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RESEARCH ARTICLE

EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING THE BREAST ENGORGEMENT AMONG POSTNATAL MOTHER WITH BREAST ENGORGEMENT

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Abstract

Background: Breast engorgement is one of the common problem among postnatal mother which causes delayed initiation of breast feeds and restriction in breastfeeding. The study was done to assess the effectiveness of Structured Teaching Programme on knowledge regarding breast engorgement among postnatal mothers.

Materials and Methods: Quantitative study with non-experimental study design was chosen in this study. 30 postnatal mothers admitted in postnatal ward were selected as samples. The pretest level of knowledge on breast engorgement was assessed. Structured Teaching Programme was given followed by the posttest was done.

Results: After the Structured Teaching Programme posttest gain score was higher than in the pretest in terms of knowledge on causes, signs and symptoms, management and prevention of breast engorgement among postnatal mothers.

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Introduction:-

Pregnancy is a unique experience for a women and each pregnancy will be new and uniquely different experience for the mother. Hence it is important that the mother should have an adequate knowledge of common pregnancy, physical and psychological problems in pregnancy. The fourth stage of labour is an excellent time to begin breastfeeding because the infant is in a alert state and ready to nurse but breast engorgement is one of the common problem among postnatal mother and common causes of engorged breast are delayed initiation of breastfeeds, early removal of the baby from the breast, bottle feeding and any restriction on breastfeeding.

Statement of the Problem

A study to assess the effectiveness of structured teaching programme on knowledge regarding the breast engorgement among postnatal mother with breast engorgement .

Objective:-

The Objectives of the study were (1). To assess the pretest level of knowledge of postnatal mothers regarding breast engorgement. (2).To evaluate the effectiveness of structured teaching programme on knowledge of breast engorgement among postnatal mothers.(3).To compare the pretest and posttest knowledge scores regarding breast engorgement among postnatal mothers.

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Methods:-

A quantitative exploratory research was chosen and non experimental study design was chosen. Purposive sampling technique was used to select the postnatal mothers with breast engorgement as samples of 30 who have admitted in postnatal ward. Structured interview questionnaire was developed which has two sections, part-I has demographic variables and part-II has questionnaires related to breast engorgement. After the pretest, Structured Teaching Programme was given and post test was done after one week with the same tool.

Results:-

showed that the Postnatal mothers have 40% of knowledge regarding management of breast engorgement, 33% of knowledge regarding prevention of breast engorgement which was inadequate, whereas 53% of the postnatal mothers having moderate knowledge regarding causes and signs and symptoms of breast engorgement in the pre-test. After structured teaching programme the level of knowledge of postnatal mothers showed that in aspects of causes, signs and symptoms of breast engorgement raised from 53% to 85%, management of breast engorgement which was raised from 40% to 80% which shows the adequate knowledge gained score on prevention of breast engorgement it was raised from 33% to 70% which showed that it was moderately adequate. The postnatal mothers gained adequate and moderately adequate score on causes, signs and symptoms, management, prevention of breast engorgement after the Structured Teaching Programme. On comparison, overall knowledge gained score was higher in the posttest than in the pretest score.

Conclusion:-

This study has been conducted which aimed to create the awareness regarding breast engorgement among postnatal mothers. Here the researcher uses the descriptive research design to assess the knowledge of breast engorgement among postnatal mothers and the structured teaching programme was provided regarding knowledge on breast engorgement among postnatal mothers by issuing the pamphlets followed by health education. This study showed that the postnatal mothers with breast engorgement gained more knowledge about treatment and prevention of breast engorgement after the structured teaching programme. Hence this study concludes such studies can incorporate with supportive therapies such as using the application of jasmine and cabbage.

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