

Effectiveness of Planned Teaching Programme on Knowledge Regarding Selected Breast Related Problems and Their Management among Postnatal Women

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ABSTRACT

Breast milk is widely acknowledged as the most complete form of nutrition for infants with a range of benefits for infants health, growth, immunity and development. Breast milk is a unique nutritional source that cannot adequately be replaced by any other food, including infant formula. Although pollutants can accumulate in breast milk, it remains superior to infant formula from the perspective of the overall health of both mother and child. (Healthy People 2010). The results showed that in pretest 13 (21.66%) subjects had inadequate knowledge, 47 (78.33%) subjects had moderate level of knowledge and nobody were having adequate Knowledge regarding warning signs of pregnancy and its influence on pregnancy outcome. In post test 10(16.66%) subjects had Moderate level of knowledge and 50(83.33%) subjects had adequate knowledge and nobody remains having inadequate Knowledge regarding selected breast related problem and their management among postnatal women.

Keywords: self instructional module, knowledge, Breast Related Problems, Postnatal Women.

INTRODUCTION

Human milk has no substitute and breast is nature's apparatus for feeding babies. Breast feeding is an art. In recognition of the immense importance of breast feeding, the Baby - friendly hospital Initiative was launched by UNICEF/WHO in 1991. Breast feeding results in decreased problems such as infections and other medical problems. Breast feeding is one of the first bonding experiences between mother and child. Breastfeeding is the feeding of an infant or young child with breast milk directly from female human breasts (i.e., via lactation) rather than using infant formula. Babies have a sucking reflex that enables them to suck and swallow milk. Experts recommend that children be breastfed within one hour of birth, exclusively breastfed for the first six months, and then breastfed until age two with age-appropriate, nutritionally adequate and safe complementary foods. The American Academy of Paediatrics recommends for the U.S. that after 6 months of exclusive breastfeeding, babies should continue to breastfeed "for a year and for as long as is mutually desired by the mother and baby.

OBJECTIVES:

1. To assess the pre- test and post test knowledge score regarding selected breast related problem and their management among postnatal women..
2. To assess the effectiveness of planned teaching programme on knowledge regarding selected breast related problem and their management among postnatal women.
3. To find the association between pre-test knowledge score of postnatal women regarding selected breast related problem and their management with their selected demographic variables.

METHODOLOGY: a pre-experimental (one group pre-test post-test design) study was conducted in selected Hospital Rewa MP among Postnatal Women; Sample size was 60 Postnatal Women participated and non-probability purposive sampling technique. Pre test was conducted by using structured knowledge questionnaire. Data was collected by using socio-demographic, pre test -post test and through Postnatal Women analyzed through descriptive and inferential (chi-square).The questionnaire was used after confirming the validity and reliability.

RESULT: The results showed that the mean post-test knowledge score (26.45) is apparently higher than the mean pretest knowledge score (10.25). The disruption of post-test scores (SD 3.64 is lower than that of their pre-test scores (SD 4.71) and the computed 't' value shows that there is a significant difference between pretest and post-test mean knowledge score ($t = 19.67$). This indicates that the self-instructional module was effective in increasing the knowledge of staff nurses regarding the emergency obstetrical drugs.

1. FINDINGS RELATED TO SOCIO DEMOGRAPHIC VARIABLES

- ❖ Out of demographic characteristics of post-natal mothers among 60, regarding age (25%) belongs to 18-22years of age, (28%) belongs to 23 to27years of age and (30%) belongs to28 to 32years of age.
- ❖ Regarding mother's educational status among 60, (0%) are illiterate, (36%) had primary school, (42%) had higher secondary, (22%) had Graduate andAbove.
- ❖ Regarding mother occupation, among 60, (30%) are home maker, (15%) are coolie, (27%) belongs are private and (15%) government sector women,(13%) belongs to business.
- ❖ Regarding religion, among them (40%) belongs to Hindu, (27%) belongs to Christian, (33%) belongs to Muslim.
- ❖ Regarding type of family, (48%) are nuclear family,(52%) are joint family.
- ❖ Regarding family monthly income, among (10%) have up to Rs.>3000, (20%) have between Rs3001-5000, (37%) have Rs5001-8000, (8%) have Rs8001-10,000 (25%) have more than income of Rs10, 000.

2. EFFECTIVENESS OF SELF-INSTRUCTIONAL MODULE IN TERMS OF GAIN IN KNOWLEDGE SCORES:

The results showed that in pretest 13 (21.66%) subjects had inadequate knowledge, 47 (78.33%) subjects had moderate level of knowledge and nobody were having adequate Knowledge regarding warning signs of pregnancy and its influence on pregnancy outcome. In post test 10(16.66%) subjects had Moderate level of knowledge and 50(83.33%) subjects had adequate knowledge and

nobody remains having inadequate Knowledge regarding selected breast related problem and their management among postnatal women.

3. ASSOCIATION BETWEEN PRE-TEST KNOWLEDGE SCORE WITH SELECTED DEMOGRAPHIC VARIABLES:

There was significant association exist between post-natal mother's knowledge on breast feeding related problems and its management with their selected demographic variables. Hence H2 is accepted.

CONCLUSION

Structured teaching can be used by the student to imparting knowledge on breast feeding related problems and its management to the post-natal mothers in both urban and rural while giving health education. Nurse educator can prepare the nursing students a in order to give importance of teaching programme on breast feeding related problems and its management by using different educational and teaching Aids...

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