



"A STUDY TO EVALUATE THE EFFECTIVENESS OF STP ON KNOWLEDGE REGARDING PREVENTION AND MANAGEMENT OF SELECTED BREAST COMPLICATIONS AMONG LSCS PRIMI MOTHERS IN SELECTED HOSPITALS AT HASSAN"

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ABSTRACT

Human breast milk, nature's perfect gift, is vastly superior to anything available from our most sophisticated technologies. Breast feeding is the most effective way to provide a baby with complete food and protection with a caring environment. The natural immune factors present in breast milk give the baby the necessary abilities to fight major childhood killer diseases, such as diarrhea, gastrointestinal diseases and other respiratory infections. Breast feeding problems are the major concern mainly in cesarean section mothers. Breast feeding problems can be avoided if the mothers understand the basics of breast feeding techniques. Proper Breast feeding techniques (positioning, latching and sucking) and let-down of milk is crucial to exclusive breast feeding and long term breast feeding success.

KEYWORDS :

INTRODUCTION :

**Bottle fills his stomach, but breastfeeding fills his soul"-----
Daine wiessinger**

In philosophy, the woman symbolises the mother's natural feminine characteristics in the universe. Women are the primary care takers, bearers, and nurturers of the next generation. They are also vulnerable group. Among the woman's population in our country, the woman under the child bearing age constitutes 22%. The incidence of health problems is high among the woman of reproductive age. Women's health is an issue which has been taken up by many feminists, especially where reproductive health is concerned.

Cesarean section is a method of delivering baby through an incision made in the mother's lower abdominal wall and uterus instead of delivery through the Vagina. The origin of the name is unclear, but believed to be named for Julius Caesar, because this surgical procedure was used at the time of his birth. It may have been so named because of law, enacted under Julius Caesar's rule, which required this form of birth, when a mother was sick or dying¹



A mother who has undergone cesarean delivery has a dual role in both Post-operative care as well as maternal care. LSCS mothers need more care and attention than vaginal delivery mothers. The families involved in cesarean section have been largely ignored during the professional practices like post-operative self-care, wound care, early ambulation, breast feeding practices, and prevention of complications

Need For The Study

The World Health Organization has determined an "ideal rate" of all cesarean deliveries (such as 15 percent) for a population. One surgeon's opinion is that there is no consistency in this ideal rate, and artificial declarations of an ideal rate should be discouraged. Goals for achieving an optimal cesarean delivery rate should be based on maximizing the best possible maternal and neonatal outcomes, taking into account available medical and health

resources and maternal preferences. This opinion is based on the idea that if left unchallenged, optimal cesarean delivery rates will vary over time and across different populations according to individual and societal circumstances.

UNICEF in 1993 gives the effect of poor attachment of breast feeding as follows.

- Pain and damage to nipple----->Soreness, fissures.
- Breast milk not removed effectively----->Engorgement
- Apparent poor milk supply----->Baby unsatisfied wants to feed a lot.
- Baby frustrated and refuse to feed.
- Breast makes less milk----->Baby fails to gain weight
- Baby frustrated and refuse to feed

Several common problems that may arise during the breastfeeding period, such as breast engorgement, plugged milk duct, breast infection and insufficient milk supply, originate from conditions that lead the mother to inadequate empty the breasts. Incorrect techniques, not frequent breastfeeding and breastfeeding on scheduled times, pacifiers and food suppliers are important risk factors that can predispose to lactation problems. The adequate management of those conditions is fundamental, as if not treated they frequently lead to early weaning. There are specific measures that should be taken to empty the breasts effectively⁷.

The midwife's role during the first few feeds is twofold. With proper education and support these problems can be solved and successful breastfeeding can be established⁸

Objectives of The Study:

1. To assess the level of knowledge regarding prevention and management of selected breast complications among LSCS primi mothers in experimental and control group before Structured teaching programme.
2. To evaluate the effectiveness of STP regarding prevention and management of selected breast complications among LSCS primi mothers after STP in experimental group by comparing pretest and posttest knowledge.
3. To find out the association between the post test knowledge scores with selected socio-demographic variables of LSCS primi mothers in experimental and control group.

Conceptual Frame Work:

The investigator adopted **Ernestine Wiedenbach helping art theory** to help the present study because the midwife can use this theory model for postnatal mothers. Wiedenbach conceptual model elaborately explained in means element that is identification of the patient's need for help, ministrations of the help needed and validation of that help.

Materials And Methods Of The Study:**Research Approach :** Quantitative approach**Study Design :** quasi-experimental design that is pre test and post test design with experimental and control group was applied**Sampling Technique :** purposive sampling**Sample Size :** a sample of 60 primigravida mothers (30 in experimental and 30 in control group) of selected hospital at Hassan**Tool:** the instrument used for the data collection was self-structured knowledge questionnaire

Part-I socio demographic profile: investigator constructed the tool to collect the socio demographic data of the study subjects.

Part-II : the multiple choice knowledge questionnaire used in this study was prepared by the researcher to measure the knowledge regarding prevention and management of selected breast complications among LSCS primi mothers

Self-administered structured questionnaire contains 36 multiple choice questions related to the knowledge

RESULTS:**Section - I**

Section -I comprised of demographic variables which are age, religion, type of family, educational status, occupational status, place of residence, previous information and source of information

Section -II

The structured teaching programme on knowledge regarding prevention and management of selected breast complications among LSCS mothers consisted of 36 items. It consists of four main areas namely, knowledge regarding breast feeding, knowledge regarding breast complications, breast engorgement, inverted nipple, nipple soreness and mastitis. Each item has 3 options with one correct answer. The score for correct response to each item was "one" and incorrect response was "zero". Thus for 36 items maximum obtainable score was 36 and minimum was zero. To interpret the level of knowledge, the scores were distributed as follows:

Comparison of average knowledge score percentage on prevention and management of selected breast complications before and after administration of STP experimental group

Experimental group	Pre-test %	Post-test%	% Enhancement
Breast feeding	23.4	81.4	58
Overview of Breast complications	40.75	59.25	18.5
Breast Engorgement	30.5	80	49.5
Inverted nipple	22.86	69.57	46.71
Nipple soreness	34	74	40
Mastitis	24.444	57	32.56
Over all	28.14	69.25	41.11

DISCUSSION:

The present study was conducted to evaluate the effectiveness of STP on knowledge regarding prevention and management of selected breast complications among LSCS primi mothers in selected hospitals. a quasi-experimental design was adopted for the present study. Non- probability convenient sampling technique was used to select the samples. A structured knowledge questionnaire used to collect the data. A structured teaching programme was implemented to find out effectiveness. Association of posttest knowledge score with demographic variables was done using chi-square test.

Overall post test mean knowledge score was 24.93, standard deviation is 3.35 and percentage was 69.25% in the experimental group. This indicates that mothers have adequate knowledge regarding prevention and management of selected breast complications.

CONCLUSION:

The study concludes that, the pre test showed that knowledge of LSCS primi mothers regarding prevention and management of selected breast complications was inadequate in all areas. The structured teaching programme tested in this study was found effective in improving the knowledge of LSCS primi mothers participated in the study. The structured teaching programme is an effective method in improving the knowledge of LSCS primi mothers.

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