



EFFECTIVENESS OF ACUPRESSURE FOR BREAST MILK PRODUCTION

Nursing

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ABSTRACT

Background: The National Family Health Survey (NFHS) data indicates, 54.9% children are exclusively breastfed and exclusive breastfeeding is on an average for 2.9 months which is supposed to be 6 months. In India, only 41.6% of them breastfed within the first hour (UNICEF report 2018). Colin and Scott (2002) explains that 29% of postpartum mothers stop breastfeeding because breast milk production is less (perceived insufficient breast milk), some mothers are not capable of initiating breast-feeding due to the caesarean section or medical treatment. When the onset production of milk is delayed, the breast-feeding is also hampered. Therefore, the effort is to be made to encourage and support breastfeeding at early period. **Objective:** to assess the effectiveness of acupressure for breast milk production among LSCS postnatal mothers. **Methods:** Pre-test post-test quasi-experimental design. Total 30 LSCS Postnatal mothers were selected for the study. The tool consisted of demographic profile, breast assessment observation checklist, breast milk volume assessment, selected infant parameters assessment, and Opinionnaire (Related to acupressure). 20 minutes Acupressure intervention for experimental group provided on 2nd, 3rd and 4th day post-LSCS delivery once in a day. Post test assessment of breast milk volume and selected infant parameters check done for both experimental and control group. **Results:** According to Levene's independent t test, Day 2 $t(28)=5.924$ sig. 2 tailed values $0.0<0.05$, and day 3 $t(28)=6.032$ sig. 2 tailed values $0.0<0.05$, indicates statistical association between acupressure & breast milk volume for 2nd and 3rd day of intervention. **Conclusion:** Acupressure can be considered as prudent strategy for boosting up of breast milk supply among post-natal mothers.

KEYWORDS

acupressure, breast milk, post natal mothers

INTRODUCTION:

UNICEF estimates that approximately 1.5 million deaths annually could be prevented by breastfeeding for a minimum of 6 months. The low coverage of exclusive breastfeeding is influenced by many factors, both factors of the mother and baby. Research conducted by Siregar (2004) showed that exclusive breastfeeding is influenced by various factors such as breast milk that has not come out, after childbirth, the less breast milk production, and difficulty of baby in sucking the breast milk. The decline in breast milk production in the first days after birth may be caused by a lack of stimulation of the prolactin and oxytocin hormone (Roesli, 2009). Insufficient milk supply is one of the most commonly cited reasons for early cessation or decreased exclusivity in women who have initiated breastfeeding.

Researchers in Europe have noticed the positive effects of acupressure on prolactin secretion, which in turn may stimulate an increase milk production. Acupressure is a low cost noninvasive act. There are few studies which discuss effect of acupressure on milk production (Esfahani, et al., 2015). Lixin, et al. (2008) says that acupressure has an influence on the increase in the secretion of the prolactin and can increase breast milk production. In the present study the researcher has attempted to evaluate the effectiveness of cost-effective intervention acupressure on breast milk production among LSCS Postnatal mothers.

PROBLEM STATEMENT:

"A quasi experimental study to assess the effectiveness of acupressure for breast milk production among postnatal mothers in a selected maternity hospital."

PRIMARY OBJECTIVE:

To Compare the breast milk volume among postnatal mothers from experimental and control group post intervention. (Acupressure)

METHODS & PROCEDURE:

Research Approach: Quasi Experimental Approach

Research Design: pre testpost test quasi-experimental design

Sample Size: 30 (Experimental group 15, Control group 15), LSCS Postnatal mothers selected after 24 hours, who delivered single full term infant (birth weight >2.5kg) verbalizing insufficient breast milk.

Sampling Technique: random sampling technique

Independent Variable: Acupressure Intervention

Dependent Variable: Breast Milk Volume.

Inclusion Criteria:

- LSCS Postnatal mothers of 20-40 Years of age.

- LSCS Postnatal mothers who delivered single full term infant (birth weight >2.5kg) selected after 24 hours.
- LSCS Postnatal mothers who verbalizes insufficient breast milk production.
- LSCS Postnatal mothers willing to be respondents in the research by signing the informed consent

Exclusion criteria:

- Postnatal mothers who are receiving any galactagogue for breastmilk production
- Postnatal mothers with breast anatomic disorder & history of mental disorder.
- Mothers on Chemotherapy or any treatment of contraindication for Breastfeeding.

TOOL:

Part 1: Questionnaire on demographic data.

Part 2: A. Questionnaire on assessment of breast milk.

B. Observation check list on breast assessment

Part 3: Breast milk volume assessment by hand expression of breast milk

Part 4: Assessment of Selected infant parameters

a. Record of infant Weight assessment

b. Frequency of urination

c. No. of stools passed per day

d. Sleep pattern post intervention feeding

Part 5: Opinionnaire (Related to acupressure)

TECHNIQUE:

- Face to face interview for demographic profile
- Observation for breast assessment
- Measurement of breast milk volume
- Self report about opinion for acupressure intervention of phenomena.

RESULTS:

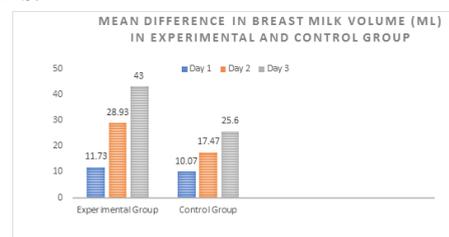


Fig 1: Bar diagram showing the mean difference in breast milk volume (ml) in experimental and control group.

Data presented in the above figure, illustrates the difference in the mean score of breast milk volume for experimental group and control group. For consecutive 3 days breast milk volume mean score in experimental group is more than a control group. (Day 1 11.73ml>10.07ml; Day 2 as 28.93ml>17.47ml; and Day 3 as 43ml>25.6ml).

Table 1: Levene's test for evaluation of effect of acupressure for breast milk production

Day	Levene's Test for Equality of Variances						
	F	Sig.	T	Df	Sig. (2-tailed)	Mean Difference	Std. Error difference
Day1	Equal variances assumed	.363	.552	1.573	28	.127	1.667
Day2	Equal variances assumed	.060	.809	5.924	28	.000	11.467
Day3	Equal variances assumed	.816	.374	6.032	28	.000	17.400

Association of acupressure and breast milk volume:

According to Levene's independent t test, Day 2 $t(28)=5.924$ sig. 2 tailed values $0.0<0.05$, and day 3 $t(28)=6.032$ sig. 2 tailed values $0.0<0.05$, Shows statistical association between acupressure & breast milk volume for 2nd and 3rd day of intervention.

Opinion regarding acupressure intervention:

12 (80%) study subjects identified acupressure as a cause to increase the breast milk, 14 (93.33%) subjects responded that they would recommend acupressure intervention for other mothers, 13 (86.66%) subjects felt rested as their baby got enough milk.

DISCUSSION:

Results in present study is in line with a study conducted by Esfahani M, Berenji-Sooghe, Valiani, Ehsanpour, in which 60 breastfeeding mothers complaining of hypogalactia were studied. Bilateral acupressure was performed for 12 consequential days on the acupoints of SI1, LI4, and GB21 in the intervention group, as three sessions per week with each session conducted 2-5 times. The control group received only routine education. In data analysis the t-test showed no significant difference in the mean volume of milk in the two groups ($P = 0.543$). Analysis of variance (ANOVA) test showed a significant difference in the mean volume of milk at 2 and 4 weeks after the intervention ($P < 0.001$). Acupressure method was found to be effective than the other method i.e. education. Therefore, application of acupressure as a method of alternative medicine to increase breastfeeding is suggested.

CONCLUSION:

Many postnatal mothers have an extreme concern regarding the adequacy of breast milk. This concern prompts the use of top milk feeding. This coupled with the mother's anxiety, starts a vicious cycle and the amount of breast milk may actually start decreasing. The present study showed the effectiveness of acupressure intervention on breast milk production. Acupressure can be considered as prudent strategy for boosting up of breast milk supply among post-natal mothers. Acupressure is a practical method and will not pose strain on the health system for resources

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