

TO EXPLORE COMMON POST-PARTUM BREAST PROBLEMS WITH A VIEW TO PROMOTE BREAST FEEDING

*Mamatha G., Munirathnamma K., Rashmi P. and Sunitha P. S.

India.

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*Corresponding Author: Mamatha G.

India.

INTRODUCTION

Globally, 3 in 5 babies are not breastfed in the first hour of life. 820,000 children could be saved yearly if all children 0-23 months were optimally breastfed. Only 41% of infants under 6 months of age exclusively breastfed.

The bodily changes occur due to the enormous hormonal changes that take place during the pregnancy and postnatal period. Among these various bodily changes are the changes that occur in breast as well. This causes increased blood flow, changes in the breast tissues which make it at times sore, tingly, and swollen. Among the various breast problems arising due to the hormonal changes in the body are breast engorgement, plugged milk duct, breast infection, insufficient milk supply, cracked nipples, sore nipples and deep breast pain secondary to insufficient milk removal. It is most effective to prepare the mother for breast feeding. Examination of the areola and nipple is important to identify any anatomic problems. If any anatomical abnormalities exist, they should be discussed. Such abnormalities may cause difficulties to feed.^[6]

The most common problems affecting breastfeeding is breast engorgement and nipple pain or sore nipples due to lack of experience and improper technique of breastfeeding. Such problems have an adverse effect on the success and continuation of breastfeeding. (Breast and Nipple Problems Encountered among Puerperal Primipara Women in Zagazig Nahed Maher Ahmed Abdallah^{1*}, Sanaa Ali Nour Eldin², Amany Hamed Gad³ 1 B.Sc. Faculty of Nursing, Zagazig University, Egypt 2 Prof. of Obstetrics and Gynecological Nursing, Faculty of Nursing, Zagazig University, Egypt 3 Assistant Prof. of Obstetrics and Gynecological Nursing, Faculty of Nursing, Zagazig University, Egypt.)

Common problem was, 46.49% mother suffered from not enough milk followed by, 20.17% for poor attachment, 17.54% suffered from breast engorgement

and 7.89% suffered cracked nipple, inverted nipple was in 2.63% flat and sore nipple to 1.75% and nipple infection and breast abscess was present in 0.877% mothers.

MATERIALS AND METHODS

Aim of the study was to explore Common Breast problems among postnatal mothers and to promote breast feeding. 100 postnatal mothers were selected using convenience sampling technique. Data was collected by using Personal Proforma and Checklist to assess common breast problems. Postnatal mothers were educated about management of breast problems and taught about breast feeding technique.

RESULTS

The present study shows that majority 80(80%) mothers were belongs to age group of 19-25 years. () were educated. The majority 78(78%) were house wife. The majority 94(94%) were Hindu. Majority 68(68%) were belong to nuclear family. The majority 70(70%) were primiparous and only 28(28%) received the guidance of breast feeding during prenatal period. The result of the study showed that 26(26%) of mothers had breast problems. 07(07%) of postnatal mothers had breast engorgement, 17(17%) had flat nipple and 02(02%) had inverted nipple.

Keywords: Breast feeding, post-partum breast problem.

METHODOLOGY

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feeding. 100 postnatal mothers were selected using convenience sampling technique. Data was collected by using Personal Proforma and Checklist to assess

common breast problems. Postnatal mothers were educated about management of breast problems and taught about breast feeding technique.

RESULTS

Table 1: Frequency and percentage distribution of postnatal mothers according to their selected personal variables. N=100.

Sl. No.	Personal variables	Frequency	Percentage (%)
1.	Age 19-25	80	80
	25 & above	20	20
2.	Education Illiterate	-	-
	Primary	-	-
	Secondary	28	28
	PUC Graduate and above	63 09	63 09
3.	Occupation House wife	78.0	78.0
	Working women	22.0	22.0
4.	Religion Hindu	94.0	94.0
	Muslim	06.0	06.0
5.	Type of family Nuclear	68.0	68.0
	Joint	32.0	32.0
6.	Parity Primiparous	70	70
	Multiparous	30	30
7.	Previous experience of breast feeding Yes	30	30
	No	70	70
8.	Guidance during prenatal period Yes	28	28
	No	72	72

The data presented in Table 1 study shows that majority 80(80%) mothers were belongs to age group of 19-29 years. 90(90%) were educated. Majority 78 (78%) were house wife. Majority 94(94%) were Hindu. Majority

68(68%) were belong to nuclear family. Majority 70(70%) were primiparous and majority 72(72%) not received the guidance of breast feeding during prenatal period.

Table 2: Frequency and percentage distribution of postnatal mothers according to their common breast problems. N=100.

Sl. No.	Common Breast Problems	Frequency	Percentage (%)
1.	Breast Engorgement	07	07
2.	Flat Nipple	17	17
3.	Inverted Nipple	02	02

The data presented in Table 2 and fig 1 shows that 26(26%) of mothers had breast problems. 07(07%) of postnatal mothers had breast engorgement, 17(17%) had flat nipple and 02(02%) had inverted nipple.

DISCUSSION

Optimal breastfeeding practices are the cornerstone of child survival, nutrition and early childhood development. The World Health Organization (WHO) and United Nations Children's Fund (UNICEF)

recommend initiation of breastfeeding within an hour of birth, exclusive breastfeeding for the first 6 months of life, and continued breastfeeding beyond 6 months and at least up to 2 years of age or more along with the introduction of nutritionally adequate and safe complementary foods.^[1]

However, global breastfeeding rates are still low and only subtle improvements have been observed over the past decades. Only 43% of the world's newborns are put to the breast within 1 hour of birth. UNICEF estimates

that globally around 40% of children under 6 months of age are exclusively breastfed and 49% of children are breastfed up to 2 years of age.^[1]

The promotion and support of breastfeeding is a global priority. Exclusive breast feeding is essential for the physical and mental development of the child. Post-partum breast problem may produce an obstacle on the way of successful breast feeding. During lactation, especially the first few days after birth, some breast problems can cause pain and inadequate milk emptying.

However, in reality most of the mothers are unable to practice exclusive breastfeeding. This is due to a number of barriers including lack of experience, breast and nipple problems, lack of family and social support, improper technique of breast feeding as well as work related problems. Several studies have shown that women with breast and nipple complication reported that it affects their success and continuation of breastfeeding.^[9-13] The maternity nurse has the opportunity to ensure that mothers successfully establish and continue breastfeeding. This is done through counseling, encouragement and support. Thus This study is undertaken to identify the common breast problems and teach the mothers regarding effective breast feeding techniques.

Concerning demographic characteristics, the present study showed that majority (80%) of postnatal mothers were participated in the study belongs to age group 19-29 years and 12(20%) of them were belongs to 30 & above. similar observation is submitted.^[2] in USA who found that the age of 45.3% was younger than 25 years old. This is anticipated because it is the normal age of childbearing.

One of the study conducted in Turkey found that 29.5% received information about breastfeeding during pregnancy. Recently, study in Menoufia, Egypt about "Effect of two different nursing care approaches on reduction of breast engorgement among postnatal women" reported that the highest percent of women were housewives, living in rural area, and lacking awareness about breastfeeding problems and their management. Findings of the present study shows one fourth of mothers had breast problems. 07(07%) of postnatal mothers had breast engorgement, 17(17%) had flat nipple and 02(02%) had inverted nipple. in congruence with the present study, it was demonstrated that more than half of the sample (54.6%) was exposed to nipple and breast problems such as; nipple soreness and cracking, breast engorgement and nipple size problems (51.5%, 39.0% and 34.0% respectively).

CONCLUSION

During the study it was found that majority of the postnatal mothers were practicing wrong technique of breast feeding, and the mothers who had breast problems were had much more problem to feed their babies.

Breast feeding techniques were taught to postnatal mothers. From the study findings it can be concluded that if antenatal counselling is given about importance of breastfeeding and technique breastfeeding technique had a significant effect in preventing breast problems and promotes early initiation and exclusive breast feeding.

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