



“Effectiveness Of Burping Techniques On New Born Babies Of Primi Mother’s In Government Maternity Hospital, Tirupathi”

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ABSTRACT:

The act of burping a baby after they have been feed is an essential step in the process. Burping helps to expel some of the air that babies have a propensity to swallow while they are being feed, which in turn improves their ability to take in food and prevents difficulties. The purpose of this research was to determine whether or not watching a demonstration improved participants' knowledge of proper burping techniques.

Key words: Effectiveness, Burping techniques, Newborn Babies, Primi mothers

INTRODUCTION

Burping (also called belching and eructation) is the release of gas from the upper digestive tract (esophagus and stomach) through the mouth. Burping helps to get rid of some of the air that babies tend to swallow during feeding. Not being burped often and swallowing too much air can make a baby spit up. Or seem cranky or gassy. Burping a baby can be important day and night¹.

Efficacy of burping in lowering colic and regurgitation episodes in healthy term babies lacks evidence in literature².

Typically, one technique to be mastered is the art of burping the babe. Most babies know, even if they cannot express it, the discomfort of a gas-distended intestine. In a scholarly essay Hood' seeks to deflate the belief that such ills are inevitable. He dilates on the effect of posture on the amount and distribution of gas in the intestinal tract of infants and young children³

There can be few more frustrating consultations than those with first-time parents trying to manage infantile colic. The desperation in their sleep-deprived voices can make it extremely difficult not to offer some intervention. In a recent Indian randomized controlled trial, a pediatric team sought to determine the impact of teaching parents about burping technique on colic and regurgitation episodes in a population of term newborn babies, following them up for 3 months⁴.

Everybody knows the significance of burping a newly born one as they are being fed. Such young ones tend to swallow in some considerable amount of air which is not good for them since it makes them quite uncomfortable. Some mothers of the new born babies, may not know what to do with such a situation. It would be necessary for such mothers to understand the most appropriate ways to do burping as well as the right positions to go for while carrying out this exercise. This is so if the new mother does not know

what to expect from that. While feeding the baby, there is need to keep on burping. It is an important aspect of feeding newly born since it would assist in getting rid of the air which might be swallowed by the babies while being feed⁵.

This study demonstrated that planned teaching on newborn is effective in improving the knowledge and practice level of mothers of newborn. Burping is the technique to remove the excessive air, and an important aspect of neonatal care and of digestion⁶.

Displacement of the larynx by backward, upward and rightward pressure on the thyroid cartilage or "BURP" may improve visualization of the glottis in some cases of difficult direct laryngoscopy. In a patient with the Treacher Collins syndrome in whom conventional laryngoscopy had proved impossible and tracheal intubation extremely difficult, this maneuver, exposed the entire glottis and made tracheal intubation under direct vision easy. Conventional laryngoscopy, "BURP" again revealed the glottis opening and simplified the placement of an endotracheal tube. This experience suggests that "BURP" be considered as a potential aid in the management of difficult direct laryngoscopy⁷

The mechanism of reflux and its temporal association with supra-gastric belching revealed two association patterns 18% of the supra-gastric belches occurred very soon after acid reflux and responded well to proton pump inhibitors which treat reflux symptoms. 30% of patients, supra-gastric belching happened prior to acid reflux. It is believed that supra-gastric belching in this group triggered the reflux, and these patients did therefore not respond to proton pump inhibitors.⁸

The BURP maneuver is reported as an advanced Technique of the Back maneuver. These are well-known techniques in laryngoscopy and are Reportedly efficient in improving the visualization of the larynx for tracheal intubation. In addition, the application of the BURP maneuver to the cricoid Cartilage instead of the original site at the thyroid cartilage during rapid sequence anaesthesia, Induction has no protective benefit for patient⁹.

Burping releases this air from the top part of our digestive tracts. So when a baby cries after a feed, many assume it's because the child needs to be burped. Spitting up, where a baby gently regurgitates a bit of milk after a feed is common because the muscle at the top of a newborn baby's stomach is not fully mature. This means what goes down can all too easily go back up¹⁰.

The maneuver of Back and BURP significantly improved the laryngoscopic visualization from initial inspection. The BURP maneuver also significantly improved the visualization compared with the Back maneuver. We concluded that the BURP maneuver improved the visualization of the larynx more easily than simple back pressure on the larynx"

Half of the mothers received advice about immunizations, breastfeeding and other health issues, but none about burping. The other half of the mothers were instructed on how to burp their babies. Over the next three months, the moms kept track of their babies' colic episodes (excessive crying, inconsolability or other signs of discomfort) and spit-ups, tallying each event every 24 hours. Burped babies didn't cry less than ones that weren't burped¹²

STATEMENT OF THE STUDY

“Effectiveness of burping techniques on new born babies of primi mothers in government maternity hospital, Tirupathi.”

OBJECTIVES OF THE STUDY

- Effectiveness of burping techniques on new born babies of primi mothers.
- To find out the association between the primi mothers with their selected demographic variables

MATERIALS AND METHODS:

Quasi experimental research approach was adopted to carry out the study. The research design is concerned with the overall framework for conduction the study pre-experimental one group pre-test and post-test design was selected to accomplish the objectives. Data was Collected from 60 New born babies of primi mothers attended to maternity post-natal ward, Tirupathi. The study was carried out by using the structured interview schedule on burping techniques on new born babies of primi mothers.

DESCRIPTION OF INTERVENTION:

Through information booklet we educate the primi mother's it includes meaning, position to burp, first oral feeding, Purposes of burping, Techniques for burping.

RESULTS:**Frequency and Percentage distribution of demographic variables among primi mother's n=60**

S.NO	VARIABLES		FREQUENCY	PERCENTAGE
1	Age in years	18-24 years	30	50.00
		25-29 years	20	33.30
		30-34 years	7	11.70
		35 & above years	3	5.00
		Total	60	100.00
2	Religion	Hindu	45	75.00
		Christian	11	18.30
		Muslim	4	6.70
		Total	60	100.00
3	Residence	Urban	22	36.70
		Semi urban/ Urban slum	19	31.70
		Rural	16	26.70
		Tribal	3	5.00
		Total	60	100.00
4	Education of the participant	Illiterate	16	26.70
		Primary & secondary	18	30.00
		Intermediate	17	28.30
		Graduation & above	9	15.00
		Total	60	100.00
5	Education of the spouse	Illiterate	15	25.00
		Primary & secondary	21	35.00
		Intermediate	17	28.30
		Graduation & above	7	11.70
		Total	60	100.00
6	Occupation of the participant	Home maker	34	56.70
		Agriculture	9	15.00
		Private employee	13	21.70
		Government employee	4	6.70
		Total	60	100.00
7	Occupation of the spouse	Daily wage worker	5	8.30
		Agriculture	9	15.00
		Private employee	31	51.70
		Government employee	15	25.00
		Total	60	100.00
8	Type of family	Nuclear family	43	71.70
		Joint family	9	15.00
		Single parent family	7	11.70
		Divorced	1	1.70
		Total	60	100.00

9	Total family income per month in rupees	10000 - 20000	14	23.30
		20001 - 30000	17	28.30
		30001 - 40000	13	21.71
		40001 & above	16	26.70
		Total	60	100.00
10	Exposure to mass media	Television	37	61.70
		Listening music	9	15.00
		Reading newspapers	5	8.30
		Radio	9	15.00
		Total	60	100.00

DISTRIBUTION ON LEVEL OF OVER ALL KNOWLEDGE SCORE ON BURPING TECHNIQUES ON NEW BORN BABIES AMONG PRIMI MOTHER'S IN PRE TEST AND POST TEST

n=60

S.NO	Level of Knowledge	Pre test		Post test	
		Frequency	Percentage	Frequency	Percentage
1	Inadequate	47	78.30	2	3.30
2	Moderate	12	20.00	26	43.30
3	Adequate	1	1.70	32	53.30
4	Total	60	100.00	60	100.00

COMPARISON OF PRE TEST AND POST TEST MEAN AND STANDARD DEVIATION AND PAIRED t-TEST AND P-VALUES OF KNOWLEDGE RREGARDING BURPING TECHNIQUES ON NEW BORN BABIES OF PRIMI MOTHER'S

n=60

Paired Sample Statistics: Mean, Std.Deviation, t- value and p- value						
1		N	Mean	Std.Deviation	t- value	p- value
	Pre test Knowledge	60	8.35	2.48	31.208**	0.000
	Post test Knowledge	60	14.92	2.46		

NS=not significant

*=Significant at 0.05 level

**=Significant at 0.01 level

DISCUSSION:

The study assessed the effectiveness of a structured teaching programme on primipara mothers' knowledge regarding burping techniques for newborns. Pre-test results showed that 52.30% of mothers had inadequate knowledge and 43.30% had moderate knowledge, whereas post-test findings revealed that 53.30% achieved adequate knowledge after the intervention. These findings are supported by a similar study by Priti Srimal (2020), which showed significant improvement in knowledge scores after a structured teaching programme. The present study confirms that structured teaching effectively enhances mothers' understanding of burping techniques and improves related practices. Analysis also showed a significant association between pre-test knowledge scores and selected demographic variables such as age, residence, religion, education of the participant, education of the spouse, occupation of the spouse, type of family, total family income, and exposure to mass media at the 0.01 level, while post-test scores were significantly associated with age, religion, residence, participant's education, spouse's education, spouse's occupation, family type, income, and mass media exposure at the 0.005 level.

CONCLUSION:

The present study revealed that primi mother's had inadequate knowledge regarding burping techniques on new born babies, and after structured teaching programme knowledge had improved among primi mothers. So, health education packages should be planned by health care personnel for new born babies.

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