

BREASTFEEDING CHALLENGES FACED BY THE PRIMI-POSTNATAL WOMEN IN FIRST WEEK OF PUERPERIUM

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Abstract

Breastfeeding has extensive, lasting impact on the health of the newborn. Many women face challenges in early postnatal days to feed baby by breast. This study is aimed to determine the challenges in breast feeding faced by the primi postnatal women in early postnatal period.

Methods and materials: By using descriptive research design, data was collected from 105 respondents. LATCH scoring of the participants was observed prior to collect the data. By using semi structured self-administered questionnaire information related to challenges are collected.

Results: 23% had moderate LATCH scores and 14% are shown poor LATCH scores. The various challenges faced by the postnatal women are 29% of the mothers had insufficient milk secretion, 20% had sore nipple, 44% had mothers had breast engorgement, 32% said their health condition itself is a challenge, 33% had fear of passing infection, 11% mothers had fear of physical appearance, 27% felt type of birth is a challenge, 93% women felt pain, 38% had difficulty in latching. Lack of confidence in feeding was observed in 69% mothers and 86% mothers felt lack of knowledge about breast feeding is a challenge.

Conclusion: There is a need to provide adequate information to first time mothers about the common challenges faced by mothers to breastfeed the newborn which will help the mothers to provide better care for their newborn.

Keyword: Breast Feeding, Latching, Challenges, Primi mothers

INTRODUCTION

Over the past 20 years, breastfeeding has been supported by increasing numbers of professionals and the general public worldwide. Because of the intimate physical contact, breastfed new-borns not only receive the best nutrition available, but also the best loving from their moms. For most new-borns, breast milk remains the healthiest food source for at least the first six months of life. It provides the right nutrients to support healthy growth and development as well as the immune components of the mother, which can protect infants from infections. Breastfeeding strengthens the emotional relationship between a woman and her child by promoting mother-infant bonding. (Smith JP, & Forrester R. 2017).

Initiation rates for breastfeeding are on the rise in the United States, and a lot of women know how good breastfeeding is for their health and the health of their kids. Over 83% of babies are breastfed, and moms are choosing to nurse their babies for longer periods of time. Women who breastfeed have a decreased chance of developing diabetes mellitus, hypertensive heart disease, ovarian cancer, breast cancer, and uterine cancer. For the first six months of life, the American College of Obstetricians and Gynecologists recommends exclusive breastfeeding. After that, the infant should continue to be breastfed while being introduced to additional meals for the first year of life, or for as long as the mother and child choose. (CDC report 2018)

At six months, only 25.4% of women are exclusively breastfeeding, and problems can arise that keep women from reaching their breastfeeding objectives. In a long-term cohort

study of American women, almost two thirds of the participants weaned earlier than they had anticipated, and roughly half (45%) of the participants reported weaning early against their will. There are numerous reasons why an early weaning could take place. Women report that issues with baby latch, insufficient milk supply, and chronic breast pain make early weaning undesirable. Two examples of sociocultural factors that may lead to early weaning are the absence of paid maternity leave and barriers to breastfeeding at work. (Watkins, S., Meltzer-Brody, S., Zolnoun, D., & Stuebe, A. 2011)

Obstetricians and gynaecologists, among other professionals in the area, are uniquely prepared to help women in these situations. By educating patients about lactation regulations, providing a letter to an employer regarding the needs for a lactation accommodation, and providing anticipatory counselling to patients on how to continue breastfeeding after returning to work, some of these societal barriers may be lifted. To properly support breastfeeding moms, obstetrician-gynaecologists and other obstetric care providers should be able to handle lactation issues such as mastitis, engorgement, feelings of inadequate milk supply, pain, medication or substance use while breastfeeding, and a breast mass during lactation. (Gianni, M. L et al 2019).

Women who initially experienced nursing poorly might be more prone to postpartum depression. These mothers ought to be screened for breastfeeding issues and given the appropriate care or referrals as a result. The purpose of this study is to give an overview of common breastfeeding problems.

MATERIALS AND METHODS

Sources of data: Postnatal mothers and various literatures

Research Design: Descriptive research design

Sample And Sampling Technique: Convenient sampling technique, 105 primi-postnatal mothers

Data Collection Instrument: LATCH Scale, basic demographic profile and Semi-structure questionnaire to identify the challenges

RESULTS

I. Results related to demographic information

The demographic information of the samples.

- Maximum samples were from the age group of 23 to 26 (45%)
- An educational status of the mothers completed their higher secondary education (66%)
- The occupation of the samples maximum (85%) were home makers
- About 85% of samples were following Hindu religion
- 61% resided at rural place
- With regard to monthly income, 48.5% were having income between 10001-15000/-INR
- Regarding the mode of delivery 58% underwent c section and 42% had normal vaginal delivery
- The gestational age at delivery 85% women delivered at < 39 weeks, 14% at 29 to 38 weeks and 1% woman delivered at \geq 28 Weeks.
- The newborn 53% were males and 47% were females and initiation of breast feeding 30% initiated breast feeding within 30 minutes, 40% within one hour and 25% of mother took 90 minutes to initiates breast feeding.

II. Findings related to LATCH SCORING

Table 1: Frequency percentage of LATCH scoring

TOTAL			
Score	Component	Frequency	Percentage
0-3	Poor	15	14
4 to 7	Moderate	24	23
8 to 10	Good	66	63
	Total	105	100

Table 1 depicts results of LATCH score. 63% of the mother had good LATCH, 23% had moderate LATCH and 14% are shown poor LATCH.

III. Findings related to individual component of LATCH

Table 2: Finding related to L= Latch

L - Latch			
Score	Component	Frequency	Percentage
0	Too sleepy, no latch achieved	18	17
1	Repeated attempts, hold nipple in mouth Stimulate suck	21	20
2	Rhythmic sucking	67	63
	Total	105	100

Table 2 shows the results of latch. 17% of the babies scored 0, 20% scored 1 and 63% had rhythmic sucking

Table 3: Finding related to A= Audible Swallowing

A - Audible Swallowing			
Score	Component	Frequency	Percentage
0	None	19	18
1	A few with stimulation	20	19
2	Spontaneous and frequent	67	63
	Total	105	100

Table 3 shows the results of audible swallowing. 18% of the babies scored 0, 19% scored 1 and 63% had spontaneous and frequent swallowing.

Table 4: Finding related to T = Type of Nipple

T - Type of Nipple			
Score	Component	Frequency	Percentage
0	Inverted	5	5
1	Flat	17	16
2	Everted	83	79
	Total	105	100

Table 4 shows the finding related to types of Nipples. The results revealed that 5% of the women had inverted nipple, 16% had flat nipple and 79% had normal nipple.

Table 5: Finding related to C= Comfort (Breast/Nipple)

C - Comfort (breast/nipple)			
Score	Component	Frequency	Percentage
0	Severe discomfort, Engorged/Cracked	14	13
1	Reddened, Mild/moderate discomfort	25	24
2	No discomfort, Soft	66	63
	Total	105	100

Table 5 shows the comfort of mother while feeding. 13% of them had severe discomfort, 24% had moderate discomfort and 63% were comfortable.

Table 6: Finding related to H = Hold (positioning)

H- Hold (positioning)			
Score	Component	Frequency	Percentage
0	Full assist, Staff holds infant at breast	16	15
1	Minimal assist, Staff holds on and then mother takes over	33	31
2	No assist from staff, Mother able to position/hold infant	56	53
	Total	105	100

Table 6 shows the result of hold or position. 15% of the participants required full assist in holding the new-born, 31% of the participants scored 1 in which minimal assistance was needed for hold where as 53% were able to hold the baby without assistance.

IV. Challenges faced for breast feeding

Table 7 frequency percentage of challenges faced by mothers in relation with physical health

Sr. No	Challenges	Frequency	%
1	Insufficient breast milk	30	29
2	Sore Nipple	21	20
3	Swollen breast/Engorgement	46	44
4	Mother health condition	34	32
5	History of still birth	2	2
6	Fear of passing the infection	36	34
7	Concern about physical appearance of body	12	11
8	Type of birth	28	27
9	Pain	98	93
10	Difficulty in latching	40	38
11	Lack of confidence in mother	72	69
12	Lack of knowledge about advantages of breast feeding	90	86

The table 7 shows the frequency percentage of challenges faced by mothers in relation with physical health

Table 8 frequency percentages of challenges faced by mothers in relation with new born

Sr. No	Challenges	Frequency	%
1	Gender of baby	4	4
2	Twin pregnancy	3	3
3	Medical intervention to the newborn	21	20

The table 8 shows the frequency percentages of challenges faced by mothers in relation with new born

Table 9 frequency percentage of challenges faced by mothers in relation with social support

Sr. No	Challenges	Frequency	%
1	Lack of privacy	40	38
2	Family influence	12	11
3	Lack of support from family	10	10
4	Lack of support from health care provider	12	11
5	Fear of facing budget crisis	13	12
6	Negative influence of media	3	3
7	Lack of communication between health care providers	23	22
8	Experience of emotional thrush	29	28
9	Lack of motivation and guidance	69	66
10	Attitude and belief of the family members	14	13

The table 9 shows the frequency percentage of challenges faced by mothers in relation with social support

DISCUSSION

In the present study the challenges faced by the mothers in relation with her physical health as follows: Out of all 29% of the mothers had insufficient milk secretion, 20% had sore nipple, 44% had mothers had breast engorgement, 32% said their health condition itself is a challenge. A study conducted by Gianni MI et al (2019) reported that 70.3% women had problem with

nipple. A study conducted by Hobbs AJ (2016) reported the similar results about the difficulty in latching.

CONCLUSION

This study has shown a number of difficulties that new mothers have when nursing. To guarantee early success with breastfeeding, it is advised that lactating women have access to well-planned supplementary information and supportive care throughout the immediate to early postpartum period.

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