



A STUDY TO ASSESS THE BREASTFEEDING ISSUES AMONG POSTNATAL MOTHERS ADMITTED IN A TERTIARY CARE HOSPITAL, LUDHIANA, PUNJAB.

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ABSTRACT

Introduction: Breastfeeding provides benefits to both mother and baby because breast milk is important source of nutrition for infant. The World Health Organization (WHO) recommends that exclusive breastfeeding should provide to the infants for up-to 6 months.¹ According to the World Health Organization (WHO), Exclusive Breastfeeding is the situation in which an infant receives only breast milk from his/her mother or a wet nurse for the first 6 months and no other solids or liquids with the exception of drops or syrups consisting of vitamins, minerals, supplement or medication. For meeting the infants need breastfeeding is the simplest, healthiest and least expensive feeding method.² It is necessary to monitor breastfeeding initially 72-96 hours because lactation difficulties have been observed in this period. Many postnatal mothers stop breastfeeding before the recommended time of 6 months because many issues interfere the ability of breastfeed. Some postnatal mothers face difficulties like insufficient amount of milk and other problems associated with breast like inverted nipples, flat nipples, sore nipples, breast pain and breast engorgement etc. **Objectives:** To assess the breastfeeding issues among postnatal mothers and to determine the association of breastfeeding issues among postnatal mothers with their selected socio- demographic variables. **Methodology:** A descriptive study was carried out on 80 postnatal mothers admitted in Labour room and Gynae ward of DMC & Hospital, Ludhiana, Punjab. Sample was selected by using convenience sampling technique. The method of data collection was self-report. IEC material was disseminated on breastfeeding issues and their management. **Result:** Out of 80 postnatal mothers, results revealed that (52.5%) women felt pain in breast, (37.5%) had sore nipples, (41.25%) had insufficiency of milk, (23.75%) had inappropriate suckling, (38.75%) had baby cries excessively, (47.5%) have lack of knowledge regarding breastfeeding practices, (71.25%) felt tired and fatigued. Socio-demographic variables like age of postnatal mothers was found to be statistically significant with lack of knowledge related to breastfeeding practices. Whereas living status of postnatal mothers was found to be statistically significant with feeling pain in breast, sore nipples, feeling tired and fatigued and lack of knowledge related to breastfeeding practices. Assistance while breastfeeding was significant with feeling pain in breast. Type of family was statistically significant with excessive crying of baby. Prior information related to breastfeeding were statistically significant with sore nipple and lack of knowledge related to breastfeeding practices. Socio-economic status was found to be statistically significant with inappropriate suckling by baby and feeling pain in breast. These all variables are significant at p-value < 0.05. Assistance while breastfeeding was found to be highly statistically significant with excessive crying of the baby at p-value < 0.001. **Conclusion:** The present study concluded that the major breastfeeding issues reported by postnatal mothers was found to be feeling tired and fatigued during breastfeeding and least breastfeeding issues were found to be inverted nipples and no milk production.

KEYWORDS : Breastfeeding, Postnatal mothers.

AIM

To assess the breastfeeding issues among postnatal mothers.

OBJECTIVES

- 1) To assess the breastfeeding issues among postnatal mothers.
- 2) To determine the association of breastfeeding issues among postnatal mothers with their selected socio-demographic variables.
- 3) To plan and disseminate IEC material regarding the ways to manage breastfeeding issues.

Percentage distribution of issues related breastfeeding as per their rank order. (4) N=80

Issues related to breast feeding	f (%)	Rank
Issues related to breast		
Discomfort in breast	29 (36.25)	8
Feeling of heaviness (Engorgement)	27 (33.75)	9
Feeling pain in breast	42 (52.5)	2
Issues related to nipples		
Sore nipples	30 (37.5)	7
Cracked nipples	5 (6.25)	15
Inverted nipples	1 (1.25)	18
Flat nipples	2 (2.5)	17
Issues related to milk		
Insufficiency of milk	33 (41.25)	5
No milk production	1 (1.25)	18
Issues with latching		
Poor attachment	11 (13.75)	13
Improper position	4 (5)	16
Inappropriate suckling	19 (23.75)	10
Issues related to baby		
Sucking and swallowing difficulty	11 (13.75)	13

Excessive crying of baby	31 (38.75)	6
Baby refuse breast feeding	4 (5)	16

(5)

Psychological aspect related to mother		
Perception of low milk	14 (17.5)	11
Feeling emotionally upset	13 (16.25)	12
Feeling exhausted during breastfeed	35 (43.75)	4
Lack of knowledge regarding breastfeeding practices	38 (47.5)	3
Experience lack of privacy during breastfeeding	8 (10)	14
Physical aspect related to mother		
Experience inadequate sleep related to frequent awakening during night	31 (38.75)	6
Feel tired and fatigued	57 (71.25)	1

MAJOR FINDING OF STUDY

PART A: SOCIODEMOGRAPHIC PROFILE

- Mostly (53.75%) postnatal mother are from age group 26-30.
- Majority (66.3%) postnatal mothers are graduate and above.
- Maximum (75%) of postnatal mother are non-working.
- Mostly (63.75%) postnatal mothers were Hindu.
- Type of family have equal proportions i.e nuclear (50%) joint (50%).
- Majority (78.75%) were living with their in-laws and husband.
- Maximum (78.75%) were vegetarians.
- Mostly (72.5%) were from urban areas.
- Majority (41.25%) there is no assisting person during breastfeeding.
- Mostly (51.2%) has no prior information about breastfeeding.
- Majority (61.25%) belongs to upper middle (2) class family.

PART-B MATERNAL PROFILE

- Majority (56.3%) has duration of marriage between 1-5 years.

- Mostly (56.3%) women's current pregnancy was planned.
- Majority (95%) has singular type of pregnancy.
- Majority (56.3%) of women are multipara.
- Mostly (80%) has given breastfeeding to their elder child.
- Maximum (82.2%) multipara had not faced any complication during previous pregnancy.
- Maximum (86.7%) multipara had not faced any complication during previous postpartum period.
- Mostly (87.5%) Mode of current delivery was Lower segment Caesarean section.
- Majority (97.5%) had not faced any perineal trauma during current normal vaginal delivery.
- Mostly (81.3%) had not faced any complication during your current pregnancy.
- Maximum (81.3%) does not have any present medical illness.
- Majority (86.3%) were not taking drugs during breastfeeding related to co-morbid condition.

PART - C : BREASTFEEDING PROFILE

- Majority (43.75%) initiated breastfeeding within 24 hours after birth.
- Mostly (55%) mothers provided only breastfeed.
- Mostly (47.5%) mother's duration of breastfeeding was within 15-20 minutes.
- Majority (55%) the frequency of breastfeeding is 4-7 times.
- Majority (91.25%) mothers gave night feed
- Maximum (68.25%) mothers fed breastmilk as first form of feed to baby.
- Majority (66.25%) gives breastfeeding in sitting position.
- Maximum (77.5%) consume liquid before breastfeeding.
- Mostly (88.75%) clean breast before breastfeeding.
- Maximum (76.25%) clean breast after breastfeeding.
- Majority (98.75%) burp the baby after breastfeeding.
- Majority (90%) do not restrict consumption of colostrum.

PART-D : BABY PROFILE

- Gender of babies were having equal proportions i.e. 50% male and 50% female.
- Mostly (52%) birth weight lies within 2.6-3.5.
- Majority (78.8%) the pregnancy was planned.
- Majority (51.3%) the birth order of baby is 2.
- Maximum (87%) baby has no complications soon after delivery.
- Mostly (89%) baby cried immediately after delivery.
- Mostly (50%) Apgar score is 7,9.
- Mostly (63%) the gestation was term

PART E : BREASTFEEDING ISSUES

- Issues related to breastfeeding
- Majority (52.5%) had pain in breast
- Issues related to nipples
- Majority (37.5%) had sore nipples
- Issues related to milk
- Majority (41.25%) had insufficient milk production
- Issues with latching
- Majority (23.75%) babies had inappropriate suckling
- Issues related to baby
- Majority (38.8%) had excessive crying
- Psychological aspect related to mother
- Majority (47.5%) had lack of knowledge regarding breastfeeding practices
- Physical aspect related to mother
- Majority (71.3%) felt fatigue and tired

CONCLUSION

The study concluded that out of 80 postnatal mothers (52.5%) women felt pain in breast, (37.5%) have sore nipples, (41.25%) have insufficiency of milk, (23.75%) have inappropriate suckling, in (38.75%) cases baby cries excessively, (47.5%) lack knowledge regarding breastfeeding practices, (71.25%) feel tired and fatigue. The statistically significant association were found of living status, assisting person while breastfeeding and socio-economic status with pain in breast while age, education status, occupation, religion, type of family, dietary habits, habitat and any prior information are statically non-significant. The statically significant association were found of living status and any prior information related to breastfeeding were significant with sore nipples while age, education status, occupation, religion, type of family, dietary habits, habitat, assisting person while breastfeeding and socio-economic status are statically non-significant. The statically significant association were found of socio-economic

status with inappropriate suckling while age, education status, occupation, religion, type of family, living status, dietary habits, habitat, assisting person while breastfeeding and any prior information are statically significant. The statically significant association were found of living status with feeling tired while age, education status, occupation, religion, type of family, dietary habits, habitat, assisting person while breastfeeding, any prior information and socio-economic status were statically non-significant. The statically significant association were found of age, type of family, living status and any prior information with lack of knowledge while educational status, occupation, religion, dietary habits, habitat assisting person while breastfeeding and socio-economic were statically non-significant. The present study concluded that the major breastfeeding issue reported by postnatal mothers was found to be feeling tired and fatigued during breastfeeding and least breastfeeding issues was found to be inverted nipples and no milk production

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