Original Research Paper

Volume-9 | Issue-8 | August - 2019 | PRINT ISSN No. 2249 - 555X

Nursing

A STUDY TO EVALUATE THE EFFECTIVENESS OF BREASTFEEDING ON REDUCTION OF PAIN RELATED BEHAVIOR AMONG INFANTS DURING IMMUNIZATION IN SELECTED PHC OF KHEDA DISTRICT.

Vrutika Patel	Final Year B.Sc Nursing Student, Dinsha Patel College of Nursing, Nadiad.
Misha Patel*	Final Year B.Sc Nursing Student, Dinsha Patel College of Nursing, Nadiad. *Corresponding Author
Disha Patel	Final Year B.Sc Nursing Student, Dinsha Patel College of Nursing, Nadiad.
Prachi Patel	Final Year B.Sc Nursing Student, Dinsha Patel College of Nursing, Nadiad.
Gamit Satisavitri	Final Year B.Sc Nursing Student, Dinsha Patel College of Nursing, Nadiad.
Richa Parmar	Final Year B.Sc Nursing Student, Dinsha Patel College of Nursing, Nadiad.
Kinjal Patel	Final Year B.Sc Nursing Student, Dinsha Patel College of Nursing, Nadiad.
Ms. Sanjana Bhatia	Assistant Professor, Dinsha Patel College of Nursing, Nadiad.

ABSTRACT Breastfeeding is more than nourishing infants with mother's milk; it provides comfort as well as serves as a pacifier for during painful procedure. The objective is to assess the level of pain related behaviour associated with immunization among infants of experimental group and control group in selected PHC of Kheda district. The total number of sample was 40 infants by using non probability purposive sampling technique. The purpose of the study was explained to the authority and to the mothers of infants who receive pentavalent vaccine and informed consent was obtained from them for data collection. Mothers were asked to breastfeed the baby (experimental group) just prior to and during the immunization. Pain-related behaviour of the baby was assessed using NIPS (Neonatal Infant Pain Scale). Findings about the pain related behaviour among 40 samples (100%) of infants experienced 25(63%) severe pain, 15 (38%) moderate pain and no any infant's experienced mild pain. The findings of the variables age, gender, weight, mother education, mother occupation, type of family and previous pain perception experience are not significant with pain related behavior of infant. (p value > 0.05).

KEYWORDS : Evaluate Effectiveness, Breastfeeding, Pain related behavior, Infant, Immunization.

INTRODUCTION:

Breastfeeding is effective due to association of endorphin release and nursing babies involves holding, skin to skin contact, sucking, & sweet taste. Infancy is a time to gargle, a time to crawl, and time to get vaccinated against major killer disease. One way of controlling infectious disease by strengthening the host defence by active immunization, which is one of the most power full and effective weapon of modern medicine. Pain is a perception that is often overlooked in the infant population, especially with regard to immunizations. Evidence has shown that infants do perceive and remember pain, demonstrating heightened pain responses to other painful procedures later in life.

Health professionals recommend that breastfeeding begin within the first hour of a baby's life and continue as often and as much as the baby wants. During the first few weeks of life babies may nurse roughly every 2-3 hours and the duration of a feeding is usually 10-15 minutes on each breast.

OBJECTIVES:

1) To assess the level of pain related behaviour associated with immunization among infants of experimental group and control group in selected PHC of Kheda district.
2) To evaluate the effectiveness of breastfeeding on pain associated with immunization among infants of control group and experimental group in selected PHC of Kheda district.
3) To associated the level of pain with the selected demographic variable in selected PHC of Kheda district.

HYPOTHESIS:

H1: There will be significant difference in pain score in experimental group and in control group during immunization at 0.05 level of significant.

H2: There will be significant association between pain related behaviour and selected demographic variable at 0.05 level of significant.

RESEARCH APPROACH:

The research approach used for this study is a "Quantitative research approach".

RESEARCH DESIGN:

The research design used for this study is "Quasi experimental design post test only control group design".

SETTING OF THE STUDY:

The present study was conducted at selected PHC of Varsola, Yoginager, and Palana.

RESEARCH POPULATION:

Infants who receive pentavalent combined dose vaccine at PHC of Varsola, Yoginagar, Palana under the age of 0 to 12 months in Kheda district.

RESEARCH SAMPLE:

It comprised of 40 infants (20 Experimental groups and 20 Control group).

SAMPLING TECNIQUES:

In this study non probability purposive sampling technique was used.

SAMPLING CRITERIA:

Inclusion criteria:

1) Infant belongs to 0 to 12 months age group.
2) Infants who receiving any dose of the pentavalent vaccine.
3) Infant whose mothers are willing to participate and breastfeeding during immunization.

Exclusion criteria:

1) Infant who have congenital anomalies.

SELECTION OF TOOL:

The tool is divided into 3 sections:

Section 1: Socio-Demographic Data of Infant.
Section 2: Neonatal Infant Pain Scale.
Section 3: Pain Score.

VALIDITY:

The prepared tool was sent to 9 experts in the field of pediatrics for their opinion including pediatricians. The tool was modified according to their suggestions.

RELIABILITY:
In this study, the tool was assessed for the reliability by using test, retest method where correlation coefficient came out to be 0.9.

PILOT STUDY:
The function of this is to obtain the information for improving the project or for assessing its feasibility and practical hitches. After obtaining the permission from the concerned authority a pilot study was conducted for 4 samples in the month of March, 2019 at PHC, Yoginagar, Nadiad in Kheda district.

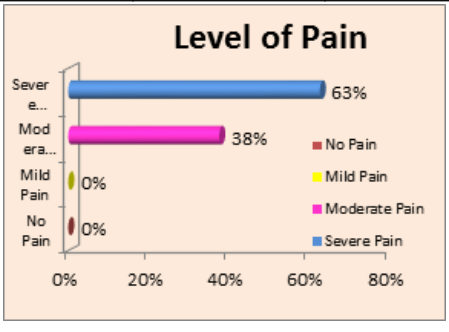
DATA COLLECTION PROCESS:
The data collection was done on March' 2019. Before data collection, the researcher obtained formal written permission from the concerned authorities of the Primary Health Centre of Varsola and Palana in Kheda district. The purpose of the study was explained to the authority and to the mothers of infants who receive pentavalent vaccine and informed consent was obtained from them.

DATA ANALYSIS PLAN:
In this study the data analysis was based on the objectives, data were analysed using descriptive and inferential statistics and the findings were presented in the form of tables and figures. The demographic data were analyzed in terms of frequencies and percentage table. It is also presented in the form of graph.

RESULT AND DISCUSSION:
Findings about the level of pain related behavior among infant during immunization. Out of 40 samples (100%) of infants experienced 25(63%) severe pain, 15 (38%) moderate pain and no any infant's experienced mild pain. The analysis of the data related to association between selected demographic variable and pain related behavior among infant during immunization are not significant with pain related behavior of infant. (P value > 0.05). The effectiveness of breastfeeding on reduction of pain related behavior in experimental group is 4.55 with standard deviation is 0.9733 and in control group is 6.25 with standard deviation is 0.8291.

Frequency and percentage wise distribution to assess the level of pain during immunization among infants.

SR NO	LEVEL OF PAIN	FREQUENCY (F)	PERCENTAGE (%)
1	No pain	0	0%
2	Mild pain	0	0%
3	Moderate pain	15	37.5%
4	Severe pain	25	62.5%



The above graph shows that among 40 samples (100%) of infants experienced 25(63%) severe pain, 15 (38%) moderate pain and no any infant's experienced mild pain.

DISCUSSION AND CONCLUSION:
The present study has concluded that the prevalence of pain related behavior among infant during immunization is reduced due to breastfeeding. Health organizations including the WHO, recommended breastfeeding exclusively for six months. At present many pharmacological and non-pharmacological interventions have been proved effective in pain reduction during immunization. The pain associated with vaccine injection, becomes a source of great anxiety and distress for the infants as well as patients. Among the analgesics for infant's pain, breastfeeding proved that the infants experience less pain. These findings emphasize the need for reducing pain and awareness for breastfeeding during immunization.

REFERENCES:
1) Canadian paediatric society, foetus and newborn committee. Prevention and management of pain. Journal of American Academy of Paediatrics and stress in the neonate 2000; 105(2):454-61.
2) Dilek D, Izzet K, Yildiz, Dallar. Interventions to reduce pain during vaccination in infancy. The Journal of Paediatrics 2009; 154(3):385-90.
3) Iturriaga SG, Unceta-Barrenechea A, Zarate SK. Analgesia when taking heel-lance blood in newborn. Acta Pediatr 2009 Oct; 71(4):310-3.
4) Jisy Jose (2013). Effect of ice in application reducing pain perception of toddlers during vaccination: international journal of recent scientific research, May; 4.
5) Navjot Kiran (2013) Effect of ice pack application at the site prior to veinpuncture on intensity of pain among children: Nursing and midwifery journal, Oct; 9.
6) Pragya pathak, Raman kalia (2007). Effect of needle gauge on perception of pain intensity among infants receiving DPT vaccination: nursing and midwifery research journal, Oct.
7) Razek AA, Dein EL. Effect of breastfeeding on pain relief during infant immunization injections. International Journal of Nursing Practice 2009; 15:99-4.
8) Shiresha bellamkonda (2011).Effectiveness of ice application prior to injection in reducing pain among children: Nightingale nurses times, April, 1.