

# Effectiveness of planned nursing interventions on comfort level in postnatal mothers admitted in selected hospital of Mumbai

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## Abstract

**B**reast feeding is one of the first bonding experiences between mother and child. The feeling the mother gets when she continues to nourish her baby at her breast and see the baby grow and thrive on breast milk is precious. According to WHO 33% of all women experienced breast problems in the first 2 weeks of post partum and 20% in the week thereafter. Objectives for the study to assess the level of comfort of planned nursing interventions in postnatal mothers and to evaluate the effectiveness of planned nursing interventions on level of comfort in selected postnatal mothers. In this study, research approach is quantitative approach and True Experimental Design. The study conducted, at K. J. Somaiya Hospital, the samples consist of the patient getting admitted in K. J. Somaiya Hospital and who are having breast discomfort. Purposive and Convenient sampling technique was used. the sample size was 30. Tools used for the data collection were demographic tool, modified Abbey's pain scale, facial analog pain scale and observational checklist.

## Introduction

"Breast feeding is a gift that lasts for lifetime"

The gift of life to a mother starts from a single tiny cell which gets converted into

a delicate, complicated structure called fetus which grows within the womb and delivers from mother which is a wonderful and pleasant experience. Giving birth is an experience for only mother this is unique.

Feeding an infant is an exciting, satisfying but often worries some task for a mother but meeting the essential need of their new child helps them to strengthen their attachment with the baby as a nurturer and provider. Mother is gifted by which she feeds her baby even though she is hungry she may not be having enough money to feed herself but the natural gift which is present in the mother will never keep the baby fast.

One bottle of artificial milk is enough to spoil the baby's gut which takes time of one week to recover with even continuous breastfeeding. Studies proved

that there is a real threat of traditional breastfeeding practices worldwide like withholding the colostrums and artificial feeding.

## Objectives for the Study

- ❖ To assess the level of comfort of planned nursing interventions in postnatal mothers.
- ❖ To evaluate the effectiveness of planned nursing interventions on level of comfort in selected postnatal mothers

## Method of the Study:

**Research Design:-** True experimental research design will be used in this study.

**Setting of Study:-** The study was conducted in K. J. Somaiya Hospital at Mumbai.

## Variables

**Dependent variables :-** In this study it refers to pain

**Independent variables:-** In this study refers to effectiveness of planned nursing intervention on discomfort level of postnatal mothers.

**Population :-** In this present study the target population is the patient who are admitted in the K.J. Somaiya hospital during the study periods

**Sampling procedure:-** Purposive and convenient

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sampling technique was used to select sample.

**Sample size:-** The sample for the present study was 30 patients who were given planned nursing interventions.

Criteria for samples selection: Postnatal mother who all are having breast discomfort.

**Data collection instrument:-** Data collection tool are the procedures and instruments used while in researcher to measure the key variables in research problem. Demographic data, modified Abbeys pain scale, facial analog pain scale and observational checklist were prepared on the basis of the objectives of the study.

## Organization of study findings

Descriptive and inferential statistics are used to analyze the data and are represented in the form of tables and diagrams. The data are presented under the following headings:-

**Section I:** Obstetrical data of selected postnatal mothers.

**Section II:** Pain score among postnatal mothers

**Section III:** Effective nursing intervention on comfort level

**Section I:** Obstetrical data of selected postnatal mothers.

The section deals with the baselines characteristic of patients in term of frequency and percentages.

**Table 1:** Frequency and percentages distribution of patient according to baselines characteristics

Sr. No.	Variable	Frequency	Percentages
A	Gravida		
	G1	16	53.33
	G2	10	33.33
	G3	2	6.66
	Above G3	2	6.66
B	Living		
	L1	18	60
	L2	11	36.66
	L3	0	0
	Above L3	1	3.33
C	Abortion	6	20
D	Type of delivery		
	FTND	12	40
	LSCS	18	60

E	Postnatal days		
	Day 1	11	36.66
	Day 2	11	36.66
	Day 3	5	16.66
	Day 4	1	3.33
	Day 5	1	3.33
	Day 6	1	3.33
F	Type of feed		
	Top feed	19	63.66
	Breastfeeding	11	36.66

Most of the postnatal mothers from the group 16 (53.33%) are primigravida (G 1), 10(33.33%) were G 2, 2(6.66%) mothers were G 3, 2 (6.66%) mothers were above G3. Most of the mothers 18 (60%) mother having one living child (L1), 11 (36.66%) mother having two living child (L2), 1 (3.33%) mother having above three living child(>L3) and none of the mother have three living child(L3). Maximum of (20%) mothers has a past obstetrical history abortion. Most of the 11(36.66%) mother had first postnatal day, 11(39.66%) mother had second postnatal day, 5(16.66%) mothers had third postnatal day, 1(3.33%) mothers had fourth postnatal day, 1(3.33%) mother had fifth postnatal day, 1(3.33%) mothers had sixth postnatal day. Maximum 19(63.66%) mothers are giving top feed to their children and 11(36.66%) mothers are giving breast feed to their babies. Maximum of 18 (60%) mothers undergone LSCS and 12 (40%) mothers undergone FTND.

**Section -2** This section deals with the pre and post assessment of the pain scale score before and after implementing planned nursing intervention.

Distribution of level of pain in pre test

N=30

Level of pain	Frequency (f)	Percentage (%)
No pain	00	0
Mild pain	21	70
Moderate pain	05	16
Severe pain	02	7
Very severe	02	7

In pretest all the selected postnatal mothers were having discomfort, in which majority of the mo-

(70%) were having mild pain, 05(16%) mothers having moderate pain, 02(07%) were having severe pain, 02(07%) were having very severe pain.

After providing planned nursing interventions (hot compression and breast massage) the discomfort level gradually decreased, whereas majority of the mothers 21(70%) were having no pain, 05(17%) were having moderate pain, 03(10%) were having mild pain, 01(03%) was having severe pain and none of the mothers were having very severe pain.

#### Distribution of observational checklist score

N=30

Sr. No.	Characteristics of Breast	Observation			
		Pre test		Post test	
		(f)	(%)	(f)	(%)
1	Both breast soft	00	00	08	26.67
2	One breast firm and another soft	01	3.33	08	26.67
3	Both breast firm	11	36.67	06	20
4	One breast soft & another tender	03	10	06	20
5	Both breast tender	03	10	02	6.66
6	One breast firm and another tender	00	00	00	00
7	Both breast firm and tender	12	40	00	00
8	Subjective symptoms of one breast	00	00	00	00
9	Subjective symptoms of both breast	00	00	00	00

Majority of the postnatal mothers showed reduction in discomfort of the breast after implementing planned nursing intervention. Most of 8(26.66%) mothers had both breast soft in post observation. In pre observation 1(3.33%) mother had one breast firm and 8(26.66%) mothers had one breast firm in post observation. Maximum of 11 (36.66%) mothers had both breast firm in pre observation and 6(20%) mothers had both breast firm in post

observation. Most of 3(10%) mothers had tenderness in one breast in pre observation and 6 (20%) mothers had tenderness in one breast in post observation. In pre observation 3 (10%) mothers had tenderness in both the breast and 2(6.66%) mothers in post observation had tenderness in both breast. Maximum of 12(40%) had both breast tender and firm

It is thus evident, that planned nursing interventions (hot compressions and oil massage) had an immediate effect on the discomfort level.

#### Implication Of The Study:-

The findings of this study have implication for nursing practice, nursing education, nursing administration and nursing research.

#### Nursing Services:-

When professional liability is recognized, it defines the parameters of the profession and the standard of professional conduct. Nurses should, therefore, enhance their professional knowledge. The role of nurses has expanded rapidly within past ten years to include expertise specialization, autonomy and accountability. The patient is considered the consumer of nursing and health care. Nursing professional working in the clinical area will be able to find opportunities to reduce the level of discomfort while breast feeding to babies. Nurses should place health in the hands of the patient as experimenting and preventing is the only way of avoiding the complication in the patient.

#### Nursing Education:-

The obstetrics and pediatrics curriculum should give emphasis on education of nursing staffs regarding implementing the planned nursing intervention in order to reduce the discomfort of the postnatal mother while breast feeding to babies.

#### Nursing Administration:-

The nursing administration should take part in the making of health policy, development of protocols and standing orders with regard to care to be taken and prevention of discomfort of breast while breast feeding. The nursing administrator should concentrate on the proper selection, placement and effective utilization of the nurse in all

areas giving opportunity for creativity, creating interest and enhance ability in skillfully handling patient while implementing planned nursing intervention. This can also lead to a formation of nursing consultancy especially for the patient with

more breast engorgement. The nurse administrative can help in initiation of development of a booklet for the nursing staffs for their professional development.

## **Nursing Research:-**

The study helps the nurse researcher to develop insight into development of intervention programmed and study materials for nursing staff while implementing planned nursing intervention. Other researchers may utilize the suggestions and recommendation for conducting further study.

## **Recommendations:-**

On the basis of the findings of the study, following recommendations are made:

- ❖ A similar study can be replicated on large subject to generalize the findings.
- ❖ Similar study can be done along with olive oil while giving breast massage.

## **Limitations:-**

1. The study is limited to a group of samples in the multi-speciality hospital in the metropolitan city.
2. The limited time duration for the study

## **Personal Experience:-**

The investigators had a fulfilling experience throughout the research study. The subjects conveyed that there was a decrease in the level of discomfort of breasts by giving hot compressions and oil massage. The researchers were also benefited through this research work by applying the theoretical knowledge into practice by carrying out this small research study.

## **Conclusion:-**

The study was conducted to reduce the level of

discomfort in postnatal mothers in K.J. SOMAIYA HOSPITAL. The study involves sample size of 30 mothers with breast discomfort and collection of data by assessing the breast condition.

Experimental one group pre and post observation was assessed through observational checklist was adopted to conduct the study. Data was analysed and interpreted by using descriptive and inferential statistics. The conclusions were drawn on the basis of the major findings of the study.

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