

TO ASSESS LACTATION AMONG POST-NATAL MOTHERS

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Background of the study: Patients admitted in maternity ward and Nurses working in maternity ward with perceived learning needs and nursing care priority needs. However, most studies have tended to focus on the knowledge of mother in different aspects and the research primarily been conducted in the hospital. **Objectives:** To assess lactation among post-natal mothers admitted in tertiary care hospital. **Methods:** A descriptive study was conducted among the postnatal mothers at selected tertiary care center Karad. A total of 60 postnatal mothers were selected by Purposive Sampling Technique. Data was collected by using Semi structured questionnaire for background information and lactation assessment by using **LATCH** scale. **Results:** The findings state that most of the post natal mothers do not have knowledge about how to improve lactation. To assess the progress in level of lactation pretest was conducted and the result was poor. **Conclusion:** The findings state that most of the post natal mothers have less knowledge about how to improve lactation. To assess the progress in level of lactation pretest was conducted and the result was poor.

KEYWORDS: LACTATION, POST-NATAL MOTHERS

Introduction

Breast milk is the natural first food for babies, it provides all the energy and nutrients that the infant needs for the first months of life, and it continues to provide up to half or more of a child's nutritional needs during the second half of the first year, and up to one third during the second year of life. Breast milk promotes sensory and cognitive development, and protects the infant against infectious and chronic diseases. Exclusive breastfeeding reduces infant mortality due to common childhood illnesses such as diarrhea or pneumonia, and helps for a quicker recovery during illness.¹

WHO estimates that 1.5 million infant lives could be saved each year through increased breast feeding.² One -fifth of neonatal deaths could be prevented by early initiation of exclusive breast feeding.³ most mothers want to breast feed their baby, but they just don't know how to do it. Mostly new mothers do not realize breast feeding is a learned art that requires practice and

patience. Optimal learning should take place before the baby enters the world, not a week or two after the delivery.²

Need for study

Global incidence shows that optimal breastfeeding is the most important child survival intervention and the earlier the baby is breastfed, within the first hour of birth, the better. Only 25 % of mothers in country initiate breastfeeding within the first hour after birth, whereas in Rajasthan is 14 %, while in Bihar and Uttar Pradesh is 4 % and 7 %. The Government of India and international organizations recommend that infants be fed only breast milk for the first six months of life, with no other foods or fluids added, not even water.³

Problem statement: A STUDY TO ASSESS LACTATION AMONG POST-NATAL MOTHERS AT TERTIARY CARE CENTER

Objectives -To assess initiation of lactation among post-natal mothers admitted in tertiary care hospital.

Materials and methods

Research Approach:- The research approach used in this study was a quantitative approach

RESEARCH DESIGN-Descriptive Research Design was used to assess lactation among post-natal mothers admitted in tertiary care hospital.

RESEARCH SETTINGS:- The study was conducted in postnatal ward of Krishna Hospital Karad.

SAMPLING TECHNIQUE – Purposive Sampling Technique

SAMPLE SIZE- 60 Postnatal Mothers were selected by Purposive Sampling Technique

Tool

1. Socio demographic variables
2. Latch Breastfeeding Assessment Scale

LATCH Breastfeeding Assessment scale was developed by Jensen D,Wallase S and Kelsay P. This scale consists of 5 components comprises of Latch, Audible Swallow, Type of nipple, Comfort and Hold in which total score ranges from 0 to 10.

Scoring

Least favourable = 1- 3

Favourable = 4 - 6

Most favourable = 7 – 10

Result

Table 1: Distribution of subject according to socioeconomic variables

N-60			
Sr.no	Demographic Variables	Frequency	Percentage%
1.	Age		
	20-25	34	57
	26-31	26	43
2.	Education		

	Below 10th	11	18
	Above 10th	25	42
	Degree	24	40
3.	Type of family		
	Joint	35	58
	Nuclear	25	42
4.	Gestational week		
	37-40(Full term)	43	72
	Below 36(Preterm)	17	28
5.	Sex of baby		
	Male	29	48
	Female	31	52

Table -1: Depicts that the distribution of demographic variables. The distribution of the women based on the age shows that majority 34(57.33%) of women were in the age group 20– 25 years and least number of women 26(43%) were equally present in the age group 26 – 31 years. Majority of 25(42%) women above 10th education, 24(40%) women complete Degree and 11(18 %) below 10th education. The distributions of women based on the type of family reveals that majority of women about 35(58%) belong to joint family 25(42%) were from nuclear family. The gestational age of mothers reveals that about 43(72%) gestational age of 36-40(full term) and 17(28%) Below 35 (preterm) It was noted that 31(52%)were female babies and 29(48%) were male babies.

Table 2: Frequency and Percentage distribution of Post-natal mother's assessment of breastfeeding with LATCH Breastfeeding Assessment scale.

	LATCH score	Frequency	Percentage%	Mean	SD
1	Least favorable	32	53.33	20	12.53
2	Favorable	21	35		
3	Most favorable	7	11.66		

In the present study LATCH breast feeding assessment scale was used to assess the breast feeding. It was identified that 32(53.33%) postnatal mothers had least favorable LATCH while breast feeding the baby 21(35%) postnatal mothers had favorable and only 7(11.66%) postnatal mothers have most favorable LATCH while breast feeding the baby.

Discussion

Present study identified that 32(53.33%) postnatal mothers had least favorable LATCH while breast feeding the baby 21(35%) postnatal mothers had favorable and only 7(11.66%) postnatal mothers have most favorable LATCH while breast feeding the baby. Similar study was conducted by Dr. R. Danasu (2015) on effectiveness of reflex zone Stimulation on initiation and maintenance of lactation among lactation failure mothers at SMVMCH, Kalitheerthalkuppam and Pondicherry. the rate of breastfeeding at early postpartum was 75.0 % at 6 month of age was

43.0% and at 12 month was 22.2%. Apparently, more than 50% of mother failed to breastfeed their baby adequately

Conclusion- The findings state that most of the post natal mothers do not have adequate knowledge about how to improve lactation. Assessment level of lactation study was conducted and the result was poor.

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