

Introduction

This study investigated the effectiveness of appropriate breastfeeding technique in prevention of nipple sore to the primi-postnatal mothers of Sir Ivan Stedeford Hospital, Chennai. An intervention (structured demonstration of Breastfeeding technique) was applied to experimental group and control group. Results showed the knowledge gain and skill gain in experimental group and that the nipple sore is high in control group than in experimental group.

The objectives of the study were:

1. To assess the existing knowledge using a questionnaire on breastfeeding technique of the control and experimental group of primi-postnatal mothers.
2. To develop and implement a structured teaching on breastfeeding technique for experimental group.
3. To assess the post-test knowledge using a questionnaire on breastfeeding technique of the control and experimental group.
4. To compare the difference between pre-test and post-test knowledge on breastfeeding technique for control and experimental group.
5. To observe and compare the breastfeeding practices using observation checklist between control and experimental group.
6. To compare the incidence of nipple pain and nipple trauma using modified visual analogue scales between control and experimental group.
7. To associate the outcome of knowledge and practice of breastfeeding technique with selected demographic variables.

The null hypotheses formulated were:

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NH₀₁ : There is no significant difference between control and experimental group of primi-postnatal mothers with respect to knowledge.



NH₀₂ : There is no significant difference between control and experimental group of primi-postnatal mothers with respect to practices.

5 in experimental group. The data collection tools were validated and reliability was determined following which the data collection was carried out.

A sample subject of 60 primi-postnatal mothers based on inclusive criteria were chosen by means of convenience sampling. Thirty of them formed the control group and other thirty formed the experimental group.

A structured teaching plan was administered to the experimental group of primi postnatal mothers by lecture, discussion and demonstration method. The investigator for facilitating the teaching programme prepared a set of 8 flash cards.

Pretest and post-test on knowledge was conducted for both control

and experimental group, practice and occurrence of nipple sore was also assessed for both groups and compared. The data obtained was analysed and interpreted.

The analysis revealed the following:

The overall mean score of the experimental group was 42.14 in the pretest and 77.38 in the post-test whereas for the control group, the overall mean score was 40.48 in the pretest and only 51.19 in the post-test.

The comparison of knowledge gain between experimental and control group in post-test scores, highlighted the difference after the structured teaching. The estimated 't' calculated value is 8.59 at $P < 0.001$ level showed that the difference was statistically significant.

The chi-square test showed a significant association between the two groups and experience of nipple pain ($\chi^2 = 8.58$ df = 2 at $P < 0.05$ level).

The chi-square test showed no significant association between the two groups and occurrence of nipple trauma ($\chi^2 = 2.78$).

The implications were identified to practice appropriate technique of breastfeeding for primi-postnatal →

BREASTFEEDING TECHNIQUE IN PREVENTION OF NIPPLE SORE

- A Study

MRS. VIJAYALAKSHMI. S & DR. (MRS.) A. V. RAMAN

NH₀₃ : There is no significant association between control and experimental group of primi-postnatal mother with respect to experience of nipple pain.

NH₀₄ : There is no significant association between control and experimental group of primi-postnatal mothers with respect to occurrence of nipple trauma.

The review of literature provided the base to design methodology, develop tools and structure teaching programme. The conceptual frame work was based on Betty Neuman's system theory. Evaluative approach with non-equivalent control group design was found to be appropriate for this study. The independent variable in the study was structured teaching and the dependent variable was occurrence of nipple sore to primi-postnatal mothers.

The tools developed were questionnaire, observation checklist, modified visual analogue scale and structured teaching plan. Reliability test was done. Content validity of the tools were established by five experts.

Pilot study was conducted with 10 sample subjects, 5 in control group and

mothers through nursing service, nursing education, nursing administration and nursing research.

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