



Effectiveness of nursing care on postnatal mothers with breast engorgement

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Abstract; Breast engorgement is the painful overfilling of the breast with milk. This is usually caused by an imbalance between milk supply and infant demand. Breast engorgement is due to exaggerated normal venous and lymphatic engorgement of the breasts which precedes lactation. Objectives; To assess the condition of the postnatal mother with breast engorgement. To provide nursing care of postnatal mothers. to evaluate the effectiveness of nursing care of postnatal mothers with breast engorgement. Research design descriptive study design was chosen for this study. The population for the study were postnatal mother admitted in postoperative ward at rajiv gandhi institute of medical sciences. sample size 30 postnatal mothers. convenient sampling technique was used. The instrument consists of 3 parts. part I consists of demographic variables are age, education religion occupation family income residence obstetrical score etc. part II ; Rating scale was used to monitor the health condition of postnatal mothers with breast engorgement. part III ; Observation check list was used to find out the effectiveness of nursing care for postnatal mothers with breast engorgement. The descriptive statical analysis method and inferential analysis was used to find out mean, SD, percentage of score. The chi-square test were adopted. paired t test used. statistically there was significant improvement in health condition of mother with breast engorgement at level of , P, value < 0.05 which was highly significant

KEYWORDS; Postnatal mothers, breast engorgement .breast milk.cold therapy.

INTRODUCTION;

Engorgement is an indication that the baby is not in step with the stage of lactation. usually manifests after the milk secretion starts 3rd and 4th day of postpartum.

Mothers today are faced with a lot of pressure to breastfeed and to make the right decision for their infant. Breast engorgement is the painful overfilling of the breast with milk. if mothers, who are experiencing true milk production, are aware of the effectiveness of the domperidone drug, it may encourage them to try it and hence, continue breast feeding for longer term.

The mother has complains breast pain, mastitis, breast abscess due to feeding difficulties of the baby. By providing the effective nursing care to the mothers which includes cold therapy position changing, breast care,

The tool consists of 3 parts . **part-I** Consists of demographic variables age, educational status, occupation.

Part-II

explaining of the breast feeding techniques, vital signs checking and antibiotic therapy all these given.

Methodolgy;

Research design; Descriptive evaluatory case study design was used.

Setting of the study;

postnatal ward in Rajiv Gandhi institute of medical sciences. at kadapa .

Population;

Post natal mothers those were suffered breast engorgement.

Sample size; sample consist of 30 postnatal mothers who are all met inclusive criteria.

Sampling techniqe; convenient sampling .

Study tools;

Rating scale was used to monitor the health condition of post natal mothers with breast engorgement.

Part-III



Observation checklist was used to find out the effectiveness of nursing care on postnatal mothers with breast engorgement

Results and Discussion;
Demographic variables of mothers with breast engorgement .

s.no	Demographic variable	mild		moderate		severe		Chi2	Df& p
		Number	Percentage	Number	percentage	number	percentage		
1	Age of the mother 18-23years 24-29years 29-35years	14 12	46.6% 40%	4	13.33%	-	-	0.17	3.p>0.05 NS
2	Religion Hindu christian muslim	12 2 8	40 6.66 26.6	5 3 0	16.66 10 0	-	-	.03	3.p>0.05 NS
3	Educational status Illiterare Primaryschol Secondary school collegiate	3 7 8 5	10 23.33 26.33 16.66	0 3 0 0	0 10 0 0	2 0 2 0	6.6 0 6.6	0.01	6 p>0.05NS
4	Occupation Dailywages Agriculturalwork Salaryholder others	0 12 3 5	0 40 10 16.66	3 0 4 0	10 0 13.33 0	0 2 0 1	0 6.6 0 3.3	0.06	6 p>0.05NS
5	Family income Below rs 1000 1002 to 3000 3001 to 6000 6000 above	10 2 2 6	33.3 6.6 6.6 20	5 0 2 0	16.6 0 6.6 0	1 0 2 0	3.3 0 6.6 0	0.03	6 p>0.05NS
6	Residence Rural area Urban area	15 2	50 6.6	6 4	20 13.33	0 3	0 10	0.22	2 P> 0 .05NS
7	Type of family Joint family Nuclear family	8 5	26.6 16.6	10 6	33.3 20	0 1	0 3.3	0.02	2 Q> 0 .05NS
8	Source of information Health personal T. v or radio Newspaper Friends &relatives	5 2 10 3	16.6 6.6 33.3 10	2 0 4 2	6.6 0 13.3 6.6	1 0 1 0	3.3 0 3.3 0	0.04	6 p>0.05NS
9	Obstetrical score Primi multigravida	10 8	33.3 26.66	5 4	16.6 13.3	0 3	0 10	0.14	2 P>0.05NS



Table reveals that association between the demographic variables with effectiveness of nursing care for postnatal mothers with breast engorgement. There is no significant. The chi square

value was not significant with the demographic variables such as age, educational status, occupation & so on. Severe 22(73.33), moderate 8(26.22). Rest of them mild status.

Table 2 comparison of the health condition for the postnatal mother with breast engorgement with assessment evaluation score.

S.no	Description	Mean	Standard deviation	Paired (t) test
1	Assessment day	13.2	0.66	15.25*
2	Evaluation day	15.33	0.71	(p<0.05)

* significant level (p<0.05) level

Overall mean of health condition of mothers with breast engorgement was 0.66 with standard deviation 0.71 in assessment day and the improvement was there on evaluation day and the overall mean was 15.33 with SD 13.20 statistically there is a significant in health condition of mothers with breast engorgement after interventions on evaluation day.

Conclusion;

From the evaluation of the mothers with breast engorgement after the comprehensive nursing care per protocol showed that 5 (16.6%) mothers were in good condition, 22(73.3%) were in moderate, 3(10%) mothers were in severe health condition. In evaluation of nursing care, the mothers were relieved from pain, maintained fluid and electrolyte balance, minimized the infectious process, good nutritional status, relieves from anxiety and fear and improving coping ability with family members. Holistic nursing care for mothers focus on helping the individual, family and community people to achieve the optimal health.

Recommendations;

A comparative study in post operative ward regarding different nursing procedures. An experimental study can be taken up to evaluate the effectiveness of guidelines on care for mothers breast engorgement. An observational study can be conducted to assess the practice among in relation to care for mothers with breast engorgement.

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