



## Effectiveness of Structured Teaching Programme

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### ABSTRACT

The present study assessed the effect of structured teaching programme on knowledge regarding prevention and management of postnatal breast problems among antenatal mothers who were attending antenatal OPDs of selected hospitals of Kerala, India to evaluate effect of structured teaching programme and to find association between the knowledge and selected demographic variables. The findings of study concluded that structured teaching programme improved knowledge regarding postnatal breast problems among antenatal mothers.

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### Introduction

It is usually a joyful event when a woman gives birth to a baby she wants. Despite the pain and discomfort, birth is the long awaited culmination of pregnancy and the start of a new life. Several common problems that may arise during the breast feeding period, such as breast engorgement, plugged milk duct, breast infection and insufficient milk supply, originate from the conditions that lead the mother to inadequately emptying of breasts.<sup>1</sup>

According to UNICEF's state of the world's children Report 2011, 136.7 million babies are born world wide and in India only 32.6% of them are breastfed exclusively in the first six months<sup>2</sup>. Problems and diseases of the female breast caused by breast feeding are the most common reason for premature cessation of breast feeding and occur with a prevalence of up to 50% in breast feeding mothers.<sup>3</sup> Breast disorders during lactation period mainly include problems of the nipples, like abrasions, cracks and ulcerations plus milk stasis, breast engorgement, puerperal mastitis and abscess.<sup>4</sup>

A study was conducted at Swaroop Rani Nehru and Kamala Nehru Memorial hospital Allahabad to know the complications associated with breast in the postnatal period among 600 postnatal mothers revealed 43.3% had breast engorgement, 16% had cracked nipples, 10% had retracted nipples, 8% had cracked and sore nipple, 7.5% had cracked and retracted nipple, 3% had breast abscess and 20% mothers had lactation failure.

It is identified that mothers do not possess proper knowledge on breast care during breast feeding even by repeated experience of motherhood. Hence the investigator felt that there is a strong need to educate mothers regarding breast care during antenatal period itself with maximum effectiveness to prevent and manage the problems arising to breast which force early cessation of breast feeding.

### Statement of the problem

**A study to assess the effectiveness of the structured teaching programme on knowledge regarding prevention**

**and management of postnatal breast problems among antenatal mothers at St. Gregorios medical mission hospital, Parumala and Ebenezer Hospital, Kayamkulam.**

### Objectives of the study

- Assess the effectiveness of the structured teaching programme on prevention and management of postnatal breast problems among antenatal mothers
- Determine the association between pretest level of knowledge on prevention and management age, parity, level of education and occupation

### Hypothesis

H1: The mean post-test knowledge score of antenatal mothers on prevention and management of postnatal breast problem will be significantly higher than their mean pretest knowledge score of prevention and management of postnatal breast problems.

### Materials and methods

The research design adopted was pre-experimental one group pre test-post test design. The study was conducted in the antenatal outpatient departments of Ebenezer hospital, Kayamkulam and St. Gregorios hospital, Parumala, Kerala. One hundred antenatal patients who were in 28 to 36 weeks of gestation were selected using convenient sampling technique. Patients who are not cooperative and those who cannot read and write English or Malayalam were excluded. Tool consists of closed ended structured knowledge questionnaire which constituted of two parts. The part I includes demographic variables (age, religion, educational status, occupational status, type of family, family income per month, parity, past experience of postnatal breast problems and source of information about postnatal breast problems).

The part II includes 28 questions related to knowledge on prevention and management of postnatal breast problems, which was divided into 4 sections. Section A consisted of 5 items related to structure and functions of the breast. Section B consisted of 3 statements related to knowledge on early initiation and bonding. Section III

covered 14 statements related to causes and management of postnatal breast problems and the section D consisted of 6 statements related to prevention of postnatal breast problems. Written consent obtained from the samples before collecting data and structured questionnaire was administered. Then a detailed structured teaching was taken on the same day of pretest. Investigator took 2 to 3 sessions of teaching per day and each lasted for 30 to 40 mts. A posttest was done to the samples after two weeks with the same knowledge questionnaire. Data obtained from the study were tabulated and analyzed using descriptive and inferential statistics.

### Results

The important findings of the study are depicted under the following headings

#### Socio demographic data of patients who attended the study

Among the samples 46% of the respondents belonged to 21 – 25 years and majority of the samples (59%) were from Hindhu community. Analysis revealed 68% were house wives and 39% were graduates. Among the samples (62%) belonged to joint family and 33% had a monthly income of Rs.5000-10,000. Findings revealed most of the antenatal mothers (63%) didn't have any child and majority (54%) got information from their elders and relatives.

**Table 1. Mean, standard deviation and 't' value of pre test and post test scores of knowledge regarding post natal breast problems among antenatal mothers.**

Variable		Mean	SD	T
Knowledge	Pre test	14.41	3.26	33.577
	Post test	26.52	1.56	

Significant at 0.01 level

#### Association between knowledge and socio demographic variables

There was no association of knowledge score and age ( $\chi^2=9.463, p<0.05$ ), level of education ( $\chi^2=11.874, p<0.05$ ), parity ( $\chi^2=1.733; p<0.05$ ), occupation ( $\chi^2=4.182, p<0.05$ )

### Discussion

The findings of the study is supported by the study conducted by Lins.S et.al in Taiwan regarding the prenatal education programme on breast feeding outcomes among prenatal mothers and the findings demonstrated effectiveness of prenatal education programme on maternal knowledge, attitude and satisfaction towards breast feeding.

The findings of the study is in consistent with the study conducted by Muttar and Mary Hov-Jing on simple antenatal preparation to improve breastfeeding practices and it is concluded that antenatal and counselling significantly improved the breast feeding practice.

A cross sectional study conducted among 200 female garment workers of a selected garment factory in Dhaka city in the reproductive age group (15 – 49) years. Data collected through a pretested questionnaire using face to face interview method. Bivariate and multivariate analysis was done and no

significant association was found between the knowledge score of breast feeding with socio demographic variables like age, marital status and family income.

### Conclusion

Prevention is better than cure. The breast engorgement can be prevented by avoiding prelacteal feeds, early initiation of breastfeeding, avoidance of long interval between feeding and proper positioning of the baby during feeding. Sore nipple can be prevented by proper latching of the baby to the breast from the first day of the delivery. Inverted nipple can be corrected by using breastshells, breastpumps and Hoffman technique. Timely resolution of any problem encountered is the better action to meet the personal breast feeding goals by a nursing mother. Nurses are often the first providers who interact with the mother during the perinatal period and are positional to guide mothers through the prevention and solving of breast feeding problems. In the light of the present study, it is concluded that structured teaching programme is effective in improving the knowledge regarding prevention and management of postnatal breast problems among antenatal mothers.

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