



“AN OBSERVATIONAL STUDY ON SUCCESS OF BREASTFEEDING TECHNIQUES AMONG POSTNATAL PRIMIPARA MOTHERS IN SELECTED HOSPITAL, NERUL, NAVI MUMBAI”

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Abstract:-

Background:

Breastfeeding is a complete food for an infant. Colostrum is a 1st immunization to prevent six killer diseases. EBF is one of the natural family planning methods for spacing between two children breast milk protects against allergies, sickness & infection. Provide counselling in ANC period about breastfeeding techniques & attachment.

Aims: To explore the result of successful breastfeeding techniques among the PNC mothers.

Objectives:-

1. To determine the breast feeding success among postnatal mothers.
2. To find an association on breast feeding success with selected demographic variables.

Methods: Research methodology is the overall plan for addressing the research problem. It covers multiples aspects of the study structure. It acts as a guide for planning, implementation and analysis of the study. It includes the descriptions of the research approaches, research design, variables, sampling design, descriptions of the tool, pilot study and planned format for data collection and a plan for data analysis.

Result:- Among the 50 Primipara mothers almost 42% of the postnatal primipara mother belong to age group 21-24 years, 22% to 17-20 years of age group, 30% to 25-28 years of age, 4% to 29-32 years of age group, 2% to 33-36 years of age, 68% of postnatal primipara mother used cradle hold position, 20% of primipara mother used cross cradle hold position, 12% of postnatal primipara mother used sideline position. 84% of Mothers have good latching of baby while 16% is having poor latching of baby

Conclusion: The most commonly factors affect on breast feeding is age, different positions & type of delivery that need to educate before planning pregnancy & during ANC period

Key words: Observational, breastfeeding technique, Study, Success, Breastfeeding techniques, Postnatal Mother, Primipara

INTRODUCTION

Breastfeeding is a crucial and unrivalled way of providing ideal food for the healthy growth and development of infants under modern health care, human breast milk is considered the healthiest form of milk for babies. Only under exceptional circumstances can a mother's milk be considered unsuitable for her infant. WHO also recommends exclusive breast feeding

for the first six months of life. The health care system and society at large. Colostrum, the yellowish sticky breast milk produced at the end of pregnancy, is recommended by WHO as the perfect food for the newborn and all mothers should be inculcated to practice giving first feed (colostrum) to the infant. Breast feeding does not require any cost 5 Countries- China, India, Indonesia, Mexico, Nigeria- account for over 2,36,000 child death every year because of inadequate breastfeeding. India had the highest EBF prevalence (79.2%). The positive trend in EBF in India & in most state is promising & provides much needed impetus for more concerted action on an area of nutrition.

Breast feeding has a great impact on the infant morbidity and mortality rate. According to survey infant mortality rate in 2019. In India- 28 deaths per 1000 live birth. In Maharashtra- 10 deaths per 1000 live birth. Back five years that in 2015 mortality rate was in India- 37 deaths per 1000 live birth. In Maharashtra- 12 deaths per 1000 live birth. Many studies identified that young and primipara mothers were in need of support and guidance for appropriate breastfeeding. Successful breastfeeding involves correct positioning of the infant at the breast to stimulate the oral sucking reflex of the child. To measure the breastfeeding success among postnatal mother.

Breastfeeding is a complete food for an infant. Colostrum is a 1st immunization to prevent six killer disease. EBF is one of the natural family planning method for spacing between two children breastmilk protects against allergies, sickness & infection. Provide counselling in ANC period about breastfeeding techniques & attachment.

NEED OF THE STUDY

Breast feeding was the common practice since ancient times and it is practiced even today. With the 18th and 19th century industrialisation in the Western world, working mothers in many urban centres began dispensing breast feeding due to their work requirements. Under modern health care, human breast milk is considered the healthiest form of milk for babies. It also promotes the health of both mother and infant and helps to prevent disease.

WHO states that, the vast majority of mothers can and should breast feed, just as the vast majority of infants can and should be breast fed. Only under exceptional circumstances can a mother's milk be considered unsuitable for her infant. WHO also recommends exclusive breast feeding for the first six months of life. AAP (American Academy of Paediatrics) recommends exclusive breast feeding for the first six months of life and it should be continued for at least the first year of life and beyond for as long as mutually desired by mother and child.

WHO also states that breast feeding is the normal way of providing young infants with the nutrients they need for healthy growth and development. Virtually all mothers can breastfeed, provided they have accurate information and the support of their family. The health care system and society at large. Colostrum, the yellowish sticky breast milk produced at the end of pregnancy, is recommended by WHO as the perfect food for the newborn and all mothers should be inculcated to practice giving first feed (colostrum) to the infant.

Problem statement:-“ An observational study on success of breastfeeding techniques among postnatal primipara mothers in selected hospital, Nerul, Navi Mumbai.”

Objectives of the study:-

1. To determine the breast feeding success among postnatal mothers.
2. To find an association on breast feeding success with selected demographic variables.

Assumption:-

There may be or may not be breast feeding success among PNC mothers.

Research hypothesis:-

Ho :- There may not be breast feeding success among postnatal primipara mothers.

H1 :- These may be breast feeding success among postnatal primipara mothers.

H2 :- There may be significant association between breast feeding success & demographic variables.

Materials and method:-

The research design used for the study observed during the proper following of the test, positioning of the baby while breastfeeding was observed by the means of observational study. The study was conducted in Dy Patil Hospital, Nerul and Meenatai Hospital, Nerul, Maharashtra, India. Non-probability sampling technique was used to select sample of 50 postnatal mothers.

Selection of the tools:-The tool consist of two section

SECTION:- I- Demographic variables of postnatal mothers

Demographic variables consists of age, religion, positioning and latching on

SECTION:- II- Clinical data :- Type of delivery , PNC status

Organization and presentation of data:-

Raw data was collected and entered in master sheet for the statistical analysis. It was interpreted using descriptive statistics. The data findings have been organized and presented under following sections:

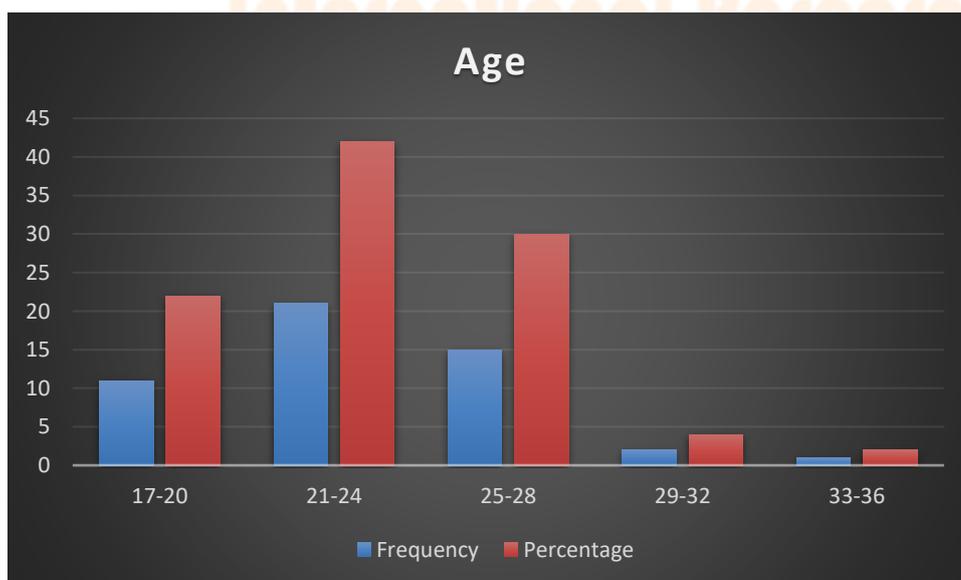
SECTION I :- Demographic data

SECTION II :- Observational check-list For Breast-feeding Techniques

Section-1:-Demographic data

Table-1:- distribution of postnatal primipara mother is according to their demographic data.

Age	Frequency	Percentage%
17-20	11	22.0
21-24	21	42.0
25-28	15	30.0
29-32	2	4.0
33-36	1	2.0
Total	50	100.0

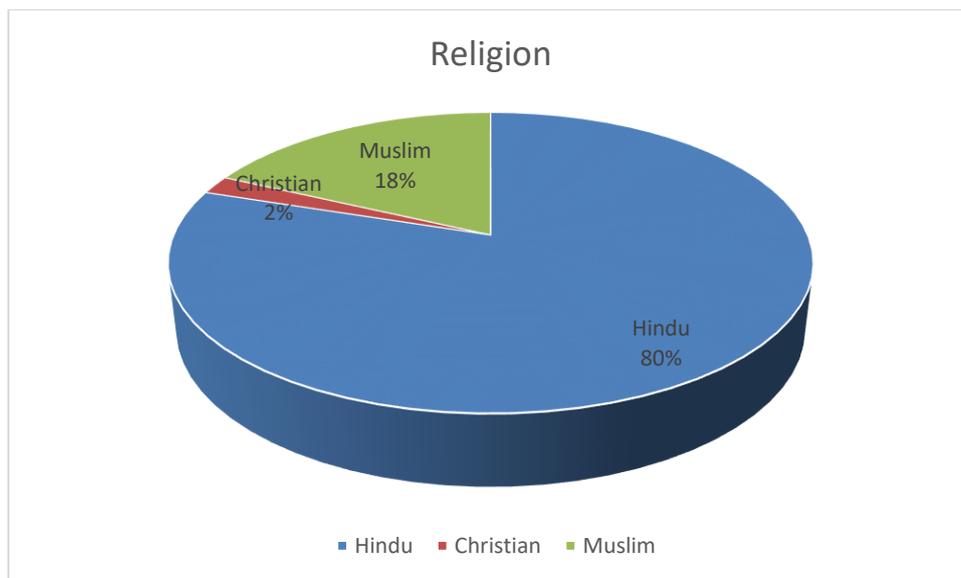


Almost 42% of the postnatal primipara mother belong to age group 21-24 years, 22% to 17-20 years of age group, 30% to 25-28 years of age, 4% to 29-32 years of age group, 2% to 33-36 years of age

Table:-2

Distribution of primipara mother according to their religion.

Religion	Frequency	Percentage %
Hindu	40	80.0
Christian	1	2.0
Muslim	9	18.0
Total	50	100.0



80% of postnatal primipara mothers belongs to Hindu, 18% of postnatal primipara mother belongs to Muslim religion and 2% postnatal primipara mother belongs to Christian

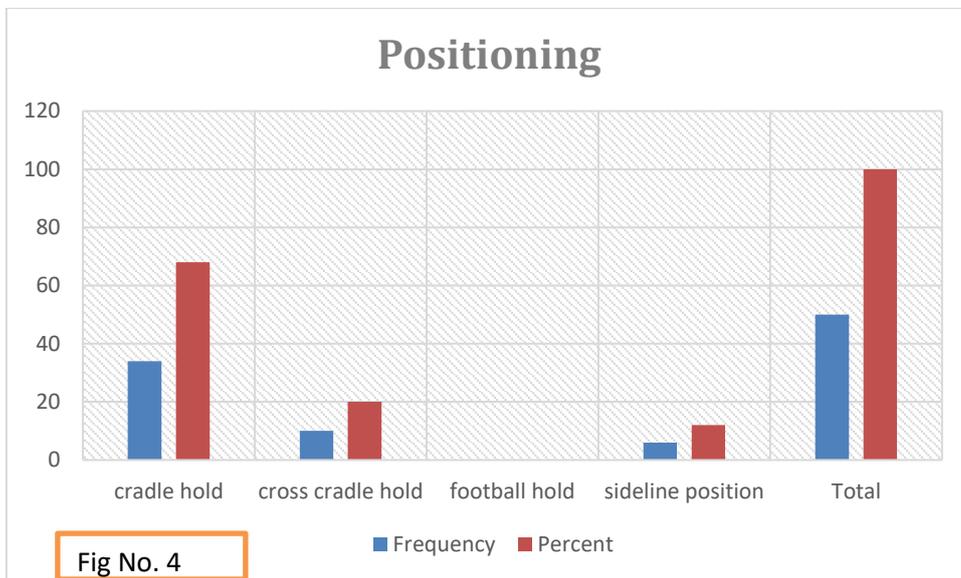
Section-2

This section deals with position of postnatal primipara mother at selected hospital.

Table-3

Distribution of the primipara mother according to positioning.

Positioning	Frequency	Percentage%
cradle hold	34	68
cross cradle hold	10	20
Football hold	0	0
sideline position	6	12
Total	50	100



68% of postnatal primipara mother used cradle hold position, 20% of primipara mother used cross cradle hold position, 12% of postnatal primipara mother used sideline position.

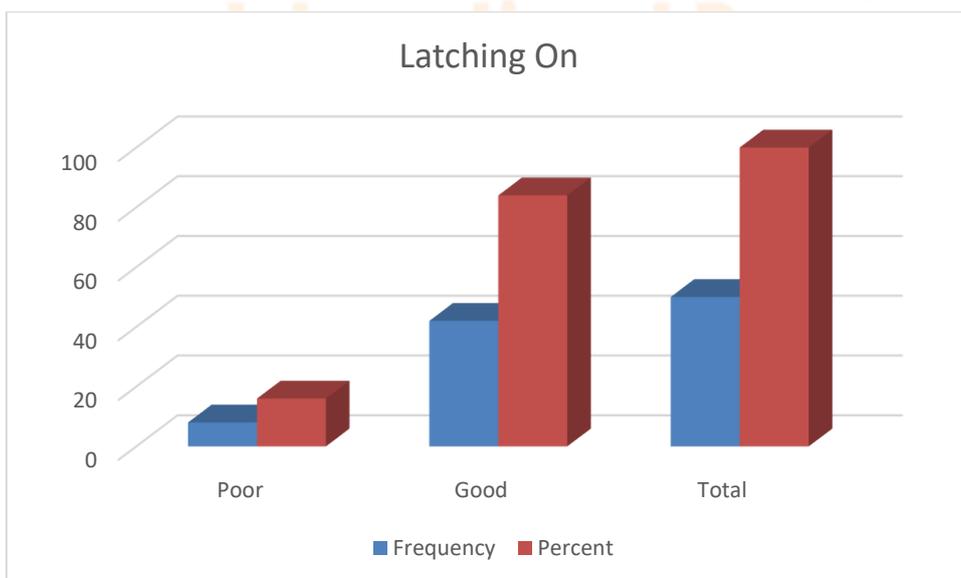
Section- 3

This section deals with latching of the baby

Table 4 :-

Distribution of the mothers according to latching on

Latching On	Frequency	Percent
Poor	8	16
Good	42	84
Total	50	100



84% of Mothers have good latching of baby while 16% is having poor latching of baby

DISCUSSION:-

A cross section study on breast feeding technique among postnatal primipara mother at selected hospital in Nerul. Study on observational breast feeding technique it is been observe that majority of primipara mother are in the age group of 21-24 years among 50 samples. In this study 34 mothers used cradle hold position, 10 mothers used cross cradle position, 6 mothers used sideline position, and no mothers used football position while breastfeeding. In latching 42 mothers are good in latching while 8 are poor in latching. There are no associations of latching with the age.

CONCLUSION:-

Association of demographic data with position and latching. There is no association is seen of demographic data with position and latching.

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