



A STUDY TO ASSESS THE EFFECTIVENESS OF HIND MILK APPLICATION IN MANAGEMENT OF SORE NIPPLE AMONG POST NATAL MOTHERS AT SMVMCH PUDUCHERRY

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KEYWORDS :

INTRODUCTION

Sore nipples are so common to new breast feeding mothers that the mothers may think they are a normal part of nursing and they have just put up with it, not so. in the first week ,its normal to have some pain or tenderness that lasts for a few seconds when the baby first latches on to the breast what's not normal or necessary is pain that lasts throughout most or all of the feeding. Sore nipples are usually accompanied by tenderness in the breasts are a common problem experienced by many women during the reproductive cycle many people believe that sore nipples are a symptoms of pregnancy. While this is true to some extent soreness in the nipples does not always mean that the woman is pregnant. This sensation can be a worries for some women however it does not mean that there is a serious problem. In fact sore breasts could be an indication of many things depending upon the changes that are taking place within the woman's body. In order to understand what the different causes for sore nipples are it is important to learn a few things about the hormonal changes that take place within the body.

Need For The Study

Internationally : According to American academy of pediatrics' in the year of 2008 reported that by the women that lactation difficulty are due to sore nipple 44% engorgement 35%, approximately 54% of women, and inadequate milk supply 35%, reported giving pacifiers in their breast fed infants. In worldwide studies publishers have shown that with in last 10 years, the incidence of breast complications range from 4 to 27%. In new york the studies shows that approximately 17,000 women give birth in selected hospitals each year. In estimated that 80% of women starts breast feeding, 5% will develop cracked nipple and other complications.

In State Level : In urban areas, the prevalence of breast problems in the postnatal period is very high. It is evidenced that the incidence rate of breast engorgement in the Puducherry is 1:8000 and in rural areas it is about 1:6500. About 20% postnatal mothers especially primi gravida mothers are affected with the breast engorgement within four days of postnatal period. About 33% of all women experienced breast problems in the first two weeks and 28% there after.

Objectives Of The Study

1. To assess the level of severity of sore nipple among postnatal mothers.
2. To evaluate the effectiveness of hind milk application in management of sore nipple among post natal mothers.
3. To associate the level of severity of sore nipple with selected demographic variables among postnatal mothers.

HYPOTHESIS

H1: There will be a significant difference in the level of sore nipple before and after application of hind milk .

H2: There will be a significant association between the level of sore nipple before application of hind milk with their selected demographic variables .

METHODOLOGY

Research Approach: A quantitative research approach was adopted for this study.

Population & Setting: Population includes all postnatal mother who underwent delivery both LSCS and normal vaginal delivery, and lactating mothers At SMVMCH, Puducherry

Sample and Sampling Techniques: 30 POSTNATAL MOTHER was selected using Convenient sampling techniques.

Sampling Criteria

Inclusion Criteria

1. Mothers who underwent both normal vaginal delivery and LSCS .
2. Mother who are willing to participate in the study.
3. Primi and multi Para mother with the some degree of sore nipple.

Exclusion Criteria

1. Mother who are not willing to participate.

Research Tool

Section-A: Demographic data

Section B: modified sore nipple assessment checklist.

Score Interpretation

S.NO:	SCORE	INTERPRETATION
1.	0	Normal
2.	1-10	Mild
3.	11-20	Moderate
4.	21-30	Severe

Major Findings Of The Study

- ❖ On assessing the level of sore nipples, the researcher found that before giving hind milk application, out of 30 post natal mothers 26(86.7%) post natal mothers with moderate level of severity of sore nipples, 4(13.3%) mothers with severe level of sore nipples and 0(0%) no mothers with normal nipples.
- ❖ After giving the nursing care interventions, 3(10.0%) postnatal mothers with normal nipples 27(90.0%) mothers with mild level of severity of sore nipples, 0(0%) no mothers with severe level of sore nipples.
- ❖ The findings reveals that 26(86.7%) mothers with moderate level of severity of sore nipples, 4(13.3%) mothers with severe level of sore nipples and 0 (0%) no mothers with normal nipples. Table- 3: reveals that 3(10.0%) mothers with normal nipples ,27(90.0%) mothers with mild level of severity of sore nipples ,no mothers with severe level sore nipples . The chi square findings shows significant association at $P < 0.05$ level of significance with the demographic variables such as Duration of feeding, Mode of delivery and the remaining variables are not significant. The chi square is not applied for Status of newborn and days of hospitalization, because all samples are term and 6 – 10 days respectively. The chi square findings shows significant association at $P < 0.05$ level of significance with the demographic variables such as education, Monthly income and the remaining variables are not significant. The chi square is not applied for Status of newborn and days of hospitalization, because all samples are term and 6 – 10 days respectively.

CONCLUSION

The study implies that the effectiveness of hind milk application reduces the level of severity of sore nipples among post natal mothers.

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