
	%	6.00%	8.00%	2.00%	16.00%				
Total		N	31	17	2	50			
		%	62.00%	34.00%	4.00%	100.00%			
Occupation of the respondent	Homemaker	N	21	9	0	30	6	7.922	0.244
		%	42.00%	18.00%	0.00%	60.00%			
	Labourer	N	6	4	1	11			
		%	12.00%	8.00%	2.00%	22.00%			
	Business	N	2	0	0	2			
		%	4.00%	0.00%	0.00%	4.00%			
Employee	N	2	4	1	7				
	%	4.00%	8.00%	2.00%	14.00%				
Total		N	31	17	2	50			
		%	62.00%	34.00%	4.00%	100.00%			
Type of family	Nuclear	N	21	13	2	36	4	1.265	0.867
		%	42.00%	26.00%	4.00%	72.00%			
	Joint	N	8	3	0	11			
		%	16.00%	6.00%	0.00%	22.00%			
	Extended	N	2	1	0	3			
		%	4.00%	2.00%	0.00%	6.00%			
Total		N	31	17	2	50			
		%	62.00%	34.00%	4.00%	100.00%			
Income of the family per month(in rupees)	10000-15000	N	15	3	0	18	6	11.441	0.076
		%	30.00%	6.00%	0.00%	36.00%			
	15001-20000	N	6	3	1	10			
		%	12.00%	6.00%	2.00%	20.00%			
	20001-25000	N	8	5	0	13			
		%	16.00%	10.00%	0.00%	26.00%			
	25001-30000	N	2	6	1	9			
		%	4.00%	12.00%	2.00%	18.00%			
Total		N	31	17	2	50			
		%	62.00%	34.00%	4.00%	100.00%			
Gravida	Primi	N	31	17	2	50	2	0.000	1.000
		%	62.00%	34.00%	4.00%	100.00%			
	Multi	N	0	0	0	0			
		%	0.00%	0.00%	0.00%	0.00%			
Total		N	31	17	2	50			

		%	62.00%	34.00%	4.00%	100.00%			
Source of information on labour process	Mass media	N	13	6	0	19	6	3.294	0.771
		%	26.00%	12.00%	0.00%	38.00%			
	Family members	N	10	5	1	16			
		%	20.00%	10.00%	2.00%	32.00%			
	Health personnel	N	4	2	0	6			
		%	8.00%	4.00%	0.00%	12.00%			
	Friends and neighbours	N	4	4	1	9			
		%	8.00%	8.00%	2.00%	18.00%			
Total	N	31	17	2	50				
	%	62.00%	34.00%	4.00%	100.00%				

MAJOR FINDINGS OF THE STUDY

- Study results shows that among 50 primi antenatal mothers' majority 62% (31) had inadequate knowledge, 34% (17) had moderate knowledge and only 4% (2) had adequate knowledge in pre-test. Whereas in post-test 8% (16) had inadequate knowledge and 50% (25) had adequate knowledge and 34% (17) had moderate knowledge on newborn feeding behavior.
- Study findings revealed that among 50 primi antenatal mother's majority 64% (32) had inadequate knowledge, 30% (15) had moderate knowledge and only 6% (3) had adequate knowledge in pre-test. Whereas in post-test 7% (14) had inadequate knowledge, 54% (27) had adequate knowledge and 32% (16) had moderate knowledge on breast engorgement.
- Study results shows that the mean pre-test scores of primi antenatal mothers on Newborn feeding behavior were 6.94 with standard deviation 2.45 and post test mean scores were 11.02 with standard deviation 2.63 and the obtained "t"-value was 10.590 significant at 0.0 level. Whereas the pre-test mean scores of antenatal mothers on breast engorgement were 23.14 with standard deviation 4.53 and the post test mean scores were 32.70 with standard deviation 6.05 and the obtained "t" value was 13.463 significant at 0.000 level. Results shows that the teaching was effective.

➤ CONCLUSION

- In this study out of 50, (40%) had low,(46%) had medium and only(14%) had high knowledge scores on newborn feeding behavior where as 28% had low,50% had medium and only 22% had high knowledge scores on breast engorgement. There was significant association between the knowledge scores and demographic variables as age, religion, occupation of the respondent, occupation of the husband, education of the respondent, education of the husband, type of family, family income per month, gravida, source of information at $p < 0.005$.

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