‘Assessment knowledge regarding breastfeeding among postnatal mothers in postnatal ward’

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INTRODUCTION
“Mother’s milk, time tasted for millions of years, is the best nutrients for babies because it is Nature’s perfect food”

In the first century today women are extremely career oriented & have achieved success in various strata of the world but this career oriented women mostly tend to neglect purposively or innocently their family life.

The children are future of country so it is at all times necessary for a developing country to promote health of the future so as to achieve success & development of the country.

BACKGROUND OF STUDY
It it mother milk universally acknowledge that mothers milk contains several nutrients which are not only essential for growth of child but also provides effective prevention of many diseases to which a child is prone.

N. K. Goel (2008), The health & nutritional status of millions of infants which influence their subsequent growth & development through childhood is determined by he pattern of feeding practices during infancy.

NEED FOR STUDY
Nanjuda J. Turmmeric 2006, Found that universal exclusive breast feeding for first six month reduced infant mortality rate by 13%.

A randomize control trial conducted in a tertiary hospital in Singapore has revealed that post natal breast education & lactation support as a single intervention based in hospital, both significantly improved rate of exclusive breastfeeding up 6 month after delivery. In India health care provider during antenatal visit is usually an obstetrician or ANM in rural health setup health functionary close to the community.

PROBLEM STATEMENT
‘A study to assess knowledge regarding breastfeeding among postnatal mothers in postnatal ward in Shrimati Kashibai Nawle Medical College & General Hospital, Nahre, Pune.’

OBJECTIVE
1) To assess pre test knowledge of postnatal mothers about importance of breast feeding to newborn
2) To assess post test knowledge of postnatal mothers about importance of breast feeding to newborn
3) To compare pre & post knowledge score of postnatal mothers.
4) To co-relate findings with selected demographical variable of mothers.

ASSUMPTION
Selected demographic variable may influence effect related to knowledge about breast feeding technique. Appropriate & adequate knowledge related to breast feeding techniques
may influence the practices & help in adapting proper breastfeeding.

**HYPOTHESIS**

**Ho-** There will be no significant difference in postnatal mothers knowledge regarding breastfeeding after health education.

**H1-** There will be no significant difference in postnatal mothers knowledge regarding breastfeeding after health education.

**CONCEPTUAL FRAMEWORK**

The general system theory is used for this study – Input, Throughput, and Output.

**RESEARCH METHODOLOGY**

Research Approach - Qualitative research approach

Research Design- One Group pre test & post test design

Variable – Dependent – Knowledge of post natal mother

Independent – Planned health teaching regarding breast feeding

Population – Target population – It consist of postnatal mothers admitted in hospital of Pune city.

Accessible Population- Postnatal mothers admitted in postnatal ward of SKNMC Pune.

1) Sampling Technique – Non probability purposive.

2) Sample Size – 30 Postnatal mothers.

**MAJOR FINDINGS OF THE STUDY**

Most of the samples were in the age group of 22-26 yrs (46.67%). Majority of postnatal mothers were having secondary education (50%) & (20%) were having higher education. (30%) of them were primary education. Most of the postnatal mothers i.e (88.33%) were from Hindu religion. Out of 30 postnatal mothers (76.67%) were having joint family, (36.67%) were from rural area and most of them were from moderate socioeconomic background i.e. (36.67%) Majority of the postnatal mothers have previous knowledge on breast feeding i.e (86.67%) and those who received knowledge on breast feeding from health professional were only (20%). Overall knowledge score obtained by postnatal mothers about breast feeding in pre-test (6.76%) had poor knowledge score i.e (00-07) & (08-15) had average knowledge score i.e (76.67%) & mother had good knowledge score (16-22). Where as in post test all 16.67% of postnatal mothers had good knowledge score (16-22) which indicates that the health education was effective in improving the knowledge of postnatal mothers regarding breast feeding.

Data related to effect of health teaching on knowledge score was 11.9 & post-test mean score 16.27 p value is (0.05) difference in average score is statistically significant.

There is no association between, education, religion, type of family residence & previous knowledge of breast feeding but there is a significant association between knowledge score & education variables.

**REFERENCES**