

“A Study to Identify Problems of Lactation Among Postnatal Mothers During Early Post-Partum Period at Selected Hospitals of Bardoli Taluka of Surat District, Gujarat.”

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Abstract

Post-partum period is the period following child birth which lasts for 6 weeks. Early post-partum period lasts from child birth to 7 days. Breast feeding is universally recognised as the best way to feed an infant. Lactational problems are the complaints during initial puerperium which hinders breast feeding. Mother who is failing to breast feed is associated with increased risk of premenopausal breast cancer, ovarian cancer, type 2 diabetes & metabolic syndrome. The main objective of the study was to identify problems of lactation among the post-natal mothers during early post-partum period at selected hospitals of Surat district, Gujarat. Quantitative-descriptive research method was used for the study. Total 30 postnatal mothers irrespective of their gravidity, parity, mode of delivery, any complications in present pregnancy were selected by non-probability convenient sampling technique. Tool for the data collection comprises of questionnaire for socio demographic information and observation & inventory checklist for assessment of lactational problems. The data were collected by interview method and analysed with the help of descriptive statistics. Findings of the study revealed that 66.67 percent belonged to the age group of 21-30 years, 56.6 percent were following mixed diet pattern, 80 percent were primi gravida & para, 56.67 percent were having caesarian delivery, 83.33 percent were in the gestational age of 38-42 weeks, 43.33 percent were having 2nd postnatal day & 93.33 percent have initiated breast feeding after 30 min. With regards to the findings of lactational problems, 20 percent mothers had redness, 33.34 percent had swelling, 100 percent had tenderness, 56.67 percent had excessive hotness, 86.66 percent had hard mass, 19.99 percent had rashes on breast, 9.99 percent had inverted nipple, 58.89 percent mothers had pain in breast, 100 percent had heaviness in breast, 6.66 percent had burning sensation, 20 percent had itching on breast, 70 percent had breast discomfort, 100 percent had insufficient milk supply and 6.66 percent had over stretching of breast. Study findings concluded that lactational problems are common in post-natal period. Identification of problems at earliest and helping the mother to deal with them is major responsibility of nurse.

Post-partum period is also called as puerperium. It is the period following child birth which lasts for 6 weeks. Early post-partum period lasts from child birth to 7 days. Breast milk contains all the nutrients in the right proportion which are essential for optimal growth and development of baby up to 6 months. Breast-feeding is the best natural feeding and breast milk is the best milk. During the time of post-partum period, mothers have higher chances of lactation problems including sore nipple, cracked nipple, inverted nipple, mastitis, breast abscess, breast engorgement.

Objectives

Main objective of the study was to identify problems of lactation among the post-natal mothers during early post-partum period at selected hospitals of Surat district, Gujarat.

Need for the study: All over world, as per the findings from UC Davis, Medical center, 2005 survey, out of 418 mothers, 92 percent mothers faced lactation problems 3 days after birth, 44 percent said pain and 40 percent felt inadequate milk production. The incidence of nipple pain as a reason for consultation at the breast-feeding center was 36 percent and incorrect positioning was about 90 percent.

Review of Literature

Review of literature is classified in two areas:

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Table 1: Socio demographic & Obstetrical data of post-natal mothers (n=30)

Socio- demographic data	Frequency	Percentage %	Obstetrical data	Frequency	Percentage %
Age			Gravida		
21-30 years	20	66.67	Primi	24	80
Religion			Para		
Hindu	29	96.67	Primi	24	80
Habitant			Mode of present delivery		
Rural area	20	66.67	Cesarean section	17	56.67
Education			Gestational age at the time of delivery		
Primary education	10	33.33	38-42 weeks	25	83.33
Occupation			Postpartum day		
Housewife	22	73.33	2 nd day	13	43.33
Income (in Rs.)			Any complication at the time of delivery		
Less than 5000	14	46.67	Yes	19	63.33
Diet pattern			Initiation of breastfeeding		
Mixed	17	56.67	After 30 min	28	93.33

literature review related to breastfeeding and literature review related to lactational problems. Total 12 reviews are included in both areas. Three literature reviews are included in the section of literature review related to breastfeeding. These reviews focused on breast feeding, exclusive breastfeeding and difficulties experienced by women in breastfeeding. Nine literature reviews are included in the section of literature review related to lactational problems. These reviews highlighted on factors associated with lactation, problems in lactation, and nipple problems in lactation.

Methodology

Quantitative-descriptive research method was used for the study. A total of 30 post-natal mothers irrespective of their gravidity, parity, mode of delivery, any complications in present pregnancy were selected by non-probability convenient sampling technique. Structured tool was developed to collect the data. Tool for the data collec-

tion comprised of questionnaire for socio demographic information and obstetrical data. Observation checklist and inventory checklist was used to assess lactational problems among post-natal mothers. The data were collected by interview method. The data were analysed with the help of descriptive statistics.

Results

Table 1 depicts that out of 30

postnatal mothers, 66.67 percent were belonged to the age group of 21-30 years, 96.67 percent were belonged to Hindu by religion, 66.67 percent were from rural area, 33.3 percent were having primary education, 73.3 percent were housewives, 46.67 percent were having monthly income of less than Rs. 5000/- and 56.6 percent were following mixed diet pattern.

Out of 30 post-natal mothers, 80 percent were primi gravida and para, 56.67 percent were having caesarian delivery, 83.33 percent were in the gestational age of 38-42 weeks, 43.33 percent were having 2nd postnatal day and 93.33 percent have initiated breastfeeding after 30 min.

It can be seen from Table 2 that out of 30 postnatal mothers, 20 percent mothers had redness, 33.34 percent had swelling, 100 percent had tenderness, 56.67 percent had excessive hotness, 86.66 percent had hard mass, 19.99

Table 2: Lactational problems identified by observation checklist & inventory checklist (n=30)

Lactational problems identified by observation checklist	Frequency	Percentage (%)	Lactational problems identified by inventory checklist	Frequency	Percentage (%)
Redness	06	20	Pain in breast	21	70
Swelling	10	33.34	Heaviness in breast	30	100
Tenderness	30	100	Burning sensation in breast	02	6.66
Excessive hotness	17	56.67	Itching on breast	06	20
Hard mass	26	86.66	Breast discomfort	21	70
Rashes	06	20	Insufficient milk supply	30	100
Inverted nipple	03	10	Overstretching of breast	02	6.66

percent had rashes on breast, 9.99 percent had inverted nipple. Out of 30 post-natal mothers, 70 percent mothers had pain in breast, 100 percent had heaviness in breast, 6.66 percent had burning sensation, 20 percent had itching on breast, 70 percent had breast discomfort, 100 percent had insufficient milk supply & 6.66 percent had over stretching of breast.

Discussion

Findings of the study were integrated by the study conducted by Nahed Maher, 2018, to find out nipple problems in puerperal women which showed that 47 percent women were having pain in breast. Findings of the study were also incorporated by the study conducted by Habibe Sahin, 2011, to find out risk factors for breast feeding problems in mothers which highlighted that 37.5 percent mothers had insufficient milk supply.

Recommendations

- Similar study can be replicated on large sample.
- Similar study can be conducted to assess effectiveness on any instructional intervention.

Nursing Implications

The findings of the present study have implications in the field of nursing education, nursing research and nursing administration. Nurses are in position to provide the information regarding lactational problems to post-natal mothers. Nurses can also participate in public awareness programs through different mass media. Different educational programs can be organised to create awareness regarding lactational problems and management. Dissemination of study findings through conference, article publication, paper presentation, poster presentation will make application of research findings to be effective. It will also encourage other researcher to conduct furthermore similar studies through different aspects.

Conclusion

Majority of post-natal mothers 20 (66.6%) belonged to the age group of 21-30 years, 24 (80%) were primi gravida, 17 (56.6%) delivered child through cesarean section, 13 (43.3%) were assessed on second postnatal day. Out of 30 post-natal mothers, 20 percent mothers had redness, 33.34 percent had swelling, 100% had tenderness, 56.67% had excessive hotness, 86.66 percent had hard mass, 19.99% had rashes on breast, 9.99 percent had inverted nipple. 58.89 percent mothers had pain in breast, 100 percent had heaviness in breast, 6.66 percent had burning sensation, 20 percent had itching on breast, 70 percent had breast discomfort, 100 percent had insufficient milk supply & 6.66% had over stretching of breast.

Study findings concluded that lactational problems are common in postnatal period. Proper understanding of lactational problems and identification of lactational problems at earliest is the major concern. Different teaching and awareness sessions should be organized for nurses and postnatal mothers to overcome this problem.

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