

A Study to Assess the Effectiveness of Reverse Pressure Softening Technique on the Level of Breast Engorgement and Breast Feeding among Postnatal Mothers at Kiran Hospitals at Surat

Ms. Disha Gautamkumar Shah

Lecturer, Nursing, T.& T.V. Institute of Nursing, Surat

ABSTRACT

INTRODUCTION: Breastfeeding remains the simplest, healthiest and least expensive feeding method that fulfills the baby's needs. Approximately two days after giving birth the women's breasts fill with milk, which is a normal process. This makes the breast heavy and swollen but under normal circumstances this should not be painful and hard. It is a painful, unpleasant condition affecting large number of mothers during the early postpartum. During this time when mothers are coping with demands of the baby it may be particularly distressing. Breast engorgement quenches the development of successful breast feeding, leading to early breastfeeding cessation and is associated with more serious illness including breast infection.

AIM: The aim of the study was to Assess the Effectiveness of Reverse Pressure Softening Technique on the level of Breast Engorgement and Breast Feeding among postnatal mothers.

METHODOLOGY: Quantitative Research Approach, Pre-experimental research design (one group pre-test – post-test) was used for this study. Non probability purposive sampling technique was used to select 60 postnatal mother who undergone the caesarean section and had breast engorgement in Kiran hospital, Surat. The intervention, Reverse Pressure Softening Technique was given to the postnatal mothers. The intervention was given thrice a day for seven days, for each duration of 30 seconds per intervention. The pre-test and post-test were done by using the standardized Six- Point breast Engorgement Scale and standardized LATCH Breast Assessment Tool for Assess the level of Breast Engorgement and Breastfeeding among Postnatal Mothers.

RESULT: The collected data were analyzed by using both descriptive and inferential statistical methods. Paired 't' test was used to evaluate the effectiveness of reverse pressure softening technique on level of breast engorgement and breast feeding among postnatal mothers. For the level of breast engorgement mean post-test knowledge score was lower (1.16) compared to mean pretest knowledge score (3.83) and the calculated 't' value (28.36, df -59) is greater than the table value (2.01) at 0.05 level of significance which means that level of breast engorgement is reduce after providing intervention. For the level of breast feeding the mean post-test knowledge score was higher (6.81)

Compared to mean pretest knowledge score (3.75) and the calculated 't' value (10.17, df -59) is greater than the table value (2.01) at 0.05 level of significance which means there is improvement in the breast feeding after providing intervention.

CONCLUSION: The findings of the study revealed that there was a significant difference in the post

test level of Breast Engorgement and Breast Feeding among Postnatal Mothers. The study concluded that Reverse Pressure Softening (RPS) technique is effective in reducing the level of breast engorgement and improving breastfeeding among postnatal mothers.

KEYWORDS: Effectiveness, Reverse Pressure Softening Technique, Postnatal Mothers, Breast Engorgement, Breastfeeding.