



# A STUDY TO ASSESS THE KNOWLEDGE REGARDING BREAST ENGORGEMENT AND ITS MANAGEMENT AMONG POSTNATAL MOTHERS IN THE PRIMARY HEALTH CARE CENTER - PALLAVARAM, CHENNAI.

Mrs. Merlin Shiba M.SC(N)

Associate Professor

Department of community health nursing

Sree Balaji College of Nursing, BIHER, Chrompet-44

## ABSTRACT

### INTRODUCTION:

Breast care is the most neglected aspect of maternity care. Breast engorgement is a common problem among postnatal mothers. Early postpartum care is essential to diagnosis and treat complications.

### METHODOLOGY:

The area selected for the research study was at urban community, pallavaram in Chennai 30 postnatal mother samples were taken for the study. A study interview schedule was prepared to assess the knowledge and awareness among postnatal mother. Majority of 60% of postnatal mother had inadequate and 30% postnatal mother had moderate knowledge and 10% of adequate knowledge regarding breast engorgement and management.

### RESULTS:

The study findings revealed that majority of (73%) women belongs to the age group of 21-30 years, 27% of them belongs to age group of 31-40 years. Majority 60% of them higher secondary, 26% they were graduate and 14% of them were illiterate. Majority of 97% are house wife and 3% of them were business. Majority of 63% earns Rs.10, 000 -15,000, and 37% earns Rs.5, 000-10,000. Majority of 53% of them were Hindu, 40% of them were Christian and 7% of them were Muslims in that area. Majority of 43% of

them sources of knowledge is relatives, 40% of them sources of knowledge is internet and 17% of them sources of knowledge is others.

## CONCLUSION:

The above research study revealed that management of breast engorgement among postnatal mothers is very much effective in managing breast engorgement.

**Key Words-** Breast engorgement, Postnatal mothers, Breast care, Management.

## INTRODUCTION:

**"Mankind is unique in all of creation in being made in God's image"  
(Genesis 1:26-27).**

The birth of the baby is an important event in any family. It is therefore important that for a mother to have a healthy baby, she gives her baby the best nutrition.

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. As it involves the processes of lacto genesis, engorgement has serious implications for short-term and long-term success of lactation and breast feeding. The 6th day after delivery, when the milk normally "Comes in" the breasts may be full. This is a physiological, and with effective suckling and removal milk by the infant, rapidly resolves.

A full breast feels hot, heavy and hard. There is no shininess, Edema or redness. The milk usually flows well and sometimes drips out spontaneously. It is easy for the infant to suckled remove the milk.

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.

## OBJECTIVES:

- To assess the knowledge regarding breast engorgement and its management among postnatal mother

## METHODOLOGY

### 1. RESEARCH DESIGN

Non experimental research design was adopted for this study

### 2. RESEARCH APPROACH

Descriptive survey / questionnaire were adopted

### 3. SELECTION OF AREA

The area selected was primary health center, pallavaram

### 4. SAMPLE SIZE

Asample size of 30, postnatal mother was selected.

## 5. SAMPLING TECHNIQUE

Simple random sampling technique was used.

## 6. SELECTION OF THE TOOL:

A structured interview schedule was used to assess the knowledge of the participant.

## 7. CONSTRUCTION OF QUESTIONNAIRE:

Based on the objectives of the study interview schedule prepared to assess the knowledge regarding "BREAST ENGORGEMENT AND ITS MANAGEMENT" among postnatal mother.

## 8. SCORING METHOD:

Mark given to correct answer =1, mark given to wrong answer = 0

The knowledge is assessed as:

LEVEL OF KNOWLEDGE	SCORE
Adequate knowledge	10-7
Moderate knowledge	6-4
Inadequate knowledge	3-1

## 9. DATA COLLECTION PROCEDURE:

The investigator explained the procedure of data collection to the samples. Their consent was obtained and interview was performed.

## 10. PLAN FOR DATA ANALYSIS:

The plan for data analysis is as follows

- Number and percentage to assess the distribution of demography data
- Number and percentage to assess the distribution of level of knowledge regarding breast engorgement and management of postnatal mother.

## DATA ANALYSIS AND DISCUSSION:

Analysis of data involves a number of closely related operation that are performed with the purpose of summarizing the collected data and organizing those in such a manner that they will yield answers to the research questions.

Tabulation is the process of summarizing a raw data displaying it in a complete form for further analysis.

The data which is collected from the samples are analyzed as:

- Percentage distribution of demographic data
- Percentage distribution of level of knowledge.

## SECTION-A

## FREQUENCY AND PERCENTAGE DISTRIBUTION OF DEMOGRAPHIC VARIABLES

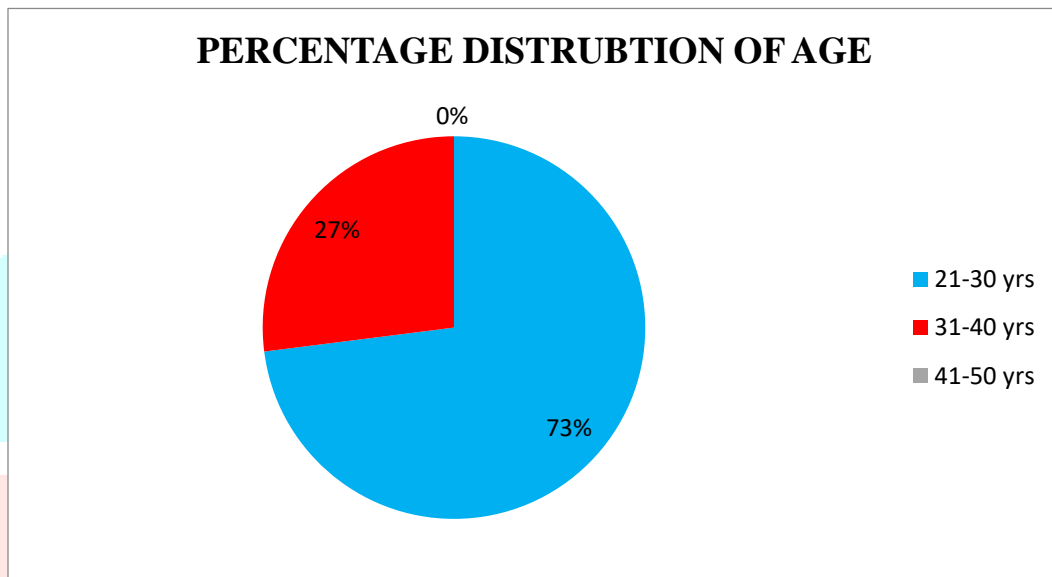
S.NO	DEMOGRAPHY	NUMBER	PERCENTAGE
1	Age a) 21-30 years b) 31-40 years c) 41-50 years	22 8 0	73% 27% 0%
2	Education a) Illiterate b) Higher secondary c) Graduate	4 18 8	14% 60% 26%
3	Occupation a) Business b) House wife c) Others	1 29 0	3% 97% 0%
4	Income a) Below Rs.3000 b) Rs.5000-10000 c) Rs.10000-15000	0 11 19	0% 37% 63%
5	Religion a) Hindu b) Christian c) Muslims	16 12 2	53% 40% 7%
6	Sources of knowledge a) Relative b) Internet c) Other	13 12 5	43% 40% 17%

The above table shows that:

### Majority

- 22(73%) women belong to the age group of 21-30 years
- 18 (60%) of them are qualified till higher secondary
- 29(97%) of them are house wife
- 19(63%) earn Rs.10,000-15,000
- 16(53%) of them are Hindu
- 13(43%) of sources of knowledge is relative.

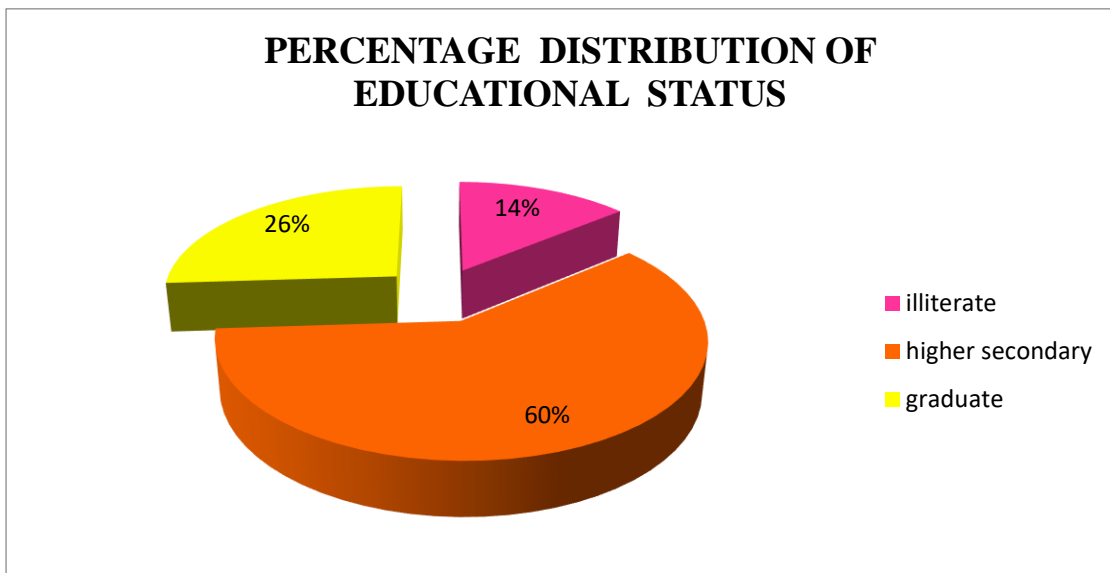
**FIGURE NO-1**



The above figure represents the age wise distribution:

Majority of 23 (73%) women belongs to the age group of 21-30 years, 7 (27%) of them belongs to age group of 31-40 years.

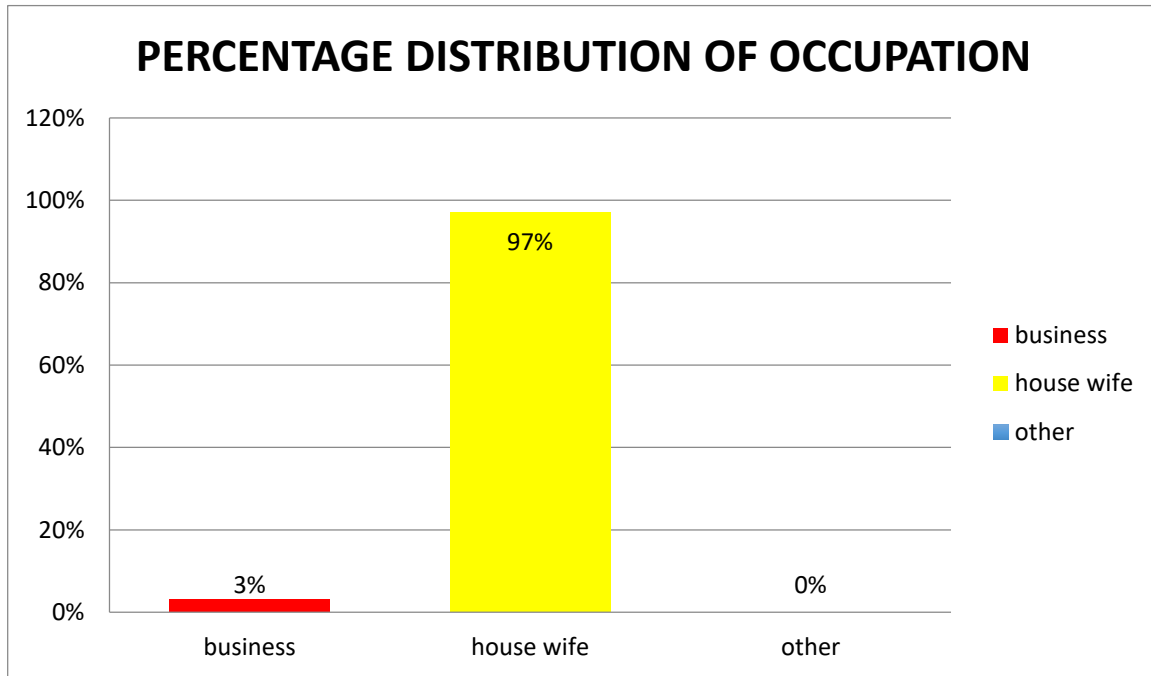
**FIGURE NO: 2**



**The above figure represents the percentage distribution of educational status:**

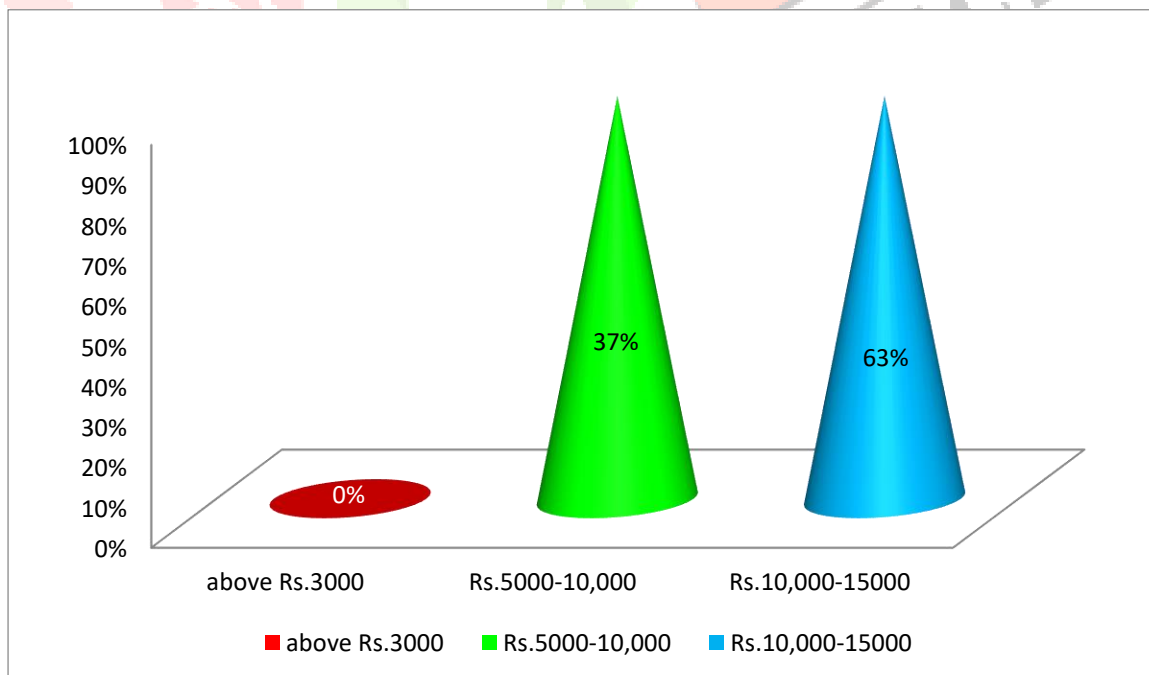
Majority 60% of them higher secondary, 26 % they were graduate and 14% of them were illiterate.

**FIGURE NO: 3**



**The above figure represents the percentage distribution of occupation:**

Majority of 97% are house wife and 3% of them were business.

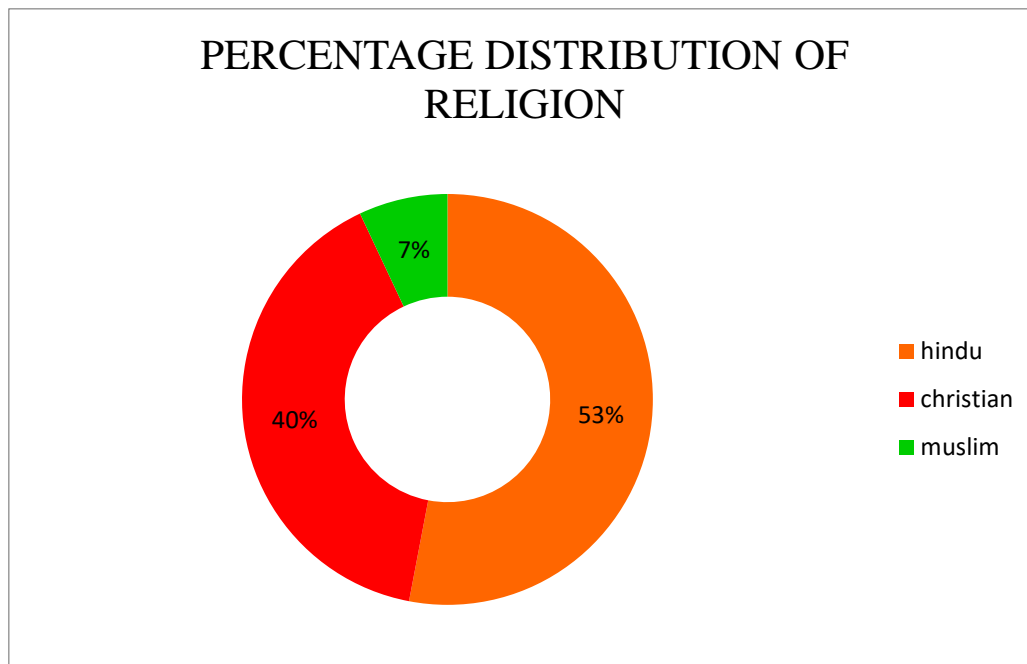


**FIGURE NO -4**

**The above figure represents the percentage distribution of income / month:**

Majority of 63% earns Rs.10, 000 -15,000, and 37% earns Rs.5, 000-10,000.

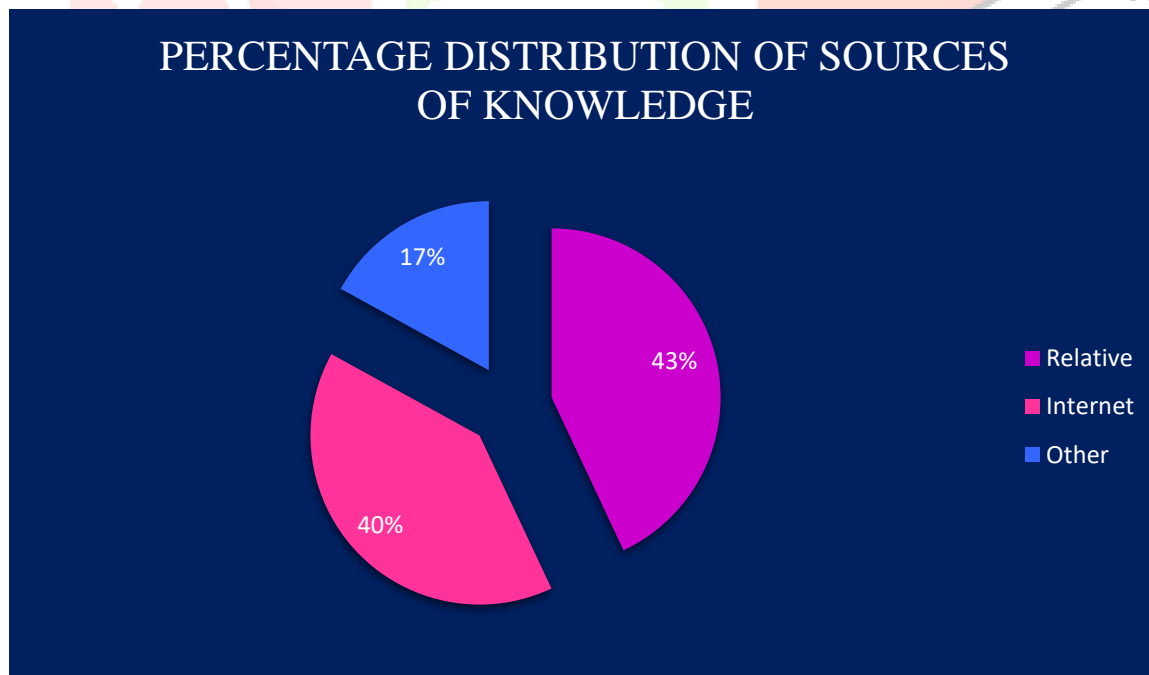
**FIGURE -5**



**The above figure represents the percentage distribution of religion:**

Majority of 53% of them were Hindu, 40% of them were Christian and 7% of them were Muslims in that area.

**FIGURE NO-6**

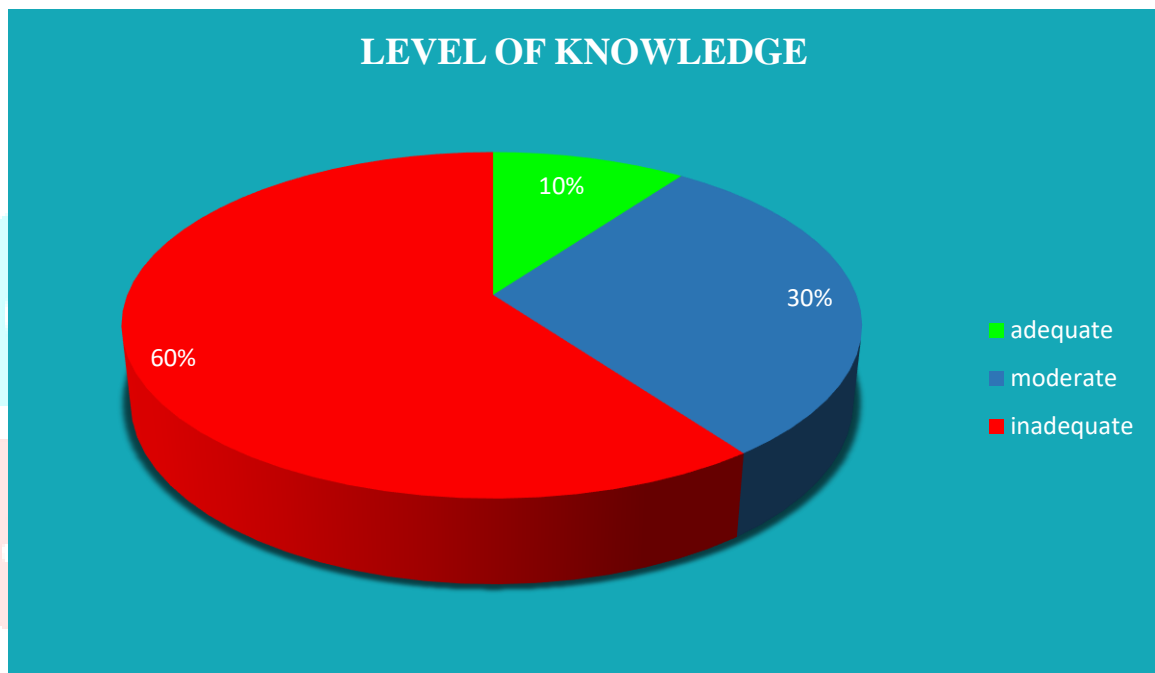


**The above figure represents the percentage distribution of source of knowledge:**

Majority of 43% of them sources of knowledge is relatives, 40% of them sources of knowledge is internet and 17% of them sources of knowledge is others.

## PERCENTAGE DISTRIBUTION OF LEVEL OF KNOWLEDGE

S.no	Level of knowledge	members	Score
1	Adequate	3	10%
2	Moderate	9	30%
3	inadequate	18	60%



### SUMMARY:

The present study conducted to assess the knowledge regarding management of breast engorgement among postnatal mothers in primary health care centre in pallavaram.

The instrument used for data collection descriptive questions to assess the knowledge of evaluate regarding managements of breast engorgement.

30 postnatal mothers were selected as sample for this research after the selection of samples the data collection as being conducted with descriptive questioner being distributed to the 30 post natal mothers regarding management of breast engorgement.



## CONCLUSION:

- ❖ The study finding revealed that
- ❖ Majority of (73%) women belongs to the age group of 21-30 years, 27% of them belongs to age group of 31-40 years.
- ❖ Majority 60% of them higher secondary, 26 % they were graduate and 14% of them were illiterate.
- ❖ Majority of 97% are house wife and 3% of them were business.
- ❖ Majority of 63% earns Rs.10, 000 -15,000, and 37% earns Rs.5, 000-10,000.
- ❖ Majority of 53% of them were Hindu, 40% of them were Christian and 7% of them were Muslims in that area.
- ❖ Majority of 43% of them sources of knowledge is relatives, 40% of them sources of knowledge is internet and 17% of them sources of knowledge is others.

## RECOMMENDATION:

- ♥ Similar study can be done for large number of samples
- ♥ Same study can be conducted in rural community
- ♥ A comparative study between rural and community can also be conducted
- ♥ Frequent awareness program is essential in community area.

