

A study to assess the effectiveness of structured teaching program on knowledge and practice regarding lactation management among the post-natal mothers in selected hospital of Pune city, India

*¹ Mamta Mahan, ² Dr. Anita Nawale

¹ Bharati Vidyapeeth University, College of Nursing, Pune, Maharashtra, India

² Assistant Professor, Bharati Vidyapeeth College of Nursing Pune, Maharashtra, India

Abstract

The objectives to assess the knowledge and practice of post-natal mothers regarding lactation management before and after intervention and to determine the effectiveness of structured teaching programme. To associate the finding with demographic variable. A quasi experimental one group pretest post-test design was used. Total 60 post-natal mothers were selected by non-probability purposive sampling technique. Data collection was done by using questionnaire and observation check list. Demographic data shows that 70 % post-natal mothers were from age group of 18 to 25 of years, 53% mothers had no formal education, 70% post-natal mothers lived in rural area, 92% mothers had undergone LSCS and 88% of mothers were house maker. In pretest 71.6% post-natal mothers had poor knowledge were as in post test 91.6% post-natal mothers had good knowledge about lactation management. Mean score of pretest was 6.5 which had increased to 21.85 in posttest and p-value for it was 0.00 which suggest improvement in knowledge.

83% mothers had poor practices before intervention, 70% had good practices after intervention. Mean score of before intervention observation was 1.3 which had increased to 8.6 in after intervention and p-value for it was 0.00 which suggest improvement in practices.

Keywords: lactation, LSCS

Introduction

“With the birth of every child man may calculate that god is still hopeful about the world he created”.

-Words Worth

Breast feeding has been established on our planet for more than forty thousand years but in the last few decades only its benefits have been scientifically established. Now “Breast is best” for a neonate and is a universal concept. In spite of worldwide campaign for promotion of breast feeding, achievements are not as desired. There are many factors which affects breast feeding practices in our country. Various studies have shown that infant feeding is influenced by socio economic status, maternal education and place of living. Breast feeding saves up to 6 million baby lives every year. Breast feeding is the infant’s first immunization against infectious diseases.

According to the World Breastfeeding Trends Initiative (WBTI) 2015, India scored 78 out of 150, only marginally higher than its 2012 score of 74. Paucity of data, ineffective policies, lack of budget and coordination, and absence of better monitoring are limiting breastfeeding practices in India. According to the data, out of 26 million born in India, 14.5 million children are not able to get optimal feeding practices during the first year of life. While 44.6% women initiate breastfeeding within one hour of delivery, 64.9% are breastfed up to six months and 50.5% babies receive complementary food within 6-8 months.

The investigator observed that many mothers find difficulty in proper technique of breast feeding and ignore about the importance of proper breast feeding techniques. Correct

sucking technique is related to the long term success of breast feeding and the prevention of breast feeding complications. To understand the degree of knowledge and their practices to help in future improvement the investigator felt the need to take up the study. Most of the working women wants to do the best for their children. Lack of information on the benefits of breast milk, and the method of expression and storage of breast milk leads to lactation problems. So investigator has taken a study to assess the knowledge and practice regarding lactation management among the post-natal mothers

Materials and methods

In this study investigator collected data of 60 post-natal mothers admitted in selected hospitals of Pune city.

Criteria for sample selection. Primipara post-natal mother. Postnatal mothers who are available for more than 7 days in the hospital.

Table 1- Gives the Description of samples based on their age. We see that there were 78% mothers followed ages in interval of 18 to 25 years. Remaining 15% were 25-30 years, 5% were 30-35years and only 2% were 35-40years.

Table 1: Frequency distribution of age

Demographic Variable	Frequency	%
Age		
18-25	47	78
25-30	9	15
30-35	3	5
35-40	1	2
40-45	0	0

Table 2- Gives the Description of samples based on their education level, we see that there were maximum i.e. 53% mothers were no formal education

Table 2: Frequency distribution of education

Demographic Variable	Frequency	%
Education		
No formal education	30	53
Primary school	0	0
SSC	11	18
HSC	12	20
Graduation	4	7
Post-graduation	1	2

Table 3- Gives the Description of samples based on their living areas, we have seen that 70% mothers belong to rural areas. And 30% belong to urban area

Table 3: Frequency distribution of living areas

Demographic Variable	Frequency	%
Living Areas		
Rural	42	70
Urban	18	30

Table 4 Gives the Description of samples based on their nature of delivery, we found that in 92% cases the mothers have to face LSCs type of delivery.

Table 4: Frequency distribution of nature of delivery

Demographic Variable	Frequency	%
Nature of delivery		
Normal	1	2
LSCS	55	92
forceps delivery	3	5
vaccum delivery	1	2

Table 5 Gives the Description of samples based on their occupation we found that there were maximum i.e. 88% mothers were house maker.

Table 5: Frequency distribution of occupation

Demographic Variable	Frequency	%
Occupation		
House Maker	53	88
Working women	3	5
Other	4	7

Results & Discussion.

Table 6 shows Average pretest knowledge was 6.5 which increased to 21.85 in posttest. T-value for this comparison was 46 with 59 degrees of freedom. Corresponding p-value was 0.000, which is small (less than 0.05), the null hypothesis is rejected. Teaching program is significantly effective on knowledge lactation management among the post-natal mothers

Table 6: Effect of structured teaching program on knowledge regarding lactation management among the post-natal mothers. n=60

	Mean	SD	t value	df	P-Value
Pre test	6.5	2.24	46	59	0.00
Post test	21.85	1.19			

Table 7 showing Mean pretest practice score was 1.3 in pre test, which increased to 8.6 in posttest. T-value for this comparison was 44 with 59 degrees of freedom. Corresponding p-value was 0.000, which is less than 0.05 so the null hypothesis is rejected. There is significant change in pre test and post test practices regarding lactation management among the post-natal mothers.

Table 7: Effect of structured teaching program on practices regarding lactation management among the post-natal mothers n=60

	Mean	SD	t-value	Df	P-Value
Pre test	1.3	0.60	44	59	0.00
Post test	8.6	1.2			

The data represented in the table 8 shows that there is no significant association with age, education, living areas and occupation. Nature of delivery shows, P-value (3.54093E-05) is less than 0.05 so there is significant association between Knowledge regarding lactation management and Nature of delivery.

Table 8: To associate knowledge regarding lactation management with selected demographic variables, n=60

Group	Test-Statistic	P-Value	Decision
Group Age			
18-25	0.44	0.93	Accept H0
25-30			
30-35			
35-40			
40-45			
Education			
No formal education Primary school SSC HSC Graduation Post-graduation	3.6	0.4635	Accept H0
Living Area			
Rural Urban	0.1719	0.6784	Accept H0
Nature of Delivery			
Normal LSCS forceps delivery vacuum delivery	23.27	3.54093E-05	Reject H0
Occupation			
House maker working women other	0.09396	0.9541	Accept H0

Conclusion

The conclusion drawn from the findings of the study are as follows:

- Majority of the mothers had average knowledge and practice score before the administration of the structural teaching program.
- Mothers when administered the structural teaching program showed improved knowledge and practice score as compared to the knowledge and practices before the administration of the structural teaching program.
- Teaching aid i.e. structural teaching program was found to be effective in improving the knowledge and practices of the post-natal mothers regarding lactation management
- Statistical findings show that the structural teaching program was effective in improving the knowledge and practices of the post-natal mothers regarding lactation management.

References

1. Neharban Singh. Care of the Newborn, 5th Edition, Sagar publication, New Delhi, 142, 159, 163, 167.
2. Lowder milk, Perry, Maternity and women's health care, 8th Edition, Masby publishers, Missouri, 755-786.
3. Dutta, Text Books of Obstetrics, 6th EDITION, New central book agency Pvt. Ltd Calcutta, 438-454.
4. Ghai OP. The essentials of paediatric nursing, 4th edition Jaypee publications, 232-236.
5. Ruth A. Lawrence, Breastfeeding – A guide for the medical profession, 5th Edition Mosby Company, Missouri, 253-263.
6. <https://www.governancetoday.co.in/breastfeeding-practice-low-India>
7. <https://www.cdc.gov/breastfeeding/data/reportcard.htm>
8. <https://www.womenshealth.gov/breastfeeding/common-breastfeeding-challenges.html>