

Enhancing Breastfeeding Support and Education in the Postpartum Period Mother's Knowledge Among Staff Nurses at Selected Gynaecology Specialty Hospitals, Secunderabad, Telangana

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Abstract

Topic: Breastfeeding and education in the postpartum period: An Exploratory Study

Background of the study: Current evidences suggest that staff nurses need education support so that they can prevent the drawback and infections in children's as well as mothers' health. Nurses play a huge role in supporting breastfeeding mothers. Research indicated that breastfeeding education for staff lacks nursing schools and hospital orientations for mother's postpartum period. By shining nurses with evidence-based knowledge and skills, they can exclusively educate and support mothers in the postpartum period, ultimately leading to more successful breastfeeding experiences.

AIM: This study aimed to improve the knowledge of nurses on postpartum mothers regarding enhancing breastfeeding.

Design: This study used an exploratory study design with semi-structured in-depth questions and check checklist. The semi-structured question schedule was developed to explore improving breastfeeding outcomes.

Setting: This study was situated at the Gynaecology specialty hospitals, Secunderabad.

Participants: A total of 20 samples have been selected for this study.

Methodology: A Purposive checklist by prioritizing breastfeeding support and education, hospitals and healthcare providers can contribute to the well-being of both mothers and babies, fostering a positive and successful breastfeeding experience.

KEYWORDS: Enhancing breastfeeding, Postpartum period, Staff Nurses.

INTRODUCTION

Enhancing breastfeeding support and education for postpartum women through training staff nurses in selected Gynaecology specialties is crucial for improving breastfeeding outcomes. Nurses play a vital role in promoting, initiating, and supporting breastfeeding. By equipping nurses with evidence-based knowledge and skills, they can effectively educate and support mothers in the postpartum period, ultimately leading to more successful breastfeeding experiences.

Why breastfeeding support matters:

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- **Health Benefits:** Breastfeeding provides numerous health benefits for both mothers and babies, including reduced risk of infections, allergies, and long-term diseases.
- **Maternal Wellbeing:** Breastfeeding can also improve maternal mental health and postpartum recovery.
- **Increased Breastfeeding Rates:** Effective breastfeeding support and education can lead to higher breastfeeding rates and durations.

The Role of Nurses:

- **Early Support:** Nurses play a critical role in assisting with breastfeeding initiation within the first hour after birth and providing ongoing support during the postpartum period.
- **Education and Counselling:** Nurses can educate mothers about breastfeeding benefits, techniques, and common challenges, helping them navigate the breastfeeding journey.
- **Addressing Concerns:** Nurses can address breastfeeding concerns, such as latch problems, milk supply issues, or engorgement, providing guidance and support.
- **Promoting Exclusive Breastfeeding:** Encouraging mothers to exclusively breastfeed for the first six months, as recommended by the World Health Organization, helps ensure babies receive the optimal nutrition.

Enhancing Nurse Training:

- **Integrating Breastfeeding Education:** Incorporating breastfeeding education into nursing curricula and providing ongoing training and support for nurses can enhance their knowledge and skills.
- **Evidence-Based Education:** Utilizing evidence-based resources and best practices in breastfeeding education can ensure that nurses are providing accurate and effective support.
- **Addressing Barriers:** Identifying and addressing barriers to breastfeeding, such as a lack of support or knowledge, can improve breastfeeding rates.
- **Cultural Sensitivity:** Recognizing and addressing cultural differences in breastfeeding practices can help ensure that all mothers feel supported.

By prioritizing breastfeeding support and education, hospitals and healthcare providers can contribute to the well-being of both mothers and babies, fostering a positive and successful breastfeeding experience.

Inclusion Criteria:

This study included only the Gynaecology Specialty hospital and Gynaecology Wards.

Exclusion Criteria:

This study excluded General, other speciality working staff nurses, and community health nurses.

Materials and Methods:

Design: This study used an exploratory study design with semi-structured in-depth questions and check checklist. The semi-structured question schedule was developed to explore improving breastfeeding outcomes.

Setting: This study was situated at the Gynaecology specialty hospitals, Secundrabad. **Participants:** A total of 20 samples have been selected for this study.

H0: The study intention was to improve the knowledge and skills on breastfeeding exclusively among postpartum and Gynaecology Staff nurses.

Results:

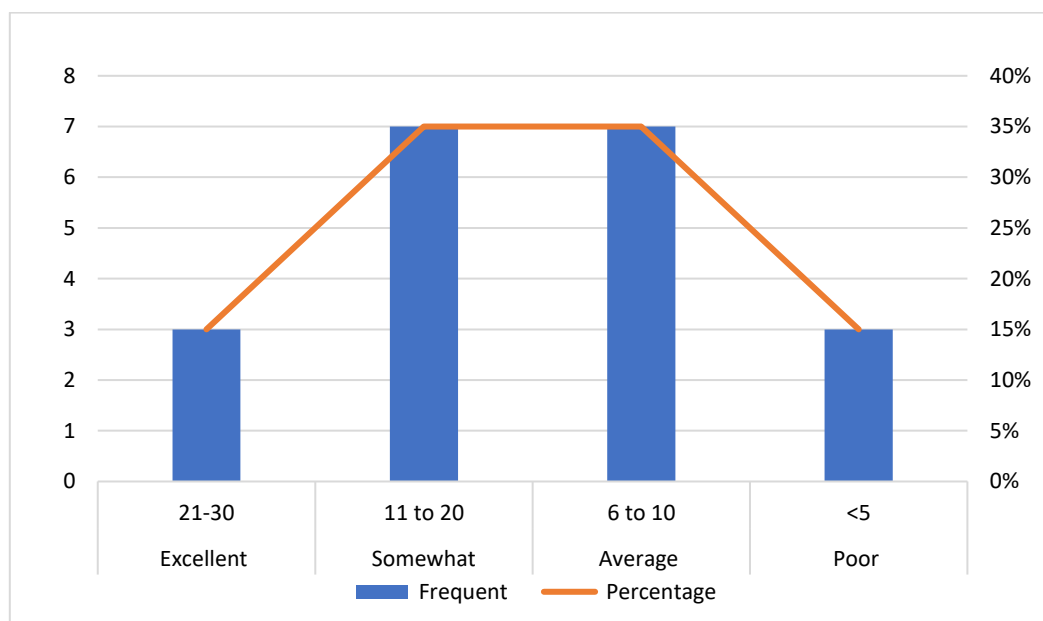
The results of the study showed that there was not enough knowledge.

One group was selected to assess the knowledge in the category according to their score. The scores were divided into four categories: Excellent, 15%, Somewhat, 35%, Average, 35%, and Poor, 15%.

RELEVANCE

N=20

Group	Score	Frequent	Percentage
Excellent	21-30	03	15%
Somewhat	11-20	07	35%
Average	6-10	07	35%
Poor	<5	03	15%



Recommendation and conclusion:

This study opens the open for further study to continue, and the staff nurses should improve the enhancement of breastfeeding in regular practice for postpartum mothers. Based on the results need to improve the practices constantly. By equipping nurses with evidence-based knowledge and skills, they can effectively educate and support mothers in the postpartum period, ultimately leading to more successful breastfeeding experiences. Develop the enhanced training as above.

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