



**A STUDY TO ASSESS THE KNOWLEDGE REGARDING LACTATION PROBLEMS  
AMONG POST NATAL MOTHERS DURING EARLY POST PARTUM PERIOD IN  
SELECTED HOSPITALS AT KOLLAM**

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**ABSTRACT**

The research project undertaken was “A study to assess the knowledge regarding lactation problems among postnatal mothers during early postpartum period in selected hospitals at Kollam.” The objectives of the study were to assess the knowledge regarding lactation problems among postnatal mothers during early postpartum period in selected hospitals and to find out the association between knowledge regarding the lactation problems and demographic variables. Non experimental research design was adopted for the study. The study was conducted among 60 postnatal mothers in selected hospitals at Kollam. In order to assess the knowledge of postnatal mothers, a non-probability convenience sampling technique was used. The tool used for the data collection consisted of demographic proforma and structured knowledge questionnaire. Basic introduction of the study was given to the subjects. The analysis of the data was based on the objectives of the study using descriptive and inferential statistics. The findings of the present study revealed that 33.33% postnatal mothers had adequate knowledge regarding lactation problems, 61.66% had moderate knowledge, 5% had inadequate knowledge. Based on the finding the investigator have drawn implication which were of vital concerns in the field of nursing practice, nursing administration, nursing pattern and nursing education for future development.

**KEYWORDS:** Assess, Knowledge, Structured Knowledge questionnaire, Lactation problems, Early postpartum period, Postnatal mothers.

**INTRODUCTION**

Breastmilk is nature’s perfect nourishment for babies. Due to the advantages of breastfeeding and the excess risk for poor maternal and child health outcomes associated with not breastfeeding, every major health organization recognizes breastfeeding as the physiologic norm and standard of infant feeding. It is universally recommended that infants receive breast milk as the sole source of nourishment through the age of 6 months, with continued breastfeeding for at least one to two years of life and beyond. Further, it is recommended that initiation of breastfeeding begin immediately after birth.

The postpartum period, also known as the puerperium and the “fourth trimester,” refers to the time after birth when the physiologic changes related to pregnancy return to the nonpregnant state. The early postpartum period is the most stressful period for a new mother, who is assuming new roles and responsibilities in life, and must deal with the demands from her newborn baby and her own care needs. Early postpartum period is the period immediately after the delivery within a week. This is a time of rapid change with a potential for immediate

crises such as postpartum hemorrhage, uterine inversion, amniotic fluid embolism, and eclampsia.

Lactation is the process of milk secretion from the mammary glands of a mother soon after childbirth. The milk, thus produced provides nutrition and immunity to the young one. It is quite essential for the mother to nurse her own child by herself, there would be many factors causing a problem while breastfeeding her child. It’s common to face challenges at this age. Common lactation problems include sore nipples, cracked nipples, mastitis, breast engorgement etc. Inadequate milk intake is, if your baby is not gaining weight well or has signs of dehydration, they may not be getting enough milk. This is not a reason to give up on breastfeeding, because, in most cases, this can be solved by figuring out the cause and finding the solution.

Nipple pain or Sore nipples is one of the most common complaints by people who are newly breastfeeding. Pain due to nipple injury needs to be distinguished from nipple sensitivity, which normally increases during pregnancy and peaks approximately four days after

giving birth. Nipple injury usually is due to incorrect breastfeeding technique, particularly poor latch-on. Other factors that can make pain caused by injury include overuse of breast pads, use of potentially irritating products, and biting by an older baby. Engorgement is the medical term for when the breasts get too full of milk. It can make your breast feel full and firm and can cause pain and tenderness. Engorgement can sometimes impair the baby's ability to latch, which makes engorgement worse because the baby cannot then empty the breast. A plugged milk duct can cause a tender or painful lump to form on the breast. If the nipple itself is plugged, a white dot or "bleb" can form at the end of the nipple. Things that can lead to a plugged milk duct include poor feeding technique (in particular, not varying your breastfeeding position), wearing tight clothing or an illfitting bra, abrupt decrease in feeding, engorgement, and infections. Mastitis is an inflammation of the breast that is often associated with fever (which might be masked by pain medications), muscle and breast pain, and redness. Mastitis tends to occur if the nipples are damaged or the breasts stay engorged for too long or do not drain properly. Inverted nipples are nipples that point inward or lie flat, rather than pointing out. It's also called retracted nipples. It can happen in one breast or both. Nipple inversion is a common pathologic condition affecting 2%–10% of women. Congenital inversions are the most common forms, while acquired inversions are less frequent. This condition can induce psychological discomfort, functional problems that could prevent adequate breast feeding, and cosmetic dissatisfaction, and create local irritation and infection.

According to data collected by UNICEF, South Asian countries have the highest exclusive breastfeeding rates for babies up to five months old (57 %). Eastern and Southern Africa have the second-highest breastfeeding rates (55%) followed by Eastern Europe and Central Asia (41 percent), Latin America and the Caribbean (37 percent) and West and Central Africa (37 percent). One in three newborns (33 percent) in the Middle East and North Africa are exclusively breastfed. Worldwide, the statistics are also below ideal: only four out of ten (44%) children are exclusively breastfed in the first six months of life, according to 2021 data from the World Health Organization (PAHO/WHO). The WHO points out that breastfeeding reduces mortality among children under five by 13%, prevents diarrhea and respiratory infections, reduces the risk of allergies, high cholesterol, diabetes, hypertension, and obesity in adulthood, protects the mother against some types of cancer, and helps in postpartum recovery.

#### Statement of the problem

"A descriptive study to assess the knowledge of lactation problems among postnatal mothers during early postpartum period in selected hospitals at Kollam"

#### OBJECTIVES

1. To assess the knowledge regarding lactation problems among postal mothers during early postpartum period at selected hospitals at Kollam.
2. To find the association between knowledge score regarding lactation problems among postnatal mothers and selected demographic variables.

#### MATERIALS AND METHODS

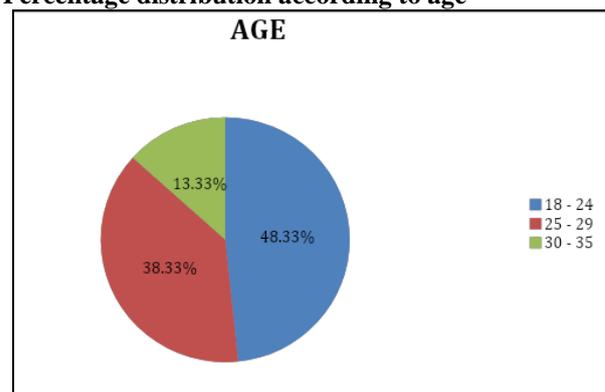
Quantitative approach with descriptive Non-experimental research design was used in this study. The study was conducted in postnatal Wards of Bishop Benziger Hospital and AGC Hospital at Kollam. The target population was post-natal mothers in early postpartum period at selected hospitals at Kollam.

The non-probability convenient sampling technique was used to collect data. The tool consisted of demographic proforma and structured knowledge questionnaire (general knowledge, causes, signs and symptoms). Formal permission was taken from institutional ethics committee and consent from the post-natal mothers in early post-partum period was also taken. The collected data were analyzed using descriptive and inferential statistics.

#### RESULTS

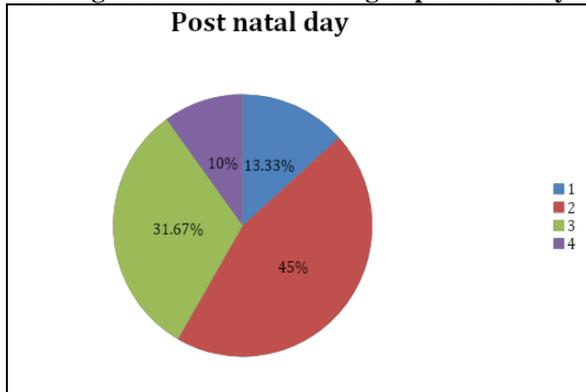
The results were computed under the following sections. Section A: Description of demographic variables. Section B: Knowledge of postnatal mothers regarding lactation problems during early postpartum period. Section C: Association between knowledge regarding lactation problems of postnatal mothers during early postpartum period and selected demographic variables.

#### SECTION A- Description of demographic variables Percentage distribution according to age



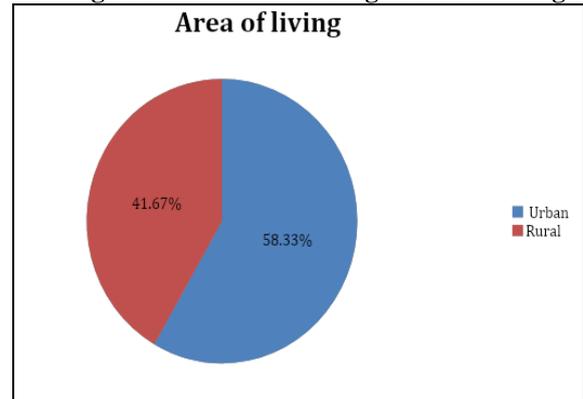
N=60

The data shows that out of 60 sample, 13.33% belonged to the age group of 18- 24 years ,48% belonged to the age group of 25 -29 years and 38.33% belonged to the age group of 30 -35 years.

**Percentage distribution according to postnatal day**

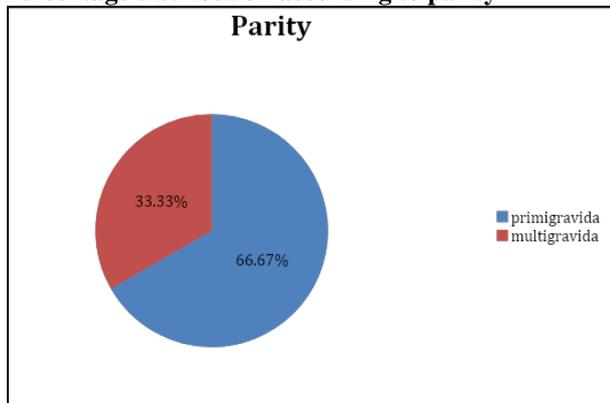
N = 60

The data shows that out of 60 sample, 13.33% of the sample belonged to postnatal day 1, 45% belonged to postnatal day 2, 31.67% belonged to postnatal day 3 and 10% belonged to postnatal day 4.

**Percentage distribution according to area of living**

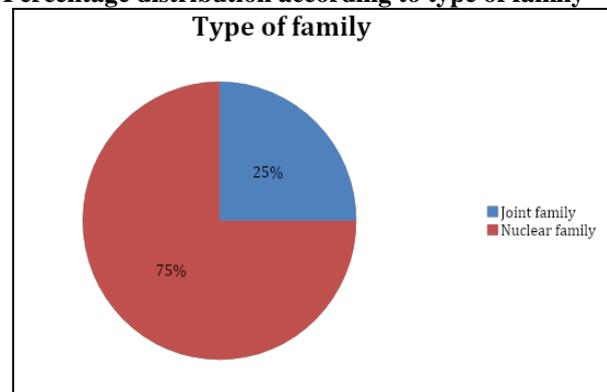
N = 60

The data shows that out of 60 sample, 58.33% of sample live in urban area and 41.67% live in rural area.

**Percentage distribution according to parity**

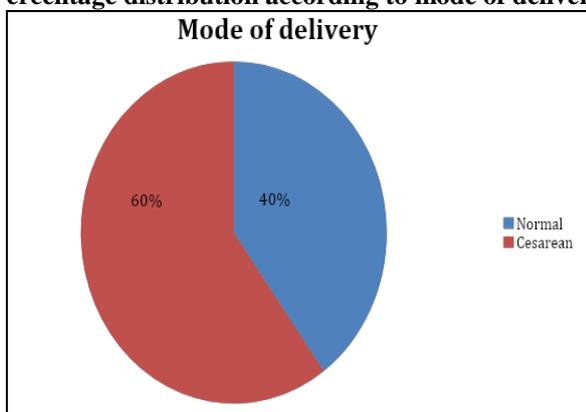
N = 60

The data shows that out of 60 sample, 66.67% of samples were primigravida mothers, and 33.33% were multigravida mothers.

**Percentage distribution according to type of family**

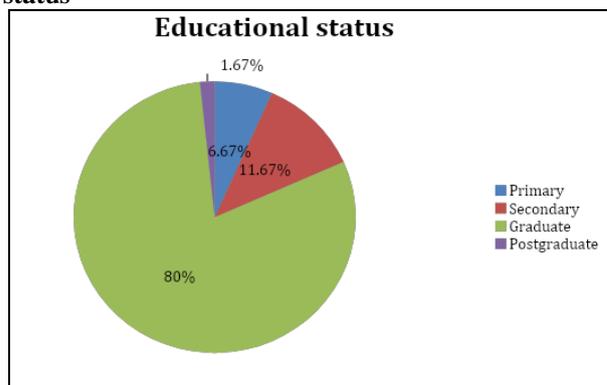
N = 60

The data shows that out of 60 sample, 25% of sample belonged to joint family and 75% belonged to nuclear family.

**Percentage distribution according to mode of delivery**

N = 60

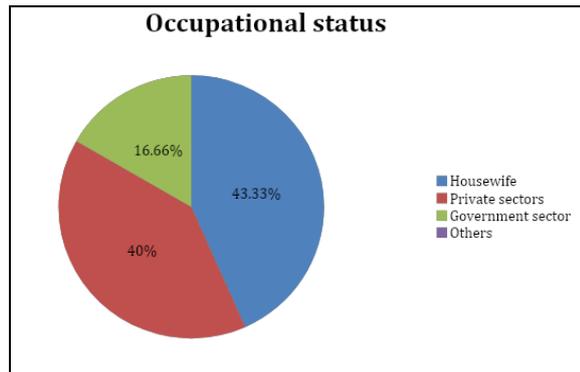
The data shows that out of 60 sample, 40% of sample had normal delivery and 60% had cesarean section.

**Percentage distribution according to educational status**

N = 60

The data shows that out of 60 sample, 6.67% of sample had primary level of education, 11.67% had secondary level of education, 80% were graduates and 1.67% were postgraduates.

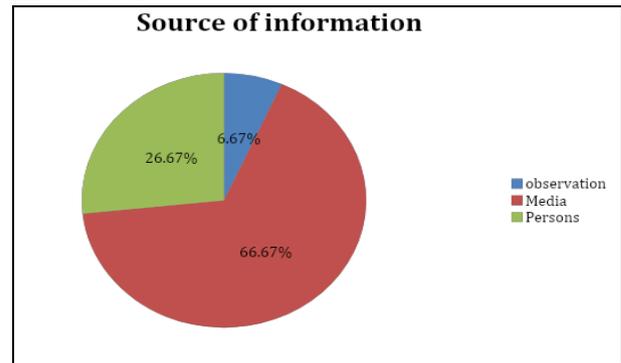
**Percentage distribution according to occupational status**



N=60

The data shows that out of 60 sample, 43.33% of sample were housewives. 40% were working in private sectors, and 16.67% were working in government sectors.

**Percentage distribution according to source of information**



N=60

The data shows that out of 60 sample, 6.67% received information through observation, 66.67% received information from media, and 10% received information from individuals.

**SECTION B**

**Knowledge of postnatal mothers regarding lactation problems during early postpartum period**

score Range	Level of knowledge	No. of samples	Percentage
Above 18	Adequate	20	33.33%
12 – 18	Moderate	37	61.66%
Less than 12	Inadequate	3	5%

N=60

Out of 60 sample, 33.33% had adequate knowledge, 61.6% had moderate knowledge and 5% had inadequate knowledge.

**SECTION C**

**Association between knowledge and demographic variables.**

Variables	Adequate	Moderate	Inadequate	X <sup>2</sup>	Table value	df	Significance
<b>Age</b>							
18 - 23	9	19	1	1.04	9.49	4	NS
24 - 29	9	13	1				
30 - 35	9	5	1				
<b>Postnatal day</b>							
1	0	8	0	7.91	12.59	6	NS
2	12	14	1				
3	7	11	1				
4	1	4	1				
<b>Mode of delivery</b>							
LSCS	11	22	3	1.70	5.9	2	NS
Normal	9	15	0				
<b>Parity</b>							
Primi	11	27	2	1.36	5.9	2	NS
Multi	9	10	1				
<b>Education</b>							
Primary	1	3	0	1.63	12.59	6	NS
Secondary	1	5	1				
Under Graduate	18	28	2				
Post Graduate	0	1	0				

Variables	Adequate	Moderate	Inadequate	X <sup>2</sup>	Table value	df	Significance
<b>Area of living</b>							
Urban	10	23	2	0.93	5.99	2	NS
Rural	10	14	1				
<b>Source of information</b>							
Observation	1	3	0	5.4	9.49	4	NS
Media	14	24	2				
Person	5	10	1				
<b>Type of family</b>							
Joint	5	9	1	0	5.99	2	NS
Nuclear	15	18	2				
<b>Occupational status</b>							
House wife	7	18	1	2.90	9.49	4	NS
Private sector	11	12	1				
Govt. sector	2	7	1				
Others	0	0	0				

There was no significant association between knowledge and selected demographic variables at 0.05 level of significance.

## DISCUSSION

The present study was conducted to assess the knowledge regarding lactation problems among postnatal mothers in early postpartum period in selected hospital at Kollam. In order to achieve the objectives of the study, non-experimental descriptive study design was adopted. The sample was selected by non-probability convenience sampling method. The sample consisted of 60 post-natal mothers. The findings of the study has been discussed in relation to objectives and other similar studies.

### Objectives of the study

#### To assess the knowledge regarding lactation problems among postnatal mothers during early postpartum period.

The present study revealed that 61.6% postnatal mothers had moderate knowledge regarding lactation problems during early postpartum period, 33.33% had adequate knowledge and 5% had inadequate knowledge.

The above findings are supported by a non - experimental descriptive study conducted at Vadilal Sarabhai Hospital, Ahmedabad to assess the knowledge of postnatal mothers regarding selected postnatal breast problems and their management. A convenience sample of 60 postnatal mothers attending the postnatal services were included in the study. The results revealed that majority (70%) of the postnatal mothers had inadequate/poor knowledge regarding selected postnatal breast problems and their management whereas only 30% of them had adequate knowledge.

#### To find the association between knowledge score regarding lactation problems among postnatal mothers and selected demographic variables.

The association was found out by using Chi-square test. It was inferred that the present study showed no association between knowledge and the demographic variables like age, postnatal day, parity, type of family, educational status, occupational status, mode is delivery, area of living and source of information. (Calculated values were less than table value at 0.05 level of significance).

The study was supported by a non-experimental descriptive study conducted by enrolling 100 postnatal mothers available at the time of data collection to assess the knowledge regarding breast complications during puerperium among postnatal mothers. Non probability purposive sampling technique was adopted. Analysis was done using descriptive statistics, frequency percentage distribution and fisher exact test. The study revealed no association between knowledge and demographic variables at 0.05 % level of significance.

## CONCLUSION

The present study was aimed to assess the knowledge regarding lactation problems among post-natal mothers during early postpartum period in selected hospitals at Kollam. The study concluded that 61.66% had moderate and 5% of them had inadequate knowledge regarding lactation problems during early postpartum period. There was no significant association between knowledge and selected demographic variables such as age, postnatal day, parity, mode of delivery, educational status, source of information, type of family, area of living, and occupational status at 0.05 level of significance.

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