



A Descriptive study to assess the knowledge regarding prevention and management of puerperal breast complications among primi postnatal mothers in selected government hospitals of district Mohali, Punjab

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ABSTRACT

Background: -In philosophy women symbolizes the mother's natural feminine characteristics in the universe. "Breastfeeding is one of the first bonding experiences between mother and child". Breast complications will not happen easily. When the baby is not sucking enough to completely drain all the milk glands then there is a chance to get breast engorgement and other breast complications. If the breast complications are severe, it can lead to other complications and affect the baby's nursing.

Aim: - A descriptive study was conducted to assess the knowledge regarding prevention and management of puerperal breast complications among primi postnatal mothers in selected government hospitals of districts Mohali, Punjab.

Methodology: - The study adopted non-experimental descriptive research design. Non-probability convenience sampling technique was used to select 100 primi postnatal mothers. The tool for the study was socio-demographic variables and structured knowledge questionnaire to assess knowledge regarding prevention and management of puerperal breast complication.

Result: - The Study finding revealed that maximum Primi Postnatal mothers (85%) had moderately adequate knowledge, (11%) had inadequate knowledge and (4%) had adequate knowledge. The p value is 0.005. There was no significant association between level of



knowledge of Primi Postnatal mothers with age, religion, type of family, educational status, occupation, dietary habits, place of residence, and source of information regarding puerperal breast complications.

Conclusion: *-Hence it can be concluded that Puerperal breast complications can be reduced by creating awareness about the preventive measures in puerperium rest and nutrition, maintaining a healthy weight, breast care before and after feed, early initiation of breast feeding.*

Keywords: *-Primi Postnatal mothers, knowledge, prevention, management, puerperal, breast complications.*



INTRODUCTION

Women are the primary care takers, bearers, and nurturers of the next generation. They are also vulnerable group. Among the women population in our country, the women under the child bearing age constitutes 22% .The incidence of health problems is high among the women of reproductive age. Women health is an issue which has been taken up by many feminists, especially where reproductive health is concerned. ¹

"Breastfeeding is one of the first bonding experiences between mother and child". The changes in the breast are best evident in the primi gravida. Increased size of the breast becomes evident even in early weeks. This is due to marked hypertrophy and proliferation of the ducts and alveoli which are marked in the peripheral lobules. ³

Stephanie schulzneurohr et al (2008) revealed that Breast feeding problems can be avoided if the mothers understand the basics of breast feeding techniques. Proper breast feeding techniques (positioning, latching and sucking) and “let-down” of milk is crucial to exclusive breast feeding and long term breast feeding success. ⁸

Breast engorgement and mastitis are disorders that will affect lactating women. Mastitis occurs in postpartum period and it's about 1% of pregnant women, mainly in primiparous who are breast feeding. It occurs occasionally in lactating females. ¹²

In the Grampian study 33% of all women experienced breast problems in the first 2 weeks postpartum, and 28% in the weeks thereafter. ¹³

OBJECTIVES

- To assess the knowledge regarding prevention and management of puerperal breast complications among Primi post natal mothers.



- To find out the association between knowledge regarding prevention and management of puerperal breast complications with socio demographic variables.
- To prepare health education Pamphlet in order to enhance the knowledge regarding prevention and management of puerperal breast complications among primi post natal mothers.

METHODOLOGY

A quantitative research approach and non-experimental descriptive research design was used for the study. The study was conducted in civil hospital, Phase 6 of District Mohali, Punjab. The study population consist of primi postnatal mothers in civil hospital Phase 6 District Mohali. 100 Primi postnatal mothers of civil hospital Phase 6, District Mohali were recruited as sample by using convenient sampling technique.

The data collection tool used for the study was demographic variables, structured knowledge questionnaire to assess knowledge regarding prevention and management of puerperal breast complication. The demographic variable included 8 items such as age, religion, type of family, educational status, type of family, occupation, dietary habits, and place of residence and source of information regarding Puerperal Breast Complications. . Structured knowledge questionnaire was prepared regarding prevention and management of puerperal breast complication which consist of 24 multiple choice questions.

Content validity of the tool was established by giving it to 7 experts in the field of Obstetrical & Gynaecological Nursing. The reliability of the knowledge questionnaire was done by Karl Pearson method which was found to be $r=0.7$ which indicated that tool was reliable.

The study was conducted after obtaining the formal permission from the authorities. The purpose of the study was explained and informed consent was obtained. Confidentiality was assured to all the samples. 100 primi postnatal mothers were selected for the main study from civil hospital Phase 6 District Mohali by using non probability convenience sampling



technique. Self structured knowledge questionnaire was administered to the study subjects after explaining them the purpose of the study.

Data was analyzed by descriptive and inferential statistics i.e. frequency and percentage distribution, mean percentage, median, paired t-test, unpaired t-test and chi square to determine the association knowledge with selected demographic variables.

RESULT

The collected data was analyzed by using descriptive statistics and the study findings are organized under following sections.

Section 1: Findings related to sample characteristics.

Majority (50%) of the primi postnatal mothers in hospital were in the age group of 23 to 27 years, followed by 25% were in the age group of 18 to 22 and 20% were in the age group of 28 to 32 years. Highest percentage(55%) of primi postnatal mothers were Hindu, 26% were Sikh, 12% were Christian and 7% were Muslim. Majority (55%) of these primi postnatal mothers come from Joint Families, 32% from Nuclear Families and 13% come from Extended Families. As far as their educational status is concerned, majority (69%) of primi postnatal mothers were educated up to graduate level, 22% were educated up to higher secondary and 9% were up to matric. The figures tell us that majority (48%) of primi postnatal mothers were in private job, 37% were homemaker, 10% were self employed and only 5% were in government job. Majority (73%) of these primi postnatal mothers were found to be non vegetarian whereas the rest (27%) were found to be vegetarian. The major part of this population (79%) comes from rural areas and rest (21%) were from urban areas. Nearly 48% of these primi post natal mothers gained the knowledge of puerperal breast complications from their parents and family members, 30% of them were educated by their friends and



relatives, 12% were educated by health personal and remaining 10% got to know about puerperal breast complications by mass media.

Section 2: - Findings related to the knowledge assessment regarding Prevention and management of Puerperal breast complications.

Knowledge Level	Frequency	Percentage
Adequate Knowledge	4	4%
Moderate Knowledge	85	85%
Inadequate Knowledge	11	11%
Total	100	100%

The above table depicts the level of knowledge of Primi postnatal regarding prevention and management of Puerperal breast complications. Maximum Primi postnatal mothers (85%) had moderate knowledge, (11%) had inadequate knowledge and (4%) had adequate knowledge.

Section 3: - Findings related to the association of knowledge regarding prevention and management of puerperal breast complication with socio-demographic variables.

Chi square test used to associate the level of knowledge and socio-demographic variables. The Chi-square value shows that there is no significance association between the level of knowledge of Primi postnatal mothers with age, religion, education, occupation, dietary habits, place of residence and source of information.



Section 4: - Findings related to the to prepare and distribute a Pamphlet on prevention and management of Puerperal breast complications.

The present study shows that the Pamphlet can increase the level of knowledge of Primi postnatal mothers regarding prevention and management of Puerperal breast complications. Therefore, it is concluded that the Pamphlet was effective in improving the knowledge of Primi postnatal mothers regarding prevention of Puerperal breast complications, Women who read the information booklet can bring out long-term change in their behaviour, thereby improving their quality of life.

CONCLUSION

On the basis of total mean score findings reveals that puerperal breast complications can be reduced by creating awareness about the benefits of adequate post-partum rest and nutrition, early and frequent breast feeding, correct latch on, applying Lanolin oil or Vitamin E on breast, Gently rub a drop of expressed milk into the sore area, cleaning the nipple before and after each feed and keeping them dry. Extensive information, preventive programs will be the key to reduce the risk of puerperal breast complications and improving the knowledge of Primi postnatal mothers prevention and management of Puerperal breast complications.



ACKNOWLEDGEMENT

First of all I humbly bow before **Almighty God** for his grace because of which, I have been able to accomplish this task.

I owe my debt of gratitude to **Dr. (Mrs.) Kiran Batra** Professor cum Principal, Silver Oaks College of Nursing, Abhipur (Mohali) for giving me an opportunity undertakes this research project. Words cannot explicate the feeling of gratitude and indebtedness that I wish to show for my sincere gratitude to my guide Professor **Ms. Poluru Sabitha** Associate Professor, Silver Oaks College of Nursing, Abhipur (Mohali) for great interest to motivate, encourage, constantly guide by giving valuable suggestions and supervision throughout the course of research project.

I warmly express my sincere thanks to my co-guide Madam **Mrs. Amandeep Kaur**, Assistant professor of Silver Oaks College of Nursing, Abhipur (Mohali) for her guidance on the various aspects to complete this project.

I express my thanks to the **Mr. Barjinder Kumar Aneja** for helping me in analyzing and interpreting the data.

I express my gratitude to my loving Husband **Mr. Pankaj Malhotra** for his support and enthusiasm and helped me in the successful completion of this study.

I extend my sincere and heart, felt thanks from core of my heart to my beloved parents

Sh. Darshan Kumar Sharma and Mrs. Renu Bala who supported me financially and mentally throughout the course of the study..

I express my thanks to my brothers **Mr Pardeep Sharma and Mr Rohit Sharma** who motivated and encouraged me in this project.



This study is humble effort on my part to be worthy of it. Last but not the least I would like to give thanks to all those who encouraged and supported me directly or indirectly for the completion of this study.

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