

Assessment of knowledge regarding breastfeeding technique among cesarean section mothers admitted in Tertiary Care Hospital

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Abstract:

Background:

Caesarean section is one of the barriers for early initiation of breast-feeding. Initiation of breast-feeding is often delayed because mothers who delivered through caesarean section often need some extra time to recover before they physically feel like holding and nursing their baby. The nurse must help the mother to develop the necessary skills so that she is able to feed her baby by herself. Breastfeeding advocates have long promoted the idea that women who have had a caesarean need extra support and help to establish breastfeeding. Breast-feeding is the ideal method suited for the psychological and physiological needs of the infants. It is the best food for the neonates due to its unique physical, biochemical and immunological qualities

Aim: To identify barriers and enhance for breastfeeding technique among cesarean mothers.

Objectives: To assess knowledge regarding breastfeeding technique among cesarean mothers admitted in Tertiary Care Hospital

Methods: A quantitative approach with quasi experimental, 60 Post LSCS mothers were selected by using Non probability convenient sampling technique.

Result: Study revealed that out of 60 post-natal cesarean mother , 15 (23.33 %) have good knowledge about breast feeding technique whereas 31 (51.67 %) mothers are having average knowledge as well 14 (25 %) cesarean mothers had poor knowledge regarding breastfeeding technique.

Conclusion: The study evident that there is need to educate caesarean mothers regarding breastfeeding technique after delivery.

Key words: Assessment, knowledge , breastfeeding technique, caesarean mothers.

Introduction:

Breast feeding is fundamental to health and development of the children and also important for mother's health and there is no substitute for mothers love. Mother's milk is the first and most Psychological and physiological needs of the infants¹.

Breastfeeding is one of the oldest practices, recommended in the ancient Hindu scriptures, Holy Quran and Biblical records² Breastfeeding confers short-term and long-term benefits on both

child and mother, including helping to protect children against a variety of acute and chronic disorders³. Effective breastfeeding is a function of the proper positioning of mother and baby and attachment of child to the mother's breast.⁴ Positioning of the baby's body is important for good attachment and successful breastfeeding good attachment and positioning are achieved at the first and early feeds⁵

An effective sucking technique is considered important to establish breastfeeding, to ensure milk transfer, and to prevent breastfeeding problems.⁶ The baby's positioning and attachment to the breast during breastfeeding are fundamental toward the occurrence of different sorts of nipple trauma⁷ Breast feeding is fundamental to health and development of the children and also important for mother's health and there is no substitute for mothers love. Children are our future and our most precious resource.

Mother's milk is the first and most precious gift to her offspring. For laying the foundation of good health first year of life is critical. At this time certain biological and psychological needs must be met to ensure the survival and healthy development of the child into the future adult. Breastfeeding is the ideal method suited for the psychological and physiological needs of the infants.⁸ Breast feeding is accepted as the unique, natural and nutritious food provided by nature for newborn. It is universally acknowledged to be the best and complete food for the infants including sick and preterm neonates. It is the best food for the neonates due to its unique physical, biochemical and immunological qualities.⁹

One of the biggest hurdles in initiation of breastfeeding in hospital-born babies for Cesarean mothers¹ Various studies have shown that infants born by cesarean section are four times less likely to receive breastfeeding within first hour of birth than vaginally delivered infants.¹¹

After cesarean section, mothers and babies are frequently monitored for several hours, often in separate rooms. This deprives them from the opportunity of breastfeeding and bonding. In India, the rates of institutional deliveries are now more than 80% and number of cesarean sections is increasing at an alarming rate. The rates of cesarean section vary from 11% to as high as 74%.¹²

Delay in first breastfeeding can cause critical differences in hormone levels and impact milk supply. It also helps delay the appearance of mature milk, putting the baby at risk for dehydration or excessive weight loss after birth, which often leads to supplementary formula. All of this combines to undermine a woman's confidence and desire to breastfeed. For establishing breast feeding early and frequent breastfeeding is extremely important .Studies show that the more the first breastfeeding are delayed, the higher the rate of problem. Similarly, frequently breastfeeding (every 2-3 hours or so) in the first day is very important in helping the mature milk to come in more quickly. Problem associated with breastfeeding during hospitalization are unsuccessful latching on, positioning problems, and the perception that the milk supply is inadequate, mastitis, breast engorgement, inverted nipples. Early initiation of breast feeding would decrease common breast feeding problems during hospitalization.¹³

With regard to above data there is urgent need to make mothers aware about breast feeding technique.

Materials and Methodology:

Research Approach: Quantitative Research Approach

Research Design: Quasi experimental

Setting: The study is conducted in Tertiary Care Hospital, Karad.

Population: In the present study, the populations consist of mothers who underwent lower segment caesarean section.

Target population: Mothers who underwent LSCS. in Tertiary Care Hospital, Karad

Sample : Mothers who underwent caesarean section.

Sampling Technique : Non-probability Convenient Sampling Technique.

Sample Size : 60 Post LSCS mothers

Sampling Criteria:

Inclusion criteria:

Mothers –

- Who underwent LSCS
- Who are willing to participate in this study.

Exclusion criteria:

Mothers-

- Who are contraindicated for breast feeding.
- Mothers of babies placed in NICU.

Variables:

Independent variable: Breast feeding technique

Dependent Variable : Outcome of breast feeding among mothers and babies

Description of the Tool:

Tool consists of three parts.

Part-I:

Section I: Socio-demographic variables of subjects in Tertiary Care Hospital Karad.

This section elicited the socio-demographic information of the subjects regarding name, age, education, occupation, dietary pattern, & type of family.

Section II - Part (A) – Knowledge of subjects regarding breastfeeding among cesarean mothers . This part of the tool consisted of 6 knowledge test items covering breastfeeding among cesarean mothers.

Section II - (B): breastfeeding technique among cesarean mothers.

This part of the tool consisted of 6 items on breastfeeding position and technique.

- a) Pre-test The structured knowledge questionnaire was administered to assess the knowledge on breastfeeding among cesarean mothers. The total numbers of items were 18. Each correct item carried „1“ score & in-correct item carried „0“ score on 25/01/2022.

Analysis

Table -1- The data presented in this table indicates that demographic of women with caesarean section delivery.

The present study revealed that the majority of the mothers were between 21 and 23 years of age in that 20 (33.33%) women's majority belongs from 24 - 26 year age 41.67% group.

Majority 25 (41.67%) of the subjects are belonged to Hindu religion. majority 36 (60%) from joint family. 29(48.34 %) mothers were educated up to secondary school. 46 (76.66%) mothers are taking mixed diet. Majority 33 (55%) subjects were housewife.

Section II:

Table No II- Area wise distributions of subjects according to knowledge pretest scores regarding breastfeeding among caesarian mothers admitted in Tertiary Care Hospital Karad.

N = 60

Area of Analysis	Knowledge Regarding breast feeding technique among Caesarian Mothers	No. of Subjects	Percentage
Knowledge Regarding breast feeding technique among Caesarian Mothers	Good	15	23.33
	Average	31	51.67
	Poor	14	25
	Total	60	

Depicts that the 15(23.33%) mothers having good knowledge about breastfeeding position and technique after caesarean delivery whereas 31 (51.67%)mothers having average knowledge of breastfeeding position and technique after caesarean delivery and 14 (25%) mothers having poor knowledge of breastfeeding position and technique after caesarean delivery.

Table No. III- Distribution of subjects according to mean, median, mode, SD, and range of pretest knowledge scores regarding breastfeeding position and technique

N=60

Area of Analysis	Mean	Median	Mode	SD	P value
Knowledge Regarding breast feeding among Caesarian Mothers	5.85	6.000	6	2.049	>0.0001

Discussion:

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 improvement, and protects the infant towards infectious and chronic sicknesses. Exclusive breastfeeding reduces little one mortality due to common childhood ailments such as diarrhea or pneumonia, and facilitates for a quicker healing at some point of illness. The present study showed that majority of the caesarean mothers initiated the breastfeeding after 1 hour of the birth. The findings were supported by study¹⁴.

Most of the mothers (83%) initiated feeding after one hour of birth

In the present study it was found that maximum mothers belonged to age group of 24 to 26 years was 25 (41.67%) also were Hindu religion i.e 48 (80 %).¹⁵

Most of the mothers were belong to joint families 36 i.e (60%) having secondary education i.e 29 (48.3 %) study supported with Majority were educated till high school which is consistent with the finding of the study.¹⁶ and having mixed type of diet 46 (76.66%). Most of mothers were housewife 33 (55 %) .

Major finding of the study :

In the present study, indicated that pretest knowledge score was 15 (23.33%) of subjects were having good knowledge regarding breastfeeding technique where as 31 (51.67%) subjects are having average knowledge and 14 (25%) subjects are having poor knowledge about breast feeding technique.

Similarly **Mrs. Sushama Shete & S. H. Tata** that mean pretest knowledge score was 10.84 SD ± 4.25 about exclusive breast feeding. The study findings revealed that there is an association found in between age, education, residence.¹⁷

Findings of the present study indicated that there is deficit in knowledge and practice of mothers regarding exclusive breastfeeding. The findings of the study are in agreement with the findings of a study¹⁸ which showed that the mothers have low level of knowledge regarding exclusive breastfeeding. The findings of the study are also in conformity with the findings of a study.¹⁹

Ms. G. Aruna, Mrs. Radhika & Dr. S. Indira. concluded that in experimental group 43.3% of the mothers were doing moderately effective breast feeding and 56.7% of them were noted to practice ineffective breast feeding technique. In control group, there was a statistically significant association between demographic variables in control group such as education, occupation, family income and type of family.²⁰

Conclusions

The present study identified that there is deficit knowledge on breastfeeding positions among caesarean mothers.

Caesarean delivery mothers need encouragement and assistance for initiating early breastfeeding so that it can adhere to implementation of Baby Friendly Hospital Initiatives.

Implication of the study :

- 1.The study evident that there is need to educate caesarean mothers regarding breastfeeding technique after delivery.
- 2.The findings of the study helps the nurse administrator to take necessary step to arrange teaching program to improve the knowledge of breastfeeding technique among caesarean mothers.
- 3.Sufficient knowledge about breast feeding technique will help the mother in providing exclusive breast feeding to her baby till 6 month.

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