



ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor: 5.2
IJAR 2015; 1(13): 865-868
www.allresearchjournal.com
Received: 20-10-2015
Accepted: 21-11-2015

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Effectiveness of instructional teaching on problem of inverted nipple on successful breast feeding among post-natal mothers

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Abstract

Background of the study: -Breast feeding was common for every new-born baby. This was an ideal method for every new born. But because of problem like inverted nipple child not able to take breast feed and weight loss present. so successful breast feeding practices are important for the baby.

Objective: study investigated that assess the effectiveness of instructional teaching on problem of inverted nipple on successful breast feeding among post natal mothers.

Material and methods: Experimental study done on post natal mothers to assess the effectiveness of instructional teaching on problem of inverted nipple. Two groups were selected. 60 samples selected for the study. The study was conducted in maternity ward with purposive sampling techniques. Pretest taken to assess the problem of inverted nipple and instructional teaching provided to the post natal mother for successful breast feeding practices by cut syringe technique. Tool was developed according to objectives of the study. Samples selected according to inclusion criteria of the study. Ethical permission taken before conduct the study. Explain the purposes of the study to the samples and written consent taken from them. Samples selected those know Marathi. Data was analysed according to objectives of the study.

Results: According to sociodemographic variables in group – I majority mothers 15 (50%) belonged to 18-21 years of age, educated mothers upto secondary 20(66.66%), majority mothers 28(93.33%) were house wives, 26 (86.66%) having monthly income more than 5000 Rs. and all the mothers 30 (100%) were from joint family, 27 (90%) were belongs to Hindu religion.

In group - II majority mothers 18 (60%) belonged to 22-25 years of age, 12(40%) were educated up to secondary education, 29(96.66%) were house wives. 26 (86.66%) having monthly income more than 5000 Rs. 27 (90%) were from joint family and all the mothers 30 (100%) were belongs to Hindu religion

The mean weight of the babies on 4th day was 2.4906 + 0.2409 Kg. in group – I and 2.4671 + 0.3080 Kg. in group – II and the difference was statistically not significant as $t=0.3268$ (Unpaired 't' test) and $P=0.7450$. None of the mother was developed any problem with inverted nipples such as failing lactation, suppression of lactation, poor latch, ineffective breastfeeding, mastitis and engorged breast etc., during first four days of postpartum among both the groups.

Conclusion: All the primipara mothers did not able to breastfeed their babies successively due to improper latch and inverted nipples. They require appropriate interventions and health education to promote successful establishment and achievement of breastfeeding.

Keywords: Cut disposable syringe technique, health education, LATCH score, and weight of the babies.

Introduction

Birth of baby was important and happy movement in life of mothers and family members. Giving proper feeding also a prime responsibility of mother to her baby because colostrum which was essential for baby to fight with infection as well as maintain immunity. Proper breast feeding also necessary to teach the mother^[1].

It was necessary to identify problems and condition of the mother during her lactation period. Monitoring breast feeding practices are essential by the health care workers. If any problems with nipples that should identify earlier and treatment should give accordingly like pain, Wound etc. Prevalence of breast nipple and crack was high so awareness was important about breast care^[2,9].

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For effective breast feeding mother should not have any problems related with breast. Her education also affect the breast feeding practices.so effective counselling was necessary to ensure good feeding practices. Health care providers should give proper teaching on breast feeding. If immediate after delivery baby attached on mothers latch then this will help increase the bonding between baby and mother also this will help to reduced breast problems and other infections [3, 7].

Knowledge attitude and practices also necessary for good practice especially among primipara mothers. Because of their improper practices baby will affect and baby will suffer with infection. It was necessary to receive good antenatal care during her pregnancy period [4].

There was so many reseason affecting breast feeding like insufficient breast milk, unwillingness to give breast feed by mother. Some health conditions like breast engorgement, maternal illness, retracted nipples or abscess affecting on breast milk.so awareness was important to explain importance's of breast feeding. Increases incidences of repeated respiratory infections will present in babies and this will help increase mortality and morbidity of baby [5, 6].

It was necessary to plan for the pregnancy with proper care to avoid health related problems for mothers as well as baby. Mother should ready for baby care, related complication with mother as well as baby.it was necessary to see mother was ready for this changes or no to accept [8].

Intervention to correct the inverted nipples with cut disposable syringe is an effective measure towards successful breastfeeding. This method was very safe and cost effective.it can be practice in all settings to correct nipple problems [10].

Methods

In the present study experimental study conducted on two groups of post natal mother to conduct the study evaluative approach was used with random sampling methods research done in the maternity ward. Self-prepared questionnaire prepared to assess the problems of inverted nipples. Tool prepared as per the objectives of the study. Post natal mothers selected as a samples in the study. Two groups were selected for the study group-1 as inverted nipple and group two as a normal nipple. A purposive sampling technique was used for the study.60 samples selected for the study according inclusion criteria. Tool developed as per the objectives of the study.

After ethical permission and written consent of samples study conducted study subjects explained properly to the samples and study conducted on post natal mothers to assess the successful breast feeding practices on instructional teaching on problem of inverted nipple among post natal mothers on both groups. Post taken after teaching and up to four days after intervention babies weight recorded by eltronic weight machine

Latch scale was used to assess the breast feeding practices. The LATCH score of 7 or higher was considered as successful, and score below 7 considered as unsuccessful breast feeding practices. Data analysed and tabulated according to objectives of the study.

Results

Table 1: Distribution of demographic variables of post-natal mothers in group - I and group – II

N= 60

Demographic Variables	Group – I (30)		Group - II (30)	
	Frequency	(%)		
Age				
18-21years	15	50	11	36.66
22-25 years	12	40	18	60
26-29years	03	10	1	3.33
30 years and above	-		-	-
Education				
No formal education	-	-	-	-
Primary	4	13.33	10	33.33
Secondary	20	66.66	12	40
Graduate	3	10	6	20
Post Graduate	3	10	2	6.66
Occupation				
Professional	1	3.33	-	-
Skilled worker	1	3.33	1	3.33
Self Employed	-	-	-	-
Housewife	28	93.33	29	96.66
Monthly income				
>5000 Rs.	26	86.66	26	86.66
4001-5000 Rs.	3	10	3	10
3001-4000 Rs.	1	3.33	1	3.33
2001-3000 Rs.	-		-	-
<2000 Rs.	-		-	-

In above table shows in Group –I majority of the mothers 15 (50%) belonged to 18-21 years of age.20 (66%) of taken secondary education, maximum are 28(93.33%), house wives and 26(86.66%) of mothers are in below >5000 Rs. of income.

In group II-majority mothers 18 (60%) belonged to 22-25 years of age, primar education taken (33.33%), house wife's (96.66%), 86.66% of mother are with low income >5000 Rs.

Table 2: Comparison of Post natal mothers according to demographic variables in group - I and group – II

N= 60

Demographic Variables	Group-I (30)	Group-II (30)	P Fisher exact test
Age-	Frequency/percentages.		0.6120
18- 25 years	27(45%)	29(48%)	
26 years and above	3(5%)	1(2%)	0.7611
Education-			
Primary and Secondary	24(40%)	22(37%)	
Graduates and Postgraduates	6(10%)	8(13%)	1.0000
Occupation			
Housewife	28(47%)	29(48%)	
Others	2(3%)	1(2%)	1.0000
Monthly income			
>5000 Rs	26(43%)	26(43%)	
<5000 Rs	4(7%)	4(7%)	

In above table shows not significant with any scio demographic variables as age education, occupation and monthly income on Fisher exact test.

Table 3: Comparison of respondents according to score of supportive needs and teaching needs by using Unpaired 't' test
N= 60

Description	Group-I	Group-II	't' value	'P' value
Mean	23.33	23.73	1.425	0.1595
S.D.	0.9942	1.172		
Minimum	22	22		
Maximum	25	26		

Table 3 indicates that by using Unpaired 't' test P value 0.1595 was statistically not significant. So there was no significant difference found in the mean score of supportive needs and teaching needs between group - I and group - II (P=0.1595 and t = 1.425). The total score of supportive needs and teaching needs were 26.

Table 4: Distribution of respondents according to LATCH score in group - I and group - II
N= 60

LATCH Score	Group - I		Group - II	
	Frequency	%	Frequency	%
> 7 (Successful breastfeeding)	30	100	30	100
7<(Unsuccessful breastfeeding)	0	0	0	0

Above table indicates that in group - I and group - II all the babies had LATCH score 7 and above and they were achieved successful breastfeeding.

Table 5: Assessment pattern of weight loss of the babies between 1st and 4th day by using Paired 't' test in group - I
N=30

	Group - I Mean + S.D.	Mean differences	t	P
1st day	2.7184 + 0.2518	0.2280	15.418	<0.0001
4th day	2.4906 + 0.2409			

In above table shows 1st day was 2.7059 + 0.3547 Kg. and on 4th day was 2.4671 + 0.3080 Kg. in group - II and the difference was statistically significant

Table 6: Assessment pattern of weight loss of the babies between 1st and 4th day by using Paired 't' test in group - II
N=30

	Group - II Mean + S.D.	Mean differences	t	P
1 st day	2.7059 + 0.3547	0.2388	16.458	<0.0001
4 th day	2.4671 + 0.3080			

Table 6 indicates that the mean weight of the babies on 1st day was 2.7059 + 0.3547 Kg. and on 4th day was 2.4671 + 0.3080 Kg. in group - II and the difference was statistically significant

Extra uterine life presents a challenge to the new born infant. There is weight loss of 7 – 10% in the first week of life. 3 The weight loss is normal in first few days because new born exposes to extra uterine life. In present study weight loss were present in both the groups.

Table 7: Distribution of respondents according to problems with inverted and normal nipples among group - I and group - II
N=60

Problems	Group - I 30	Group - II 30
1. Failing lactation -	---	--
2. Suppression of lactation -	----	----
3. Poor latch	----	----
4. Ineffective breastfeeding	---	----
5. Mastitis	-----	-----
6. Engorged breast	-----	-----
7. No any problem	30	30

Above data indicates that none of the mother was developed any problem during first four days of postpartum among both the groups.

Discussion

In the present study Contradictory study done in 2018 by Getahun Tiruye, Firehiwot Mesfin, Biftu Geda *et al.* study done proper breast feeding techniques among 412 mothers 179(43.4%) result findings noted that immediate after birth counselling related with proper breast feeding was effective. Along with at least two post natal visit ^[11].

Experimetal study done Safiya Sabri Piro & Hamdia Mirkhan Ahmed *et al.* In 2020. Impact of nursing intervention on breast feeding self-efficiency. Finding noted that among 130 women's improved knowledge and attitude regarding good practices for breast feeding. Experimental and control groups compared to formula feeding women (52.00 vs. 39.45 in the control and 57.69 vs. 36.00 in the experimental subjects; P < 0.001) ^[12].

Similar study doneby Sumitpal Kaur¹, P. Vadivukkarasi R, Kiran B *et al.* In 2011. on effectiveness of planned teaching programme on management of breast feeding problems. Result shows that postnatal mothers (50.0%) age group of 24-26 years, 50.0% of Hindu religion, 41.7% (71.6%) housewife, 56.6% from nuclear family. There was significant increase in the knowledge of the mothers after intervention which was similar to my study ^[13].

Similar study conducted in Uk 1989 it as randomized controlled trial to identify problems among pregent women with inverted nipple in that 10% of women had inverted nipple and need treatment and get it corrected by proper teaching method ^[14].

Study done by Sujeewa Amarasena in 2006.study done to find out incidences about problem with breast and nipple. Among the 956 mothers 188 mothers had abnormality and 72.5% of mother had successful lactation. 9.8% of women failed for lactation. This was going to be affect on babes' breast feed ^[15].

Conclusion

All the primipara mothers did not able to breastfeed their babies successively due to improper latch and inverted nipples. They require appropriate interventions and health education to promote successful establishment and achievement of breastfeeding.

Nursing

Recommendations

1. Reinforcement is necessary along with effective health teaching.
2. The mothers should be motivated to practice exclusive breast feeding up to six months.

3. Similar study can be conducted for mothers who undergo caesarean section

Acknowledgement

Our sincere thanks go to all the study participants who have provided us their valuable time and willingness to participate in the study.

Conflicts of interest: There are no conflicts of interest.

Financial Support and sponsorship: Nil

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