



EFFECTIVENESS OF NURSING INTERVENTIONS ON SELECTED NEONATAL OUTCOME PARAMETERS AMONG MOTHERS WITH BREAST COMPLICATIONS IN GOVERNMENT VICTORIA HOSPITAL, KOLLAM.

Nursing

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ABSTRACT

Introduction: Breastfeeding is universally recognized as the best way to feed an infant because it protects mother and infant from a variety of health problems. Even so, many women who start out breastfeeding stop before the recommended minimum of exclusive breastfeeding for six months. Often, women stop because common problems interfere with their ability to breastfeed. Luckily, with sound guidance and appropriate medical treatment, most women can overcome these obstacles and continue breastfeeding for longer periods.

Materials And Methods

- Research approach: In this study, quantitative approach was used
- Research design: Quasi experimental pretestposttest control group design.
- Sampling Technique: In this study, Purposive sampling was used.
- Sample: In this study, the sample consisted of 100 postnatal mothers who met sampling and inclusion criteria.
- Tools:

SECTION – A: Proforma to assess the demographic variable (age, parity, weeks of gestation, place of living, type of delivery, education, occupation, and family support system).

SECTION – B: LATCH breastfeeding charting scale.

SECTION – C: Selected neonatal outcome parameters check list.

Result: The data were analyzed using both descriptive and inferential statistics on the basis of the hypotheses of the study. The study result shows that the mean posttest score of neonatal outcome (20.1 ± 1.39) of experimental group was higher than the mean pretest score of neonatal outcome (13.3 ± 1.77) and the calculated 't' value (15.3) is greater than the table value (2.05). Therefore there was significant difference between the pretest and posttest scores of neonatal outcome parameters among mothers in experimental group. The mean posttest score of neonatal outcome in experimental group (20.1 ± 1.39) was higher than the mean posttest neonatal outcome parameters score of control group (14.7 ± 1.68) and the calculated 't' value (19.2) is greater than the table value (1.98). So there was a significant difference between the mean posttest scores of neonatal outcome parameters among experimental and control group, and both were significant at 0.05 level of significance.

Conclusion: The findings of the study revealed that there was statistically significant difference between the mean posttest scores of neonatal outcome parameters among experimental and control group, after the administration of the intervention in the selected samples. So the present study shows that nursing interventions were effective in improving the neonatal outcome parameters among mothers with breast complication.

KEYWORDS

Nursing interventions; mothers breast complications; neonatal outcome parameter.

INTRODUCTION

Breast feeding provides a unique emotional experience for the nursing mother and the baby. Breastfeeding is the one parenting behaviour that only the mother can do for her baby, creating a unique and powerful physical and emotional connection. Breastfeeding is universally recognized as the best way to feed an infant because it protects mother and infant from a variety of health problems. Even so, many women who start out breastfeeding stop before the recommended minimum of exclusive breastfeeding for six months. Often, women stop because common problems interfere with their ability to breastfeed. Luckily, with sound guidance and appropriate medical treatment, most women can overcome these obstacles and continue breastfeeding for longer periods.

MATERIALS AND METHODS

Quantitative approach with quasi experimental pretest posttest control group design was used in this study. Institutional ethics clearance certificate was obtained from Bishop Benziger College of Nursing, and consent from the concerned authority of Gov. Victoria Hospital, Kollam. The study was carried out during the period from 2-12-2019 to 28-12-2019. 100 samples were selected by using purposive sampling method. The purpose of the study was explained and informed consent was obtained from samples. Samples were asked to give baseline information. The pretest was conducted for both the experimental and control group. Then nursing interventions for reducing breast complications were given on the same day for the experimental group and routine care was provided for control group. On the fourth day the researcher check the weight of the baby, skin turgor, skin colour, cry, assessing the fontenells, number of time stool and urine passing, and reflexes. The experimental group was supervised by the researcher for three days and on the fourth day posttest was conducted for both experimental and control group using the same tool. The data collection was terminated by thanking the participants for their co-operation. The data collected was then

compiled for analysis.

RESULTS

Frequency and percentage distribution of demographic data

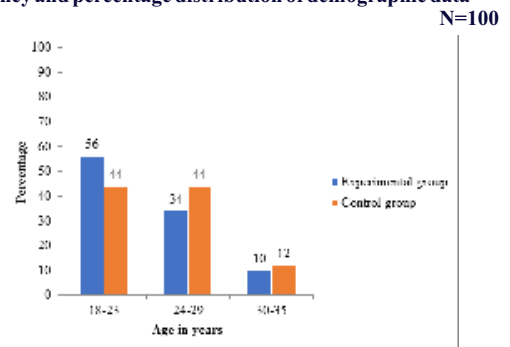


Figure 1: Percentage wise distribution of the sample according to age
N=100

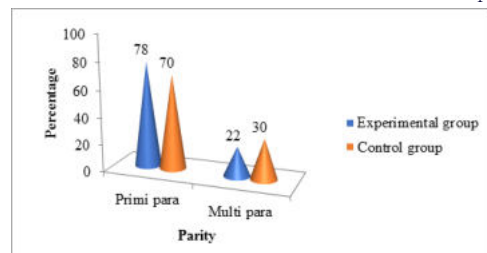


Figure 2: Percentage wise distribution of the sample according to parity
N=100

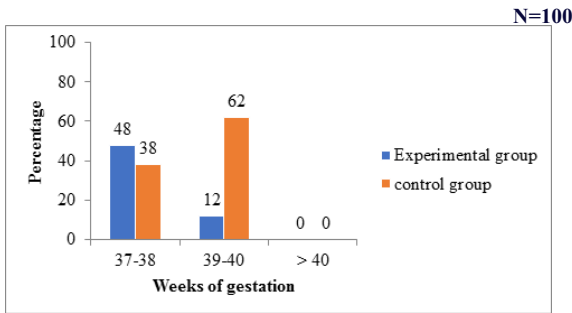


Figure 3: Percentage Wise Distribution Of The Sample According To Weeks Of Gestation

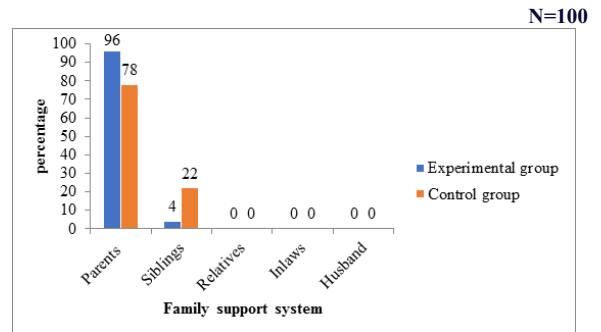


Figure 8: Percentage wise distribution of the sample according to family support system

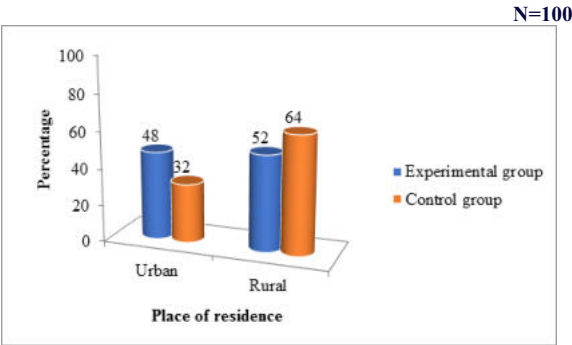


Figure 4: Percentage wise distribution of the sample according to place of residence

Table 1: Frequency and percentage of LATCH pretest scores among mothers with breast complications in experimental and control group.

LATCH charting scale	Score	Experimental group		Control group		Total
		Frequency	Percentage	Frequency	Percentage	
Poor	0-3	0	0	0	0	0
Moderate	4-7	49	49	48	48	97
Good	8-10	1	1	2	2	3

Table 2: Frequency and percentage of pretest scores of neonatal outcome parameters among mothers with breast complications in experimental and control group.

Neonatal outcome parameters	Score	Experimental group		Control group		Total
		Frequency	Percentage	Frequency	Percentage	
Poor	0-9	0	0	0	0	0
Moderate	10-17	49	49	48	48	97
Good	18-26	1	1	2	2	3

Table 3: Mean, mean difference, standard deviation and unpaired 't' value of pretest neonatal outcome parameters scores in experimental and control group

Group	Mean	Mean Difference	SD	t value
Experimental group	13.3	1.4	1.77	0.33
Control group	14.7		1.68	

t(98)=1.98, Not significant at 0.05 level of significance

Table 4: Mean, mean difference, standard deviation and paired 't' value of pretest and posttest neonatal outcome parameters scores in experimental group

Test	Mean	Mean difference	SD	t value
Pretest	13.3	2.7	1.77	15.3
Posttest	20.1		1.39	

t(49)=2.05, *Significant at 0.05 level of significance

Table 5: Mean, mean difference, standard deviation and unpaired 't' value of posttest score of neonatal outcome parameters among mothers in experimental and control group

Group	Mean	Mean Difference	SD	t value
Experimental group	20.1	5.4	1.39	19.2
Control group	14.7		1.68	

t(98)=1.98, *Significant at 0.05 level of significance

Table 6: Association between pretest scores of selected neonatal outcome parameters and selected demographic variables such as age, parity, weeks of gestation, type of delivery, and place of living, education, occupation and family support system.

Demographic variables	Neonatal outcome		df	Chi square	Table value	Significance
	Moderate	Good				
Age in years						
18-23 years	44	6	2	0.85	5.99	NS
24-29 years	34	5				
30-35 years	9	2				

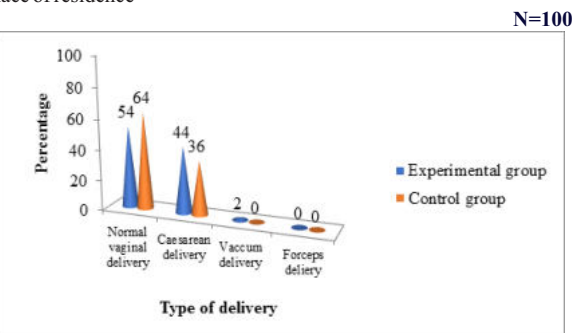


Figure 5: Percentage wise distribution of the sample according to type of delivery

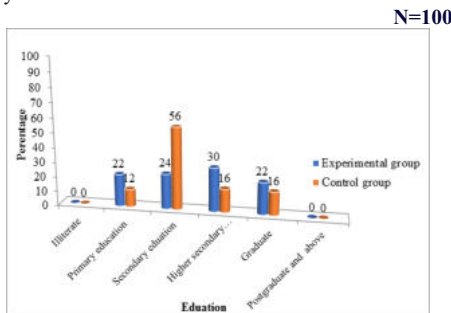


Figure 6: Percentage wise distribution of the sample according to education

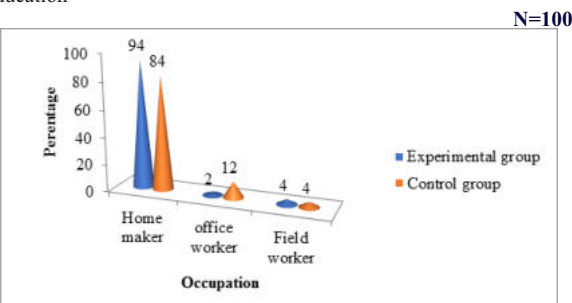


Figure 7: Percentage wise distribution of the sample according to occupation

Parity						
Primi para	71	3	1	0.16	3.84	NS
Multi para	23	3				
Weeks of gestation						
37-38wks	41	2	1	0.17	3.84	NS
39-40 wks	57	0				
Place of residence						
Urban	39	3	1	1.96	3.84	NS
Rural	54	4				
Type of delivery						
Normal vaginal delivery	56	3	2	0.85	5.99	NS
Caesarean delivery	37	3				
Forceps delivery	1	0				
Education						
Primary education	12	5	3	0.27	7.82	NS
Secondary education	36	4				
Higher secondary education	20	3				
Graduate	12	8				
Occupation						
Home maker	85	4	2	0.67	5.99	NS
Office worker	4	3				
Field worker	3	1				
Family support system						
Parent	82	5	1	0.31	3.84	NS
Siblings	10	3				

0.05 level of significance NS- Non significant

DISCUSSION

The findings of the present study was supported by a study conducted by Hassan Boskabadi (2014) to assess the risk factors of breast problems in mothers and its effects on newborns. The case-control study was conducted on 566 infants referred to Mashhad Ghaem Hospital clinic in Iran. Researchers filled out the questionnaire with the relevant neonatal and maternal information and recorded the mothers' breasts problems after examination. Then the infants were divided into two groups: Infants whose mothers complained from breast problems (case group), and the infants whose mothers did not have any breast problems (control group). Finally, two groups were compared with respect to the maternal and neonatal risk factors. The two groups were matched on these variables: parity ($P = 0.861$), maternal weight ($P = 0.577$), education level ($P = 0.807$), pregnancy complications ($P = 0.383$), gestational age ($P = 0.161$), APGAR score ($P = 0.530$), birth weight ($P = 0.090$), infant gender ($P = 0.439$), and infant age ($P = 0.152$). Case group vs. control group showed significant differences regarding prenatal care, mode of delivery, lactation status and the letdown reflex, serum sodium, frequency of urination and defecation, new weight and supplementation ($P < 0.05$). The study concluded that breast problems were fewer in mothers who had prenatal care, normal vaginal delivery, proper breastfeeding position, and let down reflex. Study revealed that improved neonatal outcome by means of effective nursing interventions among mothers with breast complication.

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