

## *International Journal of Scientific Research and Reviews*

### **A Descriptive Study to assess the Knowledge of Breast feeding problems and its management among Postnatal Mothers in a Selected Tertiary Care Hospital at Kelambakkam ,Kanchipuram District,Tamil Nadu, India.**

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#### **ABSTRACT**

A descriptive study to assess the knowledge of breastfeeding problems and its management among postnatal mothers in a selected tertiary care hospital at Kelambakkam, Kanchipuram district, Tamil Nadu, India. The objectives were to assess the knowledge of breast feeding problems and its management among postnatal mothers in a selected tertiary care hospital at Kelambakkam, Kanchipuram district, Tamil Nadu, India .To find out the association between level of knowledge with demographic variables.Hypothesis of the study was -There is no significant association between demographic variables and the knowledge of breast feeding problems and its management among postnatal mothers. The convenience sampling was used to selected 30 samples. The data collection tools were validated and reliability was established. The data were collected by self-administered questionnaire. The collected data tabulated and analyzed. Descriptive and inferential statistics were used. The study showed that 3.3% of the postnatal mothers had adequate knowledge, 36.6% of postnatal mothers had moderate knowledge, and 60% of postnatal mothers had inadequate knowledge regarding breast feeding problems and its management.

**KEY WORDS:** Knowledge ,Breast feeding problems,Postnatal Mothers

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## **INTRODUCTION**

Breastfeeding is an art and skills which need to be learned and mastered. This skill has to be learned and followed by mothers not only to feed their infants but to avoid breastfeeding problems. Breast engorgement is a painful and unpleasant condition affecting large number of women in the early postpartum period. Severe breast engorgement can cause substantial discomfort for mothers and interfere with an infant's ability to feed at the breast. Cracked nipple is a condition that can occur in breastfeeding women as a result of a number of possible causes. Flat or inverted nipples are not uncommon problems and although they should not preclude breastfeeding. Nipple pain/Tenderness or sore nipples is one of the most common issues cited by mothers in the first few days of breastfeeding. Mastitis or a poorly flowing milk can lead to an area of our breast becoming inflamed, in a painful condition called mastitis.

## **METHODOLOGY**

### ***Research Approach***

In this study, researchers assessed the knowledge of breast feeding problems and its management among postnatal mothers by using **Quantitative approach**

## **RESEARCH DESIGN**

**Descriptive research design** was used for the present study.

## **RESEARCH SETTING**

The study was conducted in Chettinad Health and Research Institute at Kelambakkam, Kanchipuram District, TamilNadu, India.

## **SAMPLE**

All the postnatal mothers in a selected tertiary care hospital.

## **SAMPLING CRITERIA**

### ***Inclusion Criteria***

The postnatal mothers who are within a week of puerperium Postnatal mothers available at the time of data collection in the postnatal ward The postnatal mothers who can understand Tamil

## **EXCULSION CRITERIA**

Postnatal mothers who are not willing to participate in the study Who have problems like depression and puerperal psychosis

## **SAMPLING TECHNIQUE**

The convenience sampling technique was adopted for this study.

## **SAMPLE SIZE**

The sample size=30

## **DESCRIPTION OF THE TOOL**

### **DATA COLLECTION TOOL**

A self-administered questionnaire was used as a tool for data collection .It was consisted the following parts.

#### **PART A**

A description of the demographic characteristics of the sample like Age, Parity, Educational status, Previous Experience.

#### **PART-B**

Question to assess the knowledge of breast feeding problems and its management among postnatal mothers which contains 15 questions, Each sample has taken 10 minutes to fill up.

### **SCORE AND INTERPRETATION**

**Total number of knowledge question-15 Each correct answer was given 1 mark.**

<b>SCORE</b>	<b>LEVEL OF KNOWLEDGE</b>
75 and above	Adequate knowledge
51-75%	Moderate knowledge
Below 50%	Inadequate knowledge

### **DATA COLLECTION PROCEDURE**

The researcher got prior permission and consent was obtained from sample. After getting permission, the questionnaire given to them. They read the questionnaire carefully and answered. Duration of data collection was 1 week.

### **ETHICAL CONSIDERATION**

UG Committee clearance obtained. Ethical clearance was obtained from Institutional Human Ethical Committee. Prior permission from the institution was obtained. Informed consent was obtained from each sample.

### **FINDING AND DISCUSSION**

Findings of the study were presented under the following headings based on the study objectives

#### **OBJECTION 1.**

To assess the level of knowledge of among among postnatal mothers in a selected Tertiary care hospital at Kelambakkam, Kanchipuram District, Tamil Nadu India.

The finding of the present study reveals that

1 (3.3%) of postnatal mothers had adequate knowledge

11 (36.6%) of postnatal mothers had moderate knowledge

18 (60%) of postnatal mothers had inadequate knowledge

**OBJECTION 2** : To associate demographic variables with the level of knowledge of breastfeeding problems and its management.

**FINDING-1**

Age and level of knowledge of breastfeeding problems and its management.

There was no significant association between the age and the level of knowledge of breastfeeding problems and its management  $\chi^2=0.88$ ,  $p (<0.05)$

**FINDING-2**

Education status and level of knowledge of breastfeeding problems and its management.

There was no significant association between the Education status and the level of knowledge of breastfeeding problems and its management  $\chi^2 =3.65$ ,  $p (<0.05)$

**FINDING-3**

Occupation and level of knowledge of breastfeeding problems and its management There was no significant association between the occupation and the level of knowledge of breastfeeding problems and its management  $\chi^2=0.52$ ,  $p (<0.05)$

**FINDING-4**

Type of Family and level of knowledge of breastfeeding problems and its management.

There was no significant association between the Type of family and the level of knowledge of breastfeeding problems and its management  $\chi^2=0.65$   $p (<0.05)$

**DISCUSSION**

The same study conducted by Anjali pushkar Tiwari et al in the year 2016 resulted that majority of the postnatal mothers had inadequate/poor knowledge regarding breastfeeding problems . In our study too the same result was found

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