



"A Quasi Experimental Study To Assess The Effectiveness Of Early Suckling On Maternal And Neonatal Outcome During Third Stage Of Labour".

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Abstract: This study has been undertaken to evaluate the effectiveness of early suckling on maternal and neonatal outcomes during the third stage of labour. The research utilized a quasi-experimental post-test only design on a sample size of 60 mothers (30 experimental, 30 control) admitted to the labour room at Netaji Subhash Chandra Bose Medical College Jabalpur. Data was collected via a non-probability convenient sampling technique, comparing mothers who initiated early suckling against those receiving routine hospital care. The results demonstrated a highly significant improvement in maternal outcome ($t=11.825$, $p<0.001$) and neonatal outcome ($t=13.096$, $p<0.001$) for the experimental group. Early suckling facilitates vital benefits including timely placental separation, reduction in postpartum blood loss, newborn thermoregulation, and enhanced emotional bonding.

Index Terms - Component, formatting, style, styling, insert, Early suckling, Maternal outcome, Neonatal outcome, Third stage of labour, Postpartum hemorrhage.

Introduction- Postpartum hemorrhage currently has a worldwide prevalence rate of 6% to 10% and is the leading cause of maternal morbidity and mortality. During the third stage of labour, mothers often feel weak, and the period carries great potential hazards such as retained placenta and hemorrhage. Scientific evidence cites that early feeding soon after child birth triggers the anterior pituitary gland to release prolactin, and the posterior pituitary to produce oxytocin. This oxytocin acts on the breast to produce milk ejection and causes the smooth muscles of the uterus to contract faster, thereby aiding in rapid placental separation and minimizing vaginal bleeding.

The first choice of effective intervention is early suckling. Breast feeding during the third stage enhances skin-to-skin contact, keeping newborns alert to crawl, touch, massage, and attach to the mother's nipple. This simple non-pharmacological nursing care measure was selected as the problem statement to assess its clinical effectiveness at Netaji Subhash Chandra Bose Medical College Jabalpur.

Statement of the problem- "A quasi experimental study to assess the effectiveness of early suckling on maternal and neonatal outcome during third stage of labour at Netaji Subhash Chandra Bose Medical College Jabalpur".

RESEARCH METHODOLOGY

Population and Sample The study was conducted at Netaji Subhash Chandra Bose Medical College Jabalpur. The population comprised term mothers in the first stage of labour. A sample size of 60 mothers (30 in the control group and 30 in the experimental group) was selected. Non-probability convenient sampling was chosen as the sampling technique based on specific inclusive criteria (term mothers in the first stage of labour, and normal newborns having ≥ 7 at 1 min APGAR score).

Data and Sources of Data Data collection was performed using a self-structured questionnaire consisting of background demographic variables and maternal/neonatal outcome questionnaires. Maternal variables observed included estimated blood loss, placental separation time, and expulsion type. Neonatal variables included sucking pattern, cry pattern, body temperature, bonding, and activity. The intervention consisted of initiating early suckling within 3 minutes after checking the one-minute APGAR score for the experimental group, while the control group received routine hospital care.

RESULTS AND DISCUSSION

Results of Descriptive Statics of Study Variables

Table 1: Comparison of maternal outcome between the experimental and control group. N = (30 + 30)

Maternal Outcome	Mean	S.D	't' Value
Experimental	12.77	0.68	11.825*** p = 0.000, (S)
Control	9.83	1.18	

Table 2: Comparison of post test level of neonatal outcome between the experimental and control group. N = (30 + 30)

Neonatal Outcome	Mean	S.D	't' Value
Experimental	12.50	1.00	13.096*** p = 0.000, (S)
Control	8.87	1.14	

***p<0.001, S – Significant

The analysis shows a highly significant difference in maternal and neonatal outcomes. In the experimental group, estimated blood loss during the third stage of labour was <400ml for the majority (96.67%), and placental separation occurred in <10 minutes for 90% of the mothers. Contrastingly, 73.33% of the control group experienced a placental separation time of 11–15 minutes.

For neonatal outcomes, 100% of the experimental group newborns effectively sucked for >5 minutes and did not cry taking feeds without disturbance. Furthermore, 86.67% of the experimental newborns maintained an optimal body temperature of 95-96°F, whereas 83.33% of the control group recorded 94-94.9°F.

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