"A Study to Assess the Effectiveness of Golden Hour Breastfeeding Practice on the Physiological Parameters among Postnatal Mothers at Selected Hospitals of Pune City.

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ABSTRACT

Keywords
Assess, effectiveness, Golden hour breastfeeding practices, physiological parameters, postnatal mothers

Introduction

Women are created by God in such a way that, she has the ability to take her family life towards extension of family by giving new life. As pregnancy is a beautiful life event in every women's life which is celebrated universally in a mother's life, though it has a certain amount of risk for mother and baby it is a cherish able moment. Breast feeding is also an important factor to be considered and taken care of. Unfortunately it receives very less attention. The current study focus the importance of breast feeding Breast feeding is also an important factor to be considered and taken care of .Unfortunately it receives very less attention. The current study focus the importance of breast feeding.

Literature

Research Problem

A study to assess the effectiveness of Golden hour breastfeeding practice on the physiological parameters among postnatal mothers at selected hospitals of Pune City.

Objectives

- To assess the golden hour breastfeeding practice among postnatal mothers at selected hospitals of Pune City.
- To assess the effectiveness of Golden hour breastfeeding practice on the physiological parameters among postnatal mother.
- To associate the selected demographic variables with physiological parameters among postnatal mother.

Methodology

The Research Approach

The current study was conducted with the Quantitative research approach

The Research Design
Quasi experimental post test only design

Variables

Independent Variables

The independent variable for the study was breast feeding practices

Dependent Variables

The dependent variables of the study was physiological parameters

Setting of the Study

The investigator conducted the study in hospital located at urban areas of Pune City.

Population of the Study

Sample and Sample Size

The samples were postnatal mothers from various hospitals of Pune City.

Sample Size

60 Postnatal mothers.

Sampling Techniques

Non probability convenience sampling technique.

Development and Description of the Tool

The data collection questionnaire used in the present study had the following components:

Section A: Assessment of Background Variables

• Variables of the postnatal mother with selected demographic variables.

Section B: Structured Questionnaire to assess the Golden hour breastfeeding practices on the physiological parameters among postnatal mothers.

Section C: Observational Checklist to assess the effectiveness of Golden hour breastfeeding practices on the physiological parameters among postnatal mother

Content Validity

Content validity of instrument was done by panel of experts in the fields of Nursing Research, Obstetrician Neonatologist and Statistician.

Reliability

Reliability of the tool was measured using Karl's Pearson coefficient of correlation' test retest method, **Structured Questionnaire to assess the** Golden hour breastfeeding practice on the physiological parameters among postnatal mothers and **Observational Checklist to assess the** effectiveness of Golden hour breastfeeding practice on the physiological parameters among postnatal mother also was tested for reliability.

The reliability calculated r value was 0.78. Hence the tools were considered for the study.

Data Analysis and Interpretation
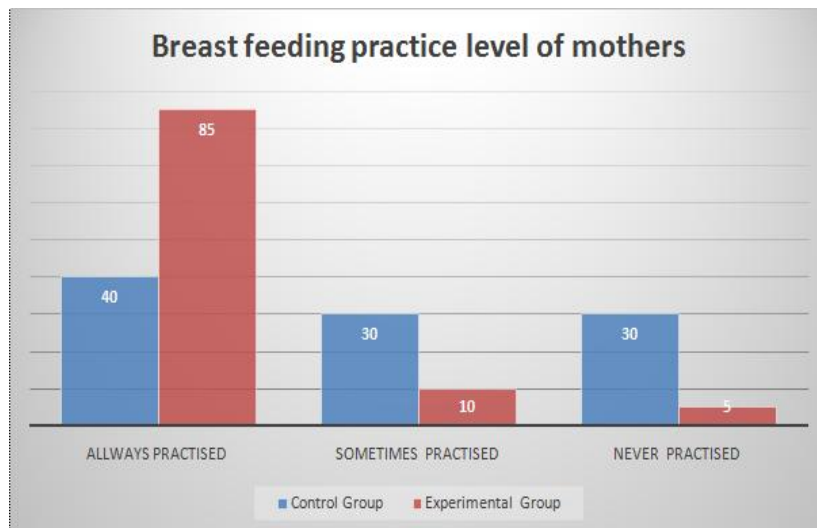
Figure1. Represents the Breast feeding practice of postnatal mothers

Figure 1 Depicts the Breast feeding practice of postnatal mothers in the control group as well the experimental group. The result says that 85 % of the mothers from the experimental group always practiced breast feeding and 10 % sometimes practiced the breast feeding where as in control group 40 % always practiced breast feeding and only 30 % sometimes practiced breast feeding.

N-60
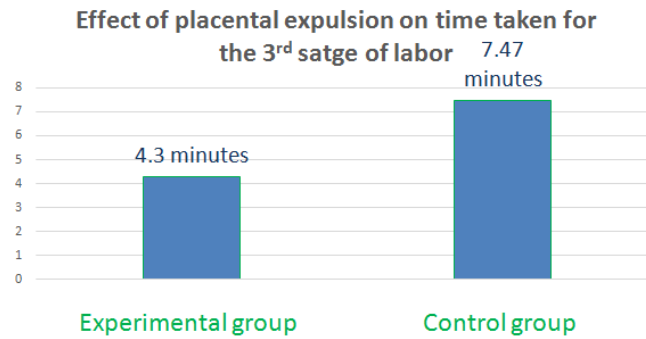
Figure 2. The effect of placental expulsion on time taken for the 3rd stage of labor

Figure 2 Diagram reveals the effectiveness of early initiation of breast feeding on time taken for placental expulsion in third stage of labour among postnatal mothers both in interventional and control group

On an average the time taken for placental expulsion on third stage of labour among the postnatal mothers in the interventional group 4.30 minutes, whereas in the control group it was 7.47 minutes. Thus, interventional group were benefited by 3.17 minutes less than the control group on mean duration of expulsion of placenta.
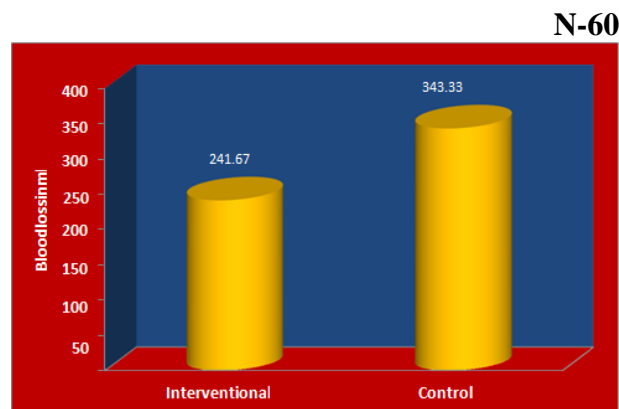
Figure 3. Blood loss during 3rd stage of labour

Figure 3 Depicts the importance of early breast feeding and blood loss in the interventional and control group of the postnatal mothers.

The blood loss during the 3 rd stage of labor in the interventional group was 2.7m Land in the control group was 3.3 L

Table 2. Association of the selected demographic variables with the time consumed for placental expulsion

n=30

Demographic Variables	Time taken for placental expulsion	n	Chi square

		Very Good effect (<5min)		Good effect (6-10min)		Poor effect (>11min)			
		n	%	n	%	f	%		
Age	18-20years	2	33.33	4	66.67	0	0.00	6	2=7.89 P=0.05*(S)
	21-23years	17	89.47	2	10.53	0	0.00	19	
	24-26years	3	60.00	2	40.00	0	0.00%	5	
Education	Non formal education	0	0.00	0	0.00	0	0.0	0	2=3.24 P=0.18(NS)
	Primary school education	10	90.91	1	9.09	0	0.00%	11	
	Higher Secondary school education.	7	70.00	3	30.00	0	0.00%	10	
	Graduate	5	55.56	4	44.44	0	0.00%	9	
Occupation	Homemaker	15	71.43	6	28.57	0	0.00%	21	2=0.15 P=0.92(NS)
	Labor	4	80.00	1	20.00	0	0.00%	5	
	Private organization	3	75.00	1	25.00	0	0.00%	4	
	Government organization	2	26.00	0	0.00	0	0.00%	0	
Family	Big	11	68.75	5	31.25	0	0.00	16	2=0.36 P=0.54(NS)
	Nuclear	11	78.57	3	21.43	0	0.00	14	
Religion	Hindu	19	73.08	7	26.92	0	0.0	26	2=1.28 P=0.52(NS)
	Christianity	3	100.00	0	0.0	0	0.00	3	
	Others	1	50.33	1	50.44	0	0.10	2	
Income per month	Rs. 10k -30k	0	0.00	0	0.00	0	0.0	0	□2=2.72 P=0.10(NS)
	Rs. 30k -50k	1	33.33	2	66.67	0	0.00	3	
	>Rs.50k	21	77.76	6	22.22	0	0.00	28	
Dietary style	Veg food	3	75.00	1	25.00	0	0.0	4	2=0.01 P=0.93(NS)
	Mixed food	19	73.08	7	26.92	0	0.00	26	
	38weeks	2	33.33	4	66.67	0	0.00	6	

		f	%	f	%	f	%	n	Chi square
gestation	39weeks	8	72.73	3	27.27	0	0.0	11	P=0.05*(S)
	40weeks	12	92.30	1	7.70	0	0.00	13	
Type of delivery	Spontaneous	17	89.47	2	10.53	0	0.00	19	2=6.90
	Induction done	5	45.45	6	54.55	0	0.0	11	P=0.01**(S)
Maternal Hhemoglobin	<10 gm	2	28.57	5	71.43	0	0.00	7	
	10.5gm-11.5 gm	16	84.21	3	15.79	0	0.00	19	2=9.77 P=0.01**(S)
	>11.5gm	4	100.00	0	25.00	0	0.0	4	
APGAR Score Imin	9-10	1	50.00	1	50.00	0	0.00	2	
	8-9	11	91.67	1	8.33	0	0.00	12	2=3.76
	7-8	9	64.29	5	35.71	0	0.0	14	P=0.29(NS)
	7	1	50.00	1	50.00	0	0.00	2	
Gender of New Born	Male	6	50.00	6	50.00	0	0.00	12	2=5.56
	Female	16	88.89	2	11.11	0	0.00	18	P=0.02(NS)
New Born weight	2 kg -2.5 kg	4	66.67	2	33.33	0	0.00	6	
	2.5kg -3 kg	7	63.64	4	36.36	0	0.00	11	2=1.51
	3 kg and more	10	84.22	1.5	15.39	0	0.00	14	P=0.47(NS)
Latching score Score	Score of 8–10	15	88.23	2	11.77	0	0.00	17	2=4.45
	Score of 5–7	7	53.84	6	46.14	0	0.00	13	
	Score of 1–4	0	0.00	0	0.00	0	0.00	0	P=0.05*(S)

Table 2. Association of the selected demographic variables with the time consumed for placental expulsion

n=30

Blood loss in 3rd stage of labor

Socio demographic variables		Very Good effect (100–250ml)		Good effect(251–350 ml)		Poor effect (>351ml)		n	Chi square
		f	%	F	%	f	%		
Age	18-20years	1	16.67	5	83.33	0	0	6	10.19 P=0.01** (S)
	21-23years	16	84.21	3	15.79	0	0	19	
	24-25years	4	80	1	20	0	0	5	
Education	No formal education	10	01	01	01	0	0	0	2=2.89 P=0.23 (NS)
	Primary education	9	81.82	2	18.18	0	0.00	11	

	Higher Secondary education	5	50	5	50.00	0	0.00	10	
	Graduate	7	77.78	2	22.22	0	0.00	9	
	Homemaker	14	66.67	7	33.33%	0	0.00	21	
	Labor	4	80	1	20.00	0	0.00	5	
Occupation	Cooperate organization	3	7500.00	1	25.00	0	0.00	4	2=0.38 P=0.82 (NS)
	Government organization	0	0	0	0	0	0	0	
Type of family	Big famliy	10	625000.00	6	37.50	0	0.00	16	2=0.91 P=0.33 (NS)
	Small	11	7857.00	3	21.43	0	0.00	14	
Religion	Hinduism	17	65.38	9	34.62	0	0.00	26	2=0.91 P=0.37 (NS)
	Christian	2	100.0	0	0.00	0	0.00	2	
	Other	2	100.00	0	0.00	0	0.00	2	
Monthly Income	Rs. 10k - 30kmonth	0	0.00	0	0.00	0	0.00	0	
	Rs. 30k - 50k/month	2	66.67	1	33.33	0	0.00	3	2=0.02 P=0.89 (NS)
	>Rs.50k/month	19	70.37	8	29.63	0	0.00	27	
	Score of 5 – 7	6	46.15	7	53.85	0	0	13	
	Score of 1 – 4	0	0	0	0	0	0	0	

Conclusion

The above study was conducted with an objective to identify the effectiveness of early breast feeding initiation during the 3rd stage of labor and the result says that early breast feeding has its own benefits and should be practiced with all women undergoing labor process.

Recommendations

The study recommends the following

- Asimilarstudymaybeconductedwithlargenumberofsamplesandpopulationinvarioussettings
- RCT could be conducted for better generalizability.

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