Effectiveness Of Early Suckling on Placental Separation and Blood Loss among Primiparous Women

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ABSTRACT

Mother and children constitute a large group, at the same time they are also a vulnerable or special risk group. The health of the pregnant women reflects the newborn health because pregnancy is remarkable anabolic process. The foetus is the parasite to the mother which draws its nourishment from her diet. From conception to birth all parts of the foetus like bone, muscles, organs, blood cells, skin and other tissues are synthesized from nutrients in the food which the mother takes. The way a women care of her nutritionally; the more successful her pregnancies will be. During pregnancy, there is an increased demand for nutritional supplement due to growing foetus to maintain maternal and foetal well being. Nature has so designed that when a baby is born, a readymade food in the form of breast milk flows like driven nectar.

Feeding the newborn is an exciting satisfying and often worrisome task for the parents. Mothering this essential need of their new helps parents to strengthen their attachment to their child. Help mother initiate breast feeding within half an hour of birth. More specifically, the help would be done with maternal infant skin to skin contact.

STATEMENT

A Study to Assess the Effectiveness of Early Suckling on Placental Separation and Blood Loss Among Primiparous Women During Third Stage Of Labour.

OBJECTIVES:

1. to assess the duration of placental separation and blood loss among the primiparous women during the 3rd stage of labour.
2. to assess the effectiveness of early suckling on duration of placental separation and blood loss among primiparous women.
3. to correlate the duration of placental separation and blood loss between the primiparous women initiated early suckling and normal suckling.
4. to associate the demographic variable with early suckling on duration of placental separation and blood loss among primiparous women.

The conceptual framework for this study is derived from “General system theory” (LUDWIG VON BERTALANFFY 1968),
based on input, throughput, output and feedback. The research design used was true experimental design was adopted for the study. A simple random sampling technique was used for sampling method. The target population of the study were all primiparous women who were in the process of delivery in the labour ward, obstetrics and gynaecology department at Melmaruvathur Adhiparasakthi Institute of Medical Sciences and Research.

The sample size consists of 60 primiparous women out of this 30 women were assigned to experimental group and 30 women were assigned to control group. The data was collected for a period of six weeks by using the standardised tools. The tools were developed based on the objective of the study and through review literature. The investigator obtained oral consent from the clients to participate in this study.

Details of the tools used for the study are given below:
Tool -1: Demographic variables.
Tool-2: Ongoing assessment rating scale regarding assessment of the mother, neonate, placental separation and blood loss.

The content validity was determined by expert. The reliability was checked by inter rater method. The reliability was 0.74. After the nursing intervention the two sample’S’ test was used and found that early suckling was effective on placental separation and blood loss among primiparous women during third stage of labour.

The results of the study have been discussed in relation to the effectiveness of early suckling according to the objectives of the study, conceptual framework and related literature.

RESULTS AND DISCUSSION

Fig 1 Duration and Blood Loss In Time for Experimental Group

Fig 2 Duration and Blood Loss In Time for Control Group

Major Findings of the Study were: subjects who initiated early suckling i.e. experimental group had mean and standard deviation for duration of
placental separation is 8.789 and 2.002 and for control group, the mean and standard deviation for duration of placental separation is 19.94 and 6.77 respectively. Considering blood loss the experimental group had mean and standard deviation as 148.66 and 34.188. The control group had mean and standard deviation as 209.17 and 57.42. Thus it reveals that subjects who initiated early suckling immediately after birth reported significant reduction in time duration of placental separation of 8.78 minutes whereas for control group it was 19.94 minutes.

**RECOMMENDATIONS**

On the basis of the findings of study it is recommended that:

1. A similar study can be conducted to evaluate the effectiveness of early suckling on placental separation and blood loss among multiparous women.
2. A comparative study can be done to determine the effectiveness of early suckling on placental separation and blood loss among primiparous women and multiparous women.
3. A similar study can be done using large sample of primiparous women.
4. The study can be conducted in rural maternity centre.

**REFERENCES**