

Chapter 7

Summary

The present study was carried out in two phases. Phase I included assessment of breastfeeding knowledge, practices and problems related to breastfeeding of the postnatal mothers. Phase II included effectiveness of the intervention in the form of Comprehensive Breastfeeding Promotion Program (CBPP) on the breastfeeding self-efficacy, practices and outcomes of the primigravid mothers.

The study objectives were to:

1. assess the knowledge, practices and problems of postnatal mothers related to breastfeeding.
2. develop a comprehensive breastfeeding promotion program for the primigravid mothers.
3. evaluate the effectiveness of a comprehensive breastfeeding promotion program on breastfeeding self-efficacy among primigravid mothers.
4. evaluate the effectiveness of a comprehensive breastfeeding promotion program on breastfeeding practices among primigravid mothers.
5. evaluate the effectiveness of a comprehensive breastfeeding promotion program on breastfeeding outcomes among primigravid mothers.
6. To compare the breastfeeding experience of primigravid mothers in experimental and control group.

The present study's conceptual framework was based on “Breastfeeding Self-Efficacy Theory”.

At a significance level of 0.05, the hypothesis was tested.

H₁ : Breastfeeding self-efficacy will be higher in experimental group than in control group.

H₂ : Breastfeeding practices will be better in experimental group than in control group.

H₃ : Breastfeeding outcomes will be better in experimental group than in control group.

Methodology

Methodology has been described phase wise below.

Phase I

A cross-sectional survey with exploratory approach was used in Phase I to determine the breastfeeding knowledge, practices and problems related to breastfeeding among the postnatal mothers. A formal request for permission to carry out the research investigation was made from various Medical Directors of different maternity hospitals in Allahabad. The data was collected from the immunization clinics of four different hospitals – Allahabad Nursing Home, Dr Rekha Srivastava Maternity Hospital, Saket Maternity Hospital and Dr. Sharma Maternity Hospital. 100 postnatal mothers who met the inclusion criteria were chosen from each facility. The mothers were told of the study's objectives, and their written informed consent was obtained. The breastfeeding knowledge, practices and problems of the postnatal mothers related to breastfeeding were assessed using various structured tools.

Phase II

A quantitative experimental approach was used to see the effectiveness of comprehensive breastfeeding promotion program on breastfeeding self-efficacy, practices and outcomes. The study adopted post-test only control group design. After obtaining administrative permission, the data was collected from Saket Maternity Hospital, Allahabad. 100 primigravid mothers (50 mothers were in experimental group and 50 mothers were in control group) who were within the gestational period of 28 to 34 weeks were selected from the antenatal clinic following the concealed random assignment technique. The samples in the experimental group received comprehensive breastfeeding promotion program in two different sessions along with routine care. Each session lasted for 20-30 minutes followed by a follow-up session. The control group mothers received routine care. Both the groups were followed postnatally and the breastfeeding self-efficacy, practices and outcomes were assessed on third day postpartum, at 6 weeks and at 6 months.

Descriptive and inferential statistics was used to analyze the data. Descriptive statistics was used to describe the background information of the samples. Chi square, Fisher's exact test and Mann Whitney test were used to see the influence of CBPP on breastfeeding self-efficacy, practices and outcomes of the primigravid mothers. In view of hypotheses, study results were discussed.

Results

The study's findings are detailed below:

Breastfeeding Knowledge of the Postnatal Mothers

The study results revealed that majority of the mothers [266(63.7%)] had average knowledge about breastfeeding [99(24.8%)] mothers had poor knowledge and only [46(11.5%)] mothers were knowledgeable about breastfeeding. The breastfeeding knowledge scores of the postnatal mothers ranged from 1-11. The mean knowledge score was 4.94 with a standard deviation of 1.92 (maximum score=12). The mean percentage score was 41.16. The lowest knowledge score was noted on breastfeeding promotion and techniques (0.98 ± 0.49). The highest knowledge score was reported on the section benefits of breastfeeding (2.16 ± 0.74).

Practices of the Postnatal Mothers related to Breastfeeding

Practices regarding breastfeeding were found to be inadequate among the postnatal mothers. 55.8% mothers initiated breastfeeding after 24 hours and 44% mothers initiated breastfeeding between 2-24 hours. 228(57.0%) mothers offered colostrum to their babies. 88(22.0%) mothers were giving only breast milk to the babies while 249(62.3%) mothers were offering mixed feeds and 63(15.7%) mothers were giving formula feeds to their babies. Inadequate breast milk production remained the identified cause for not following exclusive breastfeeding. Feeling of tiredness, latching difficulties and inadequate breast milk production were the major breastfeeding problems reported by the mothers at 6 weeks, 10 weeks and 14 weeks postpartum.

Problems of the Postnatal Mothers related to Breastfeeding

It has been found that the breastfeeding problems were extremely noticeable among the postnatal mothers. Majority of the mothers had reported feeling of tiredness or fatigue at 6 weeks [125(31.3%)], at 10 weeks [106(26.5%)] and at 14 weeks

[119(29.8%)]. Mothers also faced problems of latching difficulties and inadequate breast milk production. They also felt that breastfeeding is time consuming. Other reported problems of the mothers included mothers sore nipples, infant refusal to breastfeed, problem of engorgement, mother-infant separation, flat/inverted nipples, poor maternal mood and nipple infection.

Breastfeeding Self-Efficacy of Primigravid Mothers

On the third day postpartum, experimental group mothers had very good breastfeeding self-efficacy [39(78.0%)] than in control group [4(8.0%)]. In control group, [24(48.0%)] mothers showed good breastfeeding self-efficacy than in experimental group [9(18.0%)]. [2(4.0%)] of the mothers showed moderate breastfeeding self-efficacy in experimental group than in control group [16(32.0%)]. In control group [6(12.0%)] of the mothers showed poor breastfeeding self-efficacy whereas in experimental group no mothers reported poor breastfeeding self-efficacy. The experimental group median is 60 with inter-quartile range of 61-57 as compared to control group median which is 44 with inter-quartile range of 47-36. Significant variations between the groups were discovered ($p < 0.001$). Therefore, it is concluded that H_1 is accepted i.e., in comparison to the control group, the experimental group had increased breastfeeding self-efficacy on the third day post partum.

Breastfeeding Practices of Primigravid Mothers

The breastfeeding practices of the primigravid mothers were compared between the groups for significant variations. Chi-square test and Fisher's exact test was performed to study the relationship between the two groups. The results showed that with regard to breastfeeding practices of the mothers at different intervals of time,

significant variations was found between the groups, such as breastfeeding initiation, colostrums feeding, breastfeeding duration, plan for exclusive breastfeeding, feeding method at 6 weeks and 6 months post partum, night time feeds, hearing of suck/swallow sound during each feed, urine wet diapers in 24 hours at 6 weeks, and at 6 months post partum, stool diapers in 24 hours at 6 weeks, and at 6 months post partum and comfortable breasts and nipples after each feed at 6 weeks, and at 6 months post partum.

Breastfeeding Outcomes of Primigravid Mothers

The breastfeeding outcomes were measured at different intervals of time between the two groups. The outcomes were measured on many factors such as breastfeeding status, offering only breast milk, plan for continuity up to 2 years and breastfeeding difficulties. The experimental group's breastfeeding outcomes were found to be significantly higher at $p < 0.05$.

Breastfeeding Experiences of Primigravid Mothers

Compared to the control group, the experimental group's breastfeeding experience was superior ($p < 0.05$) as significant variations were noted between the groups such as breastfeeding experience ($p = 0.03$), benefits of breastfeeding ($p = 0.00$), breastfeeding support ($p = 0.02$), breastfeeding continuity ($p = 0.01$) and breastfeeding in future ($p = 0.02$).