



A Study To Evaluate The Effectiveness Of Structured Teaching Programme On Knowledge And Practice Of Expressed Breast Milk Among Selected Postnatal Mothers In Arvinth Hospital At Namakkal

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Abstract

- ⇒ Quantitative study was conducted to evaluate the effectiveness of structured teaching programme on knowledge and practice of expressed breast milk among selected postnatal mothers in Arvinth hospital at Namakkal,
- ⇒ The research design used in this study was pre-experimental design, one group pre and post test design without control group. The samples for the study consist of 30 sample of selected postnatal mothers selected by non probability purposive sampling technique. Following pretest structured teaching programme was given to selected postnatal mothers about 45 minutes. A post test was conducted to assess the level of knowledge and practice with the same tool used for the pretest after 8 days.
- ⇒ The analysis revealed that the posttest mean score of knowledge was 27.33 ± 1.69 and the posttest mean score of practice was 9.10 ± 0.99 . The calculated Karl Pearson's Correlation value of 'r' = 0.411 shows a moderate positive correlation which was found to be statistically significant at $p < 0.05$ level.
- ⇒ This study shows an improvement in knowledge and practice after the educational intervention
- ⇒ Breast feeding has many health benefits of the mother and infants. Breast milk contains all the nutrients of an infant need in the first six months of life. Breast feeding protects against diarrhea and common childhood illness such as pneumonia, and may also have longer-term health benefits for the mother and child, such as reducing the risk of overweight and obesity in childhood adolescence.
- ⇒ Breastfeeding is the natural step after the child birth and it is very special gift from a mother to her baby. The use of expressed breast milk has been advocated as an effective way of encouraging and maintaining lactation, when the mother is separated from the baby. However, prospects of storage of expressed breast milk for any considerable periods of time is unavoidable in neonatal intensive care unit (NICU) and in many households, especially working postnatal mothers who need to report back to work soon after delivery

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OBJECTIVES OF THE STUDY

The objectives of the study are:

- ⇒ To assess the pre-test knowledge and practice regarding expressed breast milk among selected postnatal mothers
- ⇒ To assess the post-test knowledge and practice regarding expressed breast milk among selected postnatal mothers
- ⇒ To evaluate the effectiveness of structured teaching programme on expressed breast

milk among selected postnatal mothers.

- ⇒ To correlate the post-test knowledge and practice of selected postnatal mothers regarding expressed breast milk.
- ⇒ To find out the association between post-test knowledge and practice regarding expressed breast milk among selected postnatal mothers with their demographic variables.

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HYPOTHESIS

- ⇒ H1-There will be significant difference between pre-test knowledge and practice scores and post-test knowledge and practice scores of selected postnatal mothers regarding expressed breast milk.
- ⇒ H2-There will be significant correlation between post-test knowledge and practice scores and post-test practice scores of selected postnatal mothers regarding expressed breast milk.
- ⇒ H3-There will be significant association between post-test knowledge and practice scores of selected postnatal mothers with their demographic variables.

ASSUMPTIONS:

- ⇒ Most of the selected mothers may have some adequate knowledge and practice regarding expressed breast milk.
- ⇒ Structured teaching programme may improve their knowledge and practice regarding expressed breast milk among selected postnatal mothers.

DELIMITATIONS:

The study is limited to

- ⇒ Selected postnatal mothers who are admitted in and attending Gynecology OPD, neonatal clinics in Arvinth hospital at Namakkal.
- ⇒ Data collection period of 4 weeks
- ⇒ Study limited to selected postnatal mothers
- ⇒ The research approach used for this study was quantitative evaluative approach.
- ⇒ The research design used for the present study was pre-experimental design one group pre-test and post-test design.
- ⇒ Sample size for the present study was 30 selected postnatal mothers who are admitted in inpatient department, attending neonatal clinics and attending gynecology OPD of Arvinth Hospital at Namakkal.
- ⇒ Sampling technique used for the study was non-probability purposive sampling technique

THE INSTRUMENT CONSISTS OF THREE SECTIONS:

Section-A

- ⇒ Which consists of demographic variables questionnaire such as age, educational status of mother, occupational status of mother, notable to breastfeed due to, nature of mother's work, nature

of father's work, family income, place of residence, type of family, birth order, distance of work in area, duration of working hours, age of child when mother return to work, source of information about expressed breast milk.

Section-B

- ⇒ It consists of self-administered structured knowledge questionnaire, which contains 30 multiple choice questions regarding Express breast milk among selected postnatal mothers each question has four options out of which one is the correct answer

Section-C

- ⇒ It consists of observational check list to assess the practice of expressed breast milk among selected postnatal mothers. It consists of 10 statements that are 10 positive statements.
- ⇒ Prior to the collection of data written permission was obtained from the medical officer of Arvinth Hospital at Namakkal. 30 sample of selected postnatal mothers were selected by using purposive sampling technique. The selected postnatal mothers were assured that anonymity of each individual would be maintained and informed consent was obtained from expressed breast milk.
- ⇒ After the pre-test, structured teaching programme was administered to the selected postnatal mothers. Evaluation of structured teaching programme was done by conducting posttest 8 days after the presentation of the structured teaching programme by using the same self-administered structured knowledge questionnaire and practice checklist for the data was collected.

ORGANISATION OF THE DATA

Data collected were organized under the following sections.

Section A:

Description of the demographic variables of selected postnatal mothers.

Section B: Assessment of level of knowledge and practice of expressed breast milk among selected postnatal mothers.

Section C: Effectiveness of structured teaching programme on knowledge and practice of expressed breast milk among selected postnatal mothers.



Section D: Relationship between posttest knowledge and practice of expressed breast milk among selected postnatal mothers.

Section E: Association of posttest level of knowledge and practice of expressed breast milk among selected postnatal mothers with

selected demographic variables.

SECTION A: DESCRIPTION OF THE DEMOGRAPHIC VARIABLES OF SELECTED POSTNATAL MOTHERS.

Table 1: Frequency and percentage distribution of demographic variables of selected postnatal mothers.

N = 30

Demographic Variables	Frequency	Percentage
Age in years		
20 to 25 years	12	40.0
25 to 30 years	14	46.7
Above 30 years	4	13.3
Educational qualification of mother		
Primary education	-	-
Secondary education	11	36.7
Graduate	19	63.3
Occupational status of mother		
Government employee	-	-
Private employee	24	80.0
Daily wages	6	20.0
Own business	-	-
Notable to breast feed due to		
Baby in NICU	10	33.3
Baby with cleft lip and cleft palate	2	6.7
Mother continue to work after delivery	18	60.0
Family income		
Below 10,000	5	16.7
10,000 to 20,000	24	80.0
Above 20,000	1	3.3
Nature of mother's work		
Spinning mills	3	10.0
Office work	27	90.0
Others	-	-
Nature of father's work		
Daily wages	-	-
Office work	30	100.0
Others	-	-
Place of residence		
Urban	-	-
Rural	30	100.0
Type of family		
Joint family	6	20.0
Nuclear family	24	80.0
Extended family	-	-
Birth order		
First	10	33.3
Second	20	66.7
Third	-	-
Distance of working area		
Nearby home	-	-
10 km away from home	7	23.3
15 km away from home	23	76.7
Duration of working hours		
6 hours	3	10.0
8 hours	27	90.0
12 hours	-	-
Age of the child when mother return to work		
6 months	18	60.0
1 year	12	40.0
>1 year	-	-
Source of information on expressed and storage of breast milk		
Health personnel	3	10.0
Mass media	4	13.3
Friends	-	-
Family members	7	23.4
None	16	53.3



SECTION B: ASSESSMENT OF LEVELKNOWLEDGE AND PRACTICE OF EXPRESSED BREAST MILK AMONG SELECTED POSTNATAL MOTHERS.

Table 2: Frequency and percentage distribution of pretest and posttest level of knowledge of expressed breast milk among selected postnatal mothers.

n= 30

Levelof Knowledge	Pretest		PostTest	
	Frequency(F)	Percentage(%)	Frequency(F)	Percentage(%)
Inadequate(≤50%)	28	93.33	0	9
Moderate(51-75%)	2	6.67	2	6.67
Adequate(>75%)	0	0	28	93.33

⇒ Thetable2showsthatinthe pretest 28(93.33%) had inadequate knowledge and 2(6.67%) had moderate knowledge whereas in the post test, 28(93.33%) had adequate knowledge and 2(6.67%) had moderate knowledge of expressed breast milk among selected postnatal mothers.

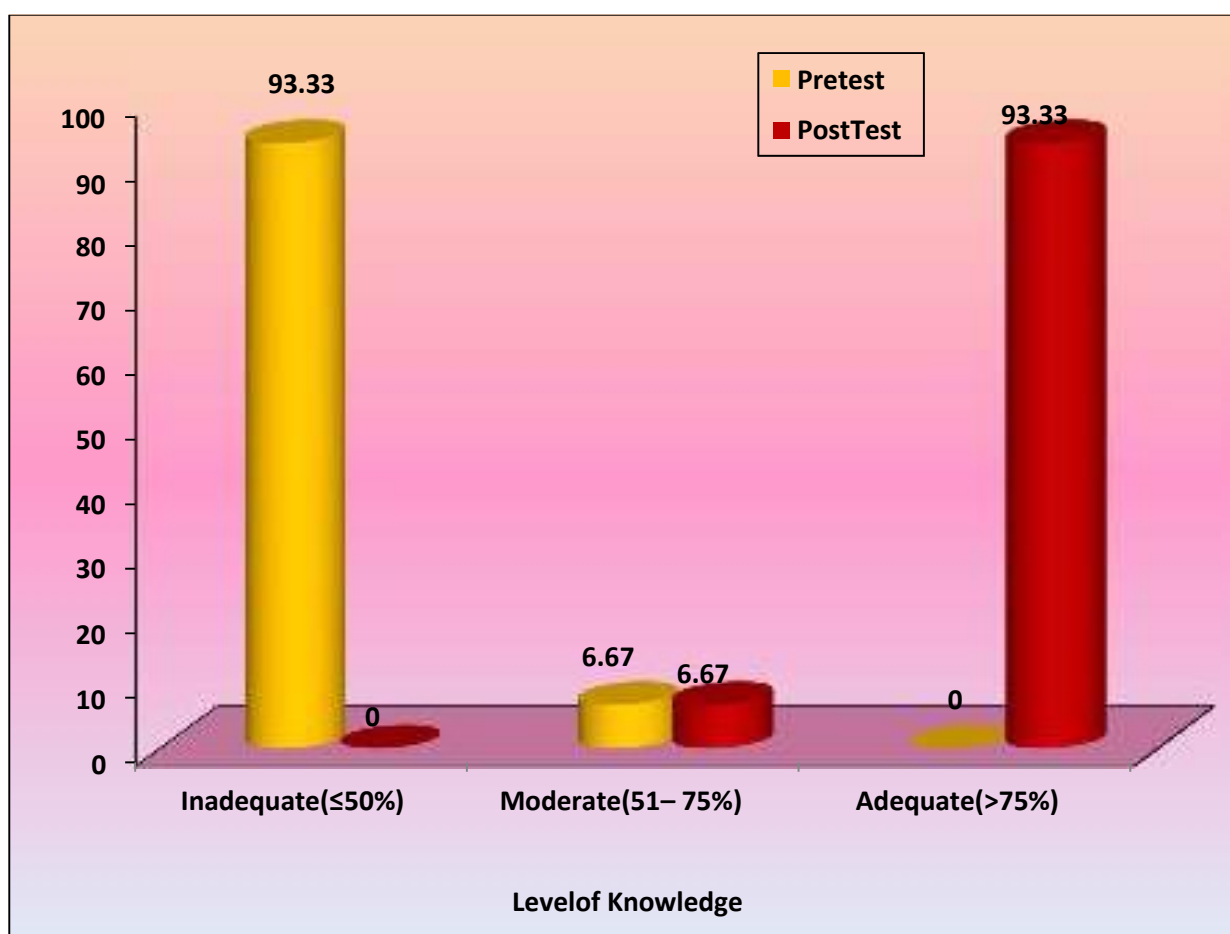


Fig. 1: Percentage distribution of pretest and posttest level of knowledge of expressed breast milk among selected postnatal mother

Table 3: Frequency and percentage distribution of pretest and posttest level of practice of expressed breast milk among selected postnatal mothers.

n= 30

Levelof Practice	Pretest		PostTest	
	Frequency (F)	Percentage (%)	Frequency (F)	Percentage (%)
Inadequate(≤50%)	11	36.67	0	0
Moderate(51-75%)	19	63.33	3	10.0
Adequate(>75%)	0	0	27	90.0



⇒ The table 3 shows that in the pretest 19(63.33%) had moderate practice and 11(36.67%) had inadequate practice whereas in the post test, 27(90%) had

adequate practice and 3(10%) had moderate practice of expressed breast milk among selected postnatal mothers

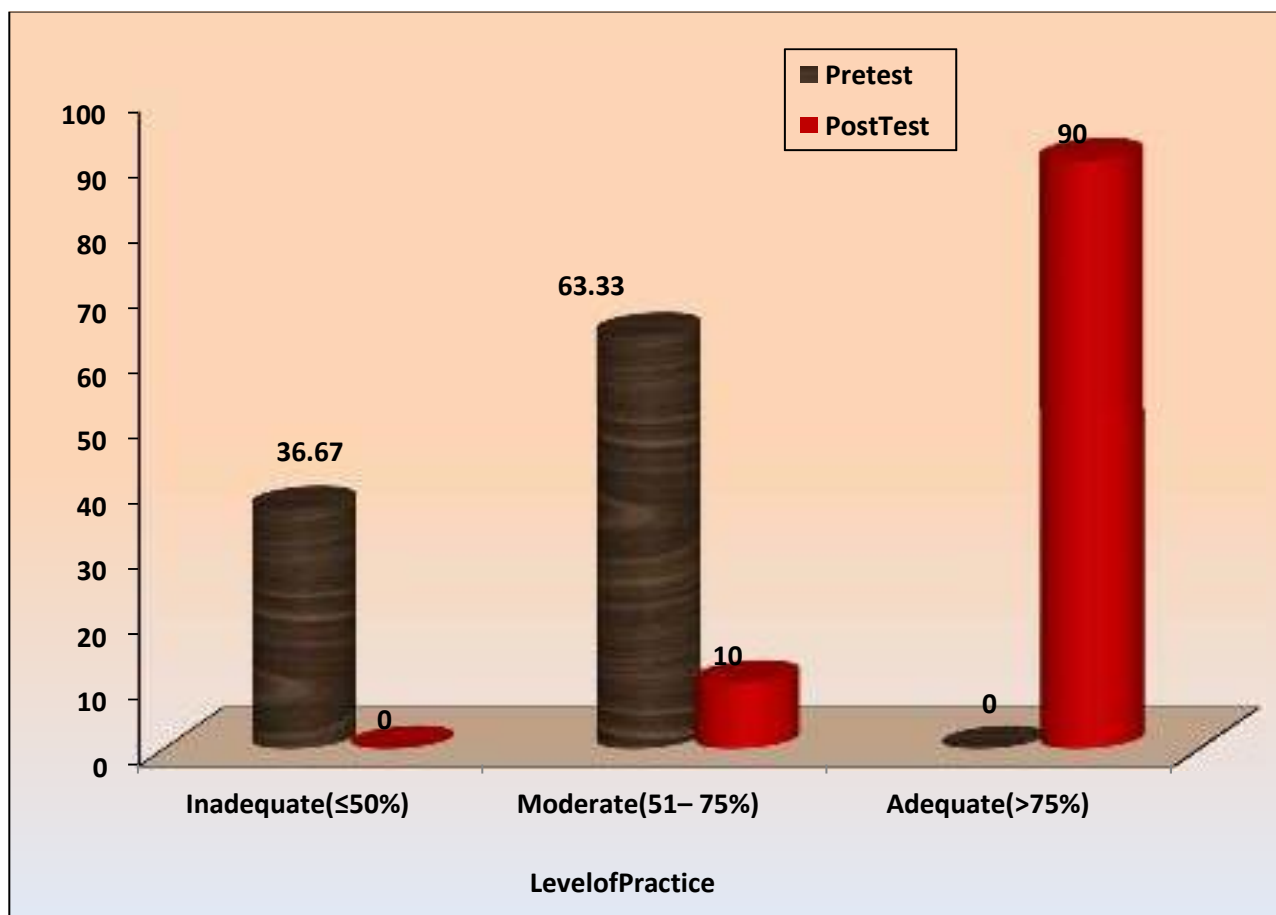


Fig. 2: Percentage distribution of pretest and post test level of practice of expressed breast milk among selected postnatal mothers

SECTION: EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE AND PRACTICE OF EXPRESSED BREAST MILK AMONG SELECTED POSTNATAL MOTHERS.

Table 4: Comparison of pretest and posttest knowledge scores of expressed breast milk among selected postnatal mothers.

n = 30					
Knowledge	Mean	S.D	Mean%	Mean Difference%	Paired 't' Test Value
Pretest	10.57	2.82	35.23%	16.76 (55.87%)	t=30.245 p = 0.0001 S***
PostTest	27.33	1.69	91.1%		

***p<0.001, S - Significant

⇒ The table 4 portrays that the pretest mean score of knowledge was 10.57±2.82 and the posttest mean score was 27.33±1.69. The mean difference score was 16.76(55.87%). The calculated paired 't' test value of t=30.245 was found to be statistically significant at p<0.001 level which shows that there was significant difference

between the pretest and post test scores of knowledge among selected postnatal mothers.

⇒ The above findings clearly infer that booklet on knowledge and practice of expressed breast milk given to selected postnatal mothers was found to be



effective
 in improving the level of knowledge among selected

postnatal mothers in the posttest.

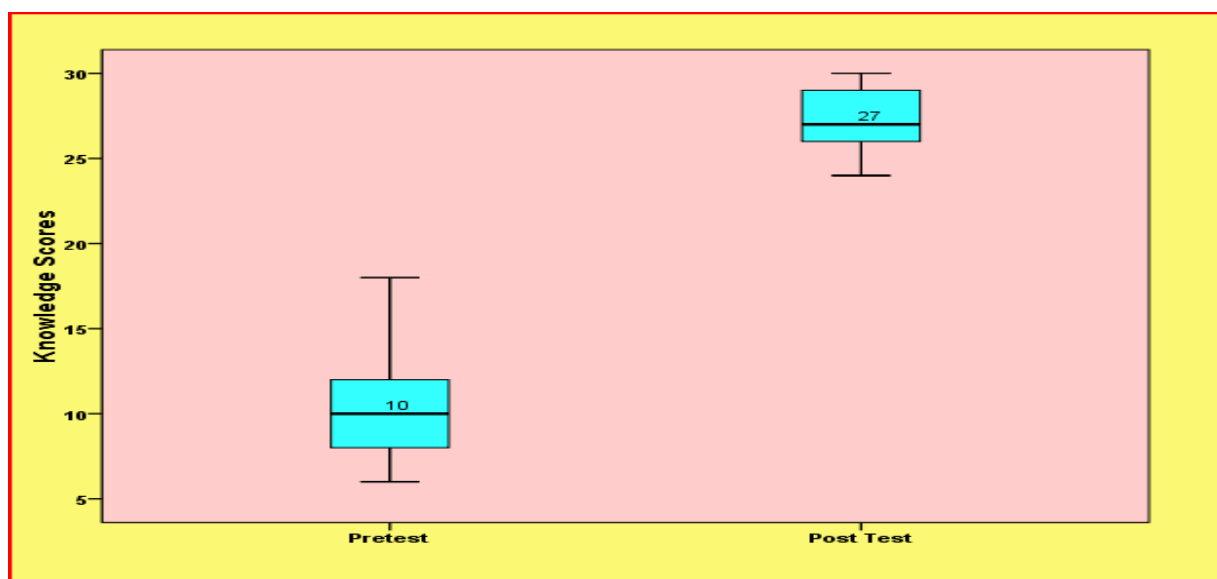


Fig. 3: Boxplot showing the effectiveness of structured teaching programme on knowledge of expressed breast milk among selected postnatal mothers
 (Median: Pretest -10.0, Post Test-27.0)

Table 5: Comparison of pretest and posttest practice scores of expressed breast milk among selected postnatal mothers. N= 30

Practice	Mean	S.D	Mean%	Mean Difference%	Paired 't' Test Value
Pretest	5.07	1.26	50.7%	4.03 (40.3%)	t=13.927 p = 0.0001 S***
Post Test	9.10	0.99	91%		

***p<0.001, S - Significant

⇒ The table 5 portrays that the pretest mean score of practice was 5.07 ± 1.26 and the posttest mean score was 9.10 ± 0.99 . The mean difference score was 4.03 (40.3%). The calculated paired 't' test value of $t=13.927$ was found to be statistically significant at $p < 0.001$ level which shows that there was significant difference between the

pretest and post test scores of practice.

⇒ The above findings clearly infer that structured teaching programme on knowledge and practice of expressed breast milk given to selected postnatal mothers was found to be effective in improving the level of practice among selected postnatal mothers in the post test.



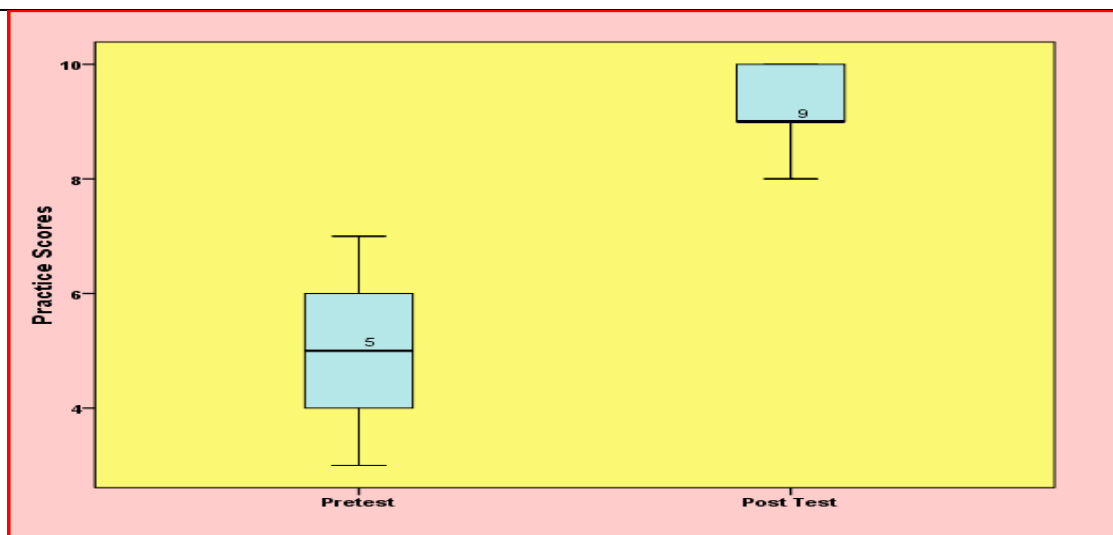


Fig. 4: Boxplot showing the effectiveness of structured teaching programme on practice of expressed breast milk among selected postnatal mothers
 (Median: Pretest -5.0, Post Test -9.0)

SECTION D: RELATIONSHIP BETWEEN POST TEST KNOWLEDGE AND PRACTICE OF EXPRESSED BREAST MILK AMONG SELECTED POSTNATAL MOTHERS.

Table 6: Correlation between posttest knowledge and practice scores of expressed breast milk among selected postnatal mothers.

n = 30

Variables	Mean	S.D	Karl Pearson's Correlation 'r' Value
Knowledge	27.33	1.69	r=0.411 p = 0.024 S*
Practice	9.10	0.99	

*p<0.05, S-Significant

⇒

The table 6 portrays that the posttest mean score of knowledge was 27.33±1.69 and the posttest mean score of practice was 9.10±0.99. The calculated Karl Pearson's Correlation value of r'=0.411 shows a moderate positive correlation which was found to be statistically significant at p<0.05

level.

⇒ The above finding clearly infers that when knowledge of expressed breast milk among selected postnatal mothers increases their practice level also increases.



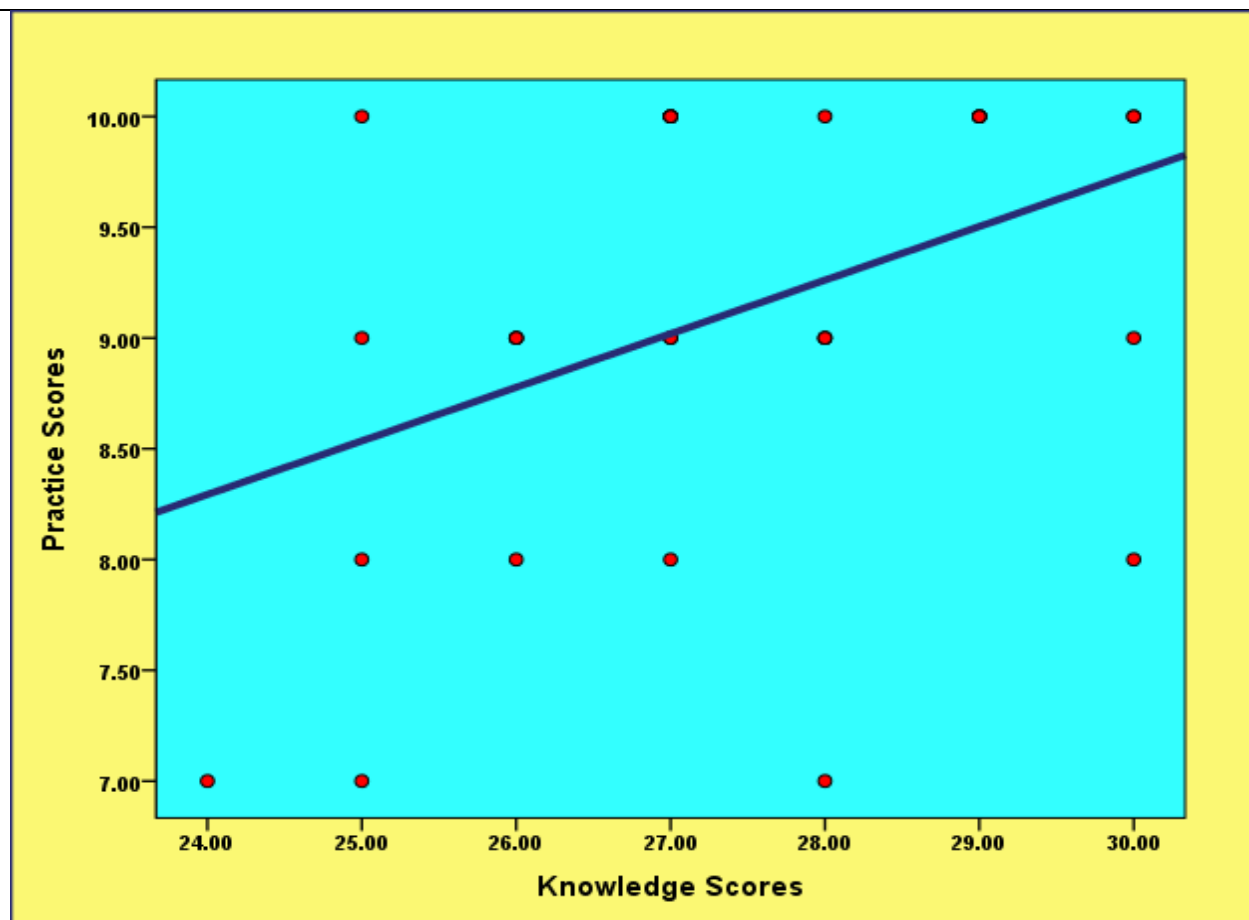


Fig 5: Scatter Dot diagram showing the correlation between post test knowledge and practice scores of expressed breast milk among working postnatal mothers (r=0.411)

SECTION: ASSOCIATION OF POST TEST LEVEL OF KNOWLEDGE AND PRACTICE OF EXPRESSED BREAST MILK AMONG SELECTED POSTNATAL MOTHERS WITH SELECTED DEMOGRAPHIC VARIABLES.

Table 7: Association of post test level of knowledge of expressed breast milk among selected postnatal mothers with their selected demographic variables.

N= 30

Demographic Variables	Moderate		Adequate		Chi-Square Value
	Frequency	Percentage	Frequency	Percentage	
Age in years					$\chi^2=0.344$ d.f=2 p=0.842 N.S
20 to 25 years	1	3.3	11	36.7	
25 to 30 years	1	3.3	13	43.4	
Above 30 years	0	0	4	13.3	
Educational qualification of mother					$\chi^2=1.241$ d.f=1 p=0.265 N.S
Primary education	-	-	-	-	
Secondary education	0	0	11	36.7	
Graduate	2	6.7	17	56.7	
Occupational status of mother					$\chi^2=1.205$ d.f=1 p=0.272 N.S
Government employee	-	-	-	-	
Private employee	1	3.3	23	76.7	
Daily wages	1	3.3	5	16.7	
Own business	-	-	-	-	



Notable to breastfeed due to					$\chi^2=6.786$ d.f=2p=0.034 S*
Baby in NICU	1	3.3	1	3.3	
Baby with cleft lip and cleft palate surgery	0	0	10	33.4	
Mother continue to work after delivery	1	3.3	17	56.7	
Family income					$\chi^2=0.536$ d.f=2p=0.765 N.S
Below 10,000	0	0	5	16.7	
10,000 to 20,000	2	6.7	22	73.3	
Above 20,000	0	0	1	3.3	
Nature of mother's work					$\chi^2=0.238$ d.f=1p=0.626 N.S
Spinning mills	0	0	3	10.0	
Office work	2	6.7	25	83.3	
Others	-	-	-	-	
Nature of father's work					-
Daily wages	-	-	-	-	
Office work	2	6.7	28	93.3	
Others	-	-	-	-	
Place of residence					-
Urban	-	-	-	-	
Rural	2	6.7	28	93.3	

Demographic Variables	Moderate		Adequate		Chi-Square Value
	Frequency	Percentage	Frequency	Percentage	
Type of family					$\chi^2=1.205$ d.f=1p=0.272 N.S
Joint family	1	3.3	5	16.7	
Nuclear family	1	3.3	23	76.7	
Extended family	-	-	-	-	
Birth order					$\chi^2=4.286$ d.f=1p=0.038 S*
First	2	6.7	8	26.7	
Second	0	0	20	66.6	
Third	-	-	-	-	
Distance of working area					$\chi^2=0.652$ d.f=1p=0.419 N.S
Nearby home	-	-	-	-	
10km away from home	0	0	7	23.3	
15km away from home	2	6.7	21	70.0	
Duration of working hours					$\chi^2=0.238$ d.f=1p=0.626 N.S
6 hours	0	0	3	10.0	
8 hours	2	6.7	25	83.3	
12 hours	-	-	-	-	
Age of the child when mother return to work					$\chi^2=1.429$ d.f=1p=0.232 N.S
6 months	2	6.7	16	53.3	
1 year	0	0	12	40.0	
>1 year	-	-	-	-	
Source of information on expression and storage of breast milk					$\chi^2=1.158$ d.f=3p=0.763 N.S
Health personnel	0	0	3	10.0	
Mass media	0	0	4	13.3	
Friends	-	-	-	-	
Family members	1	3.3	6	20.0	



None	1	3.3	15	50.0
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*p<0.05,S-Significant, N.S-NotSignificant

⇒The table 7 shows that the demographic variables not able to breastfeed due to($\chi^2=6.786,p=0.034$)andbirthorder($\chi^2=4.286,p=0.038$)hadshownstatistically significant association with posttest level of knowledge of expressed breast

milkamong selected postnatal mothers at p<0.05 level and the other demographic variables had not shown statistically significant association with posttest level of knowledge of expressed breast milk amongselectedpostnatalmothers.

Table8: Association of posttest level of practice of expressed breast milk among selected postnatal mothers with their selected of demographic variables.

N= 30

Demographic Variables	Moderate		Adequate		Chi-Square Value
	Frequency	Percentage	Frequency	Percentage	
Age in years					$\chi^2=1.164$ d.f=2p=0.559 N.S
20 to 25 years	2	6.7	10	33.3	
25 to 30 years	1	3.3	13	43.4	
30 to 35 years	0	0	4	13.3	
Educational qualification of mother					$\chi^2=0.016$ d.f=1p=0.900 N.S
Primary education	-	-	-	-	
Secondary education	1	3.3	10	33.3	
Graduate	2	6.7	17	56.7	
Occupational status of mother					$\chi^2=4.537$ d.f=1p=0.033 S*
Government employee	-	-	-	-	
Private employee	1	3.3	23	76.7	
Daily wages	2	6.7	4	13.3	
Own business	-	-	-	-	
Not able to breastfeed due to					$\chi^2=4.691$ d.f=2p=0.096 n.S
Baby is in NICU	1	3.3	1	3.3	
Baby with cleft lip and cleft palate surgery	0	0	10	33.4	
Mother continues to work after delivery	2	6.7	16	53.3	
Family income					$\chi^2=0.833$ d.f=2p=0.659 N.S
Below 10,000	0	0	5	16.7	
10,000 to 20,000	3	10.0	21	70.0	
Above 20,000	0	0	1	3.3	
Nature of mother's work					$\chi^2=0.370$ d.f=1p=0.543 N.S
Spinning mills	0	0	3	10.0	
Office work	3	10.0	24	80.0	
Others	-	-	-	-	
Nature of father's work					-
Daily wages	-	-	-	-	
Office work	3	10.0	27	90.0	
Others	-	-	-	-	
Place of residence					-
Urban	-	-	-	-	
Rural	3	10.0	27	90.0	
Type of family					$\chi^2=4.537$ d.f=1p=0.033 S*
Joint family	2	6.7	4	13.3	
Nuclear family	1	3.3	23	76.7	
Extended family	-	-	-	-	
Birth order					$\chi^2=1.667$ d.f=1p=0.197
First	2	6.7	8	26.7	



Second	1	3.3	19	63.3	N.S
Third	-	-	-	-	
Distance of working area					$\chi^2=0.186$ d.f=1p=0.666 N.S
Nearby home	-	-	-	-	
10km away from home	1	3.3	6	20.0	
15km away from home	2	6.7	21	70.0	
Duration of working hours					$\chi^2=0.370$ d.f=1 p=0.6=543N.S
6 hours	0	0	3	10.0	
8 hours	3	10.0	24	80.0	
12 hours	-	-	-	-	
Age of the child when mother return to work					$\chi^2=2.222$ d.f=1p=0.136 N.S
6 months	3	10.0	15	50.0	
1 year	0	0	12	40.0	
>1 year	-	-	-	-	
Source of information on expressed and storage of breast milk					$\chi^2=3.710$ d.f=3p=0.294 N.S
Health personnel	1	3.3	15	50.0	
Mass media	0	0	3	10.0	
Friends	-	-	-	-	
Family members	0	0	4	13.3	
None	2	6.7	5	16.7	

*p<0.05, S-Significant, N.S-Not Significant

The first objective was to assess the pretest and post-test level of knowledge and practice regarding expressed breast milk among selected postnatal mothers.

- ⇒ The findings revealed that in pretest 28 (93.33%) had inadequate knowledge and 2 (6.67%) had moderate adequate knowledge of expressed breast milk among selected postnatal mothers.
- ⇒ The findings of analysis revealed that in pretest 28 (93.3%) had inadequate practice 19 (63.33%) had moderate practice of expressed breast milk among selected postnatal mothers.

The second objective was to assess the post-test level of knowledge and practice regarding expressed breast milk among selected postnatal mothers.

- ⇒ The findings revealed that in post-test 28 (93.33%) had inadequate knowledge and 2 (6.67%) had moderate adequate knowledge of expressed breast milk among selected postnatal mothers.

The findings of analysis revealed that in post-test 27 (90%) had adequate practice 3 (10%) had moderate practice of expressed breast milk among selected postnatal mothers.

The third objective was to evaluate the structured teaching programme on expressed breast milk among selected postnatal mothers.

- ⇒ The findings revealed that the pretest mean score of knowledge was 10.57 ± 2.82 and the post-test mean score was 27.33 ± 1.69 . The mean difference score was 16.76 (55.87%). The calculated paired 't' test value of $t = 30.245$ was found to be statistically significant at $p < 0.001$ level which shows that there was significant difference between the pretest and post test scores of knowledge among postnatal mothers.
- ⇒ The findings of the analysis also revealed that the pretest mean score of practice was 5.07 ± 1.26 and the post-test mean score was 9.10 ± 0.99 . The mean difference score was 4.03 (40.3%). The calculated paired 't' test value of $t = 13.927$ was found to be statistically significant at $p < 0.001$ level which shows that there was significant difference between the pretest and post test scores of practice among people with depression.
- ⇒ Therefore, the hypothesis H1 stated earlier that "There will be a significant difference between pre-test knowledge and practice scores and post-test knowledge and practice scores of selected postnatal mothers regarding expressed breast milk" was accepted at $p < 0.05$.

The fourth objective was to correlate the post-test knowledge and practice of selected postnatal mothers regarding



expressed breast milk.

⇒ The analysis revealed that the post-test mean score of knowledge was 27.33 ± 1.69 and the post-test mean score of practice was 9.10 ± 0.99 . The calculated Karl Pearson's Correlation value of 'r' = 0.411 shows a moderate positive correlation which was found to be statistically significant at $p < 0.05$ level. The above finding clearly infers that when knowledge of expressed breast milk among selected postnatal mothers increases their practice level also increases.

⇒ Hence the hypothesis H₂ stated earlier that "**There will be a significant correlation between post-test knowledge scores of selected postnatal mothers regarding expressed breast milk**" was accepted.

The fifth objective was to find out the association between post-test knowledge and practice regarding expressed breast milk among selected postnatal mothers.

⇒ The findings revealed that the demographic variables occupational status of father ($\chi^2 = 6.786, p = 0.034$) and birth order ($\chi^2 = 4.286, p = 0.038$) had shown statistically significant association with post-test level of knowledge of expressed breast milk among selected postnatal mothers at $p < 0.05$ level and the other demographic variables had not shown statistically significant association with post-test level of knowledge of expressed breast milk among selected postnatal mothers.

⇒ The findings also revealed that the demographic variables occupational status of mother ($\chi^2 = 4.537, p = 0.033$) and type of family ($\chi^2 = 4.537, p = 0.033$) had shown statistically significant association with post-test level of practice of expressed breast milk among selected postnatal mothers at $p < 0.05$ level and the other demographic variables had not shown statistically significant association with post-test level of practice of expressed breast milk among selected postnatal mothers.

⇒ Hence the hypothesis H₃ stated earlier "**There will be a significant association between**

post-test knowledge and practice scores of selected postnatal mothers with their demographic variables" was accepted for occupational status of mother, occupational status of father, type of family and birth order and not accepted for the remaining variables.

CONCLUSION

⇒ The above were the conclusion drawn from the findings of the study. The subject was having inadequate knowledge regarding expressed breast milk among selected postnatal mothers. The structured teaching programme was found to be effective in improving the knowledge and practice of expressed breast milk among selected postnatal mothers.

NURSING IMPLICATIONS

NURSING PRACTICE

⇒ Nurses should always create awareness toward the breastfeeding who admitted in the postnatal ward.

⇒ Nurses should be skillful in handling baby and breastfeeding techniques.

⇒ Nurses should demonstrate the techniques of breastfeeding.

⇒ Nurses can educate the expressed breast milk which includes mothers with breast engorgement physical separation of baby and mother

NURSING EDUCATION

⇒ Nursing curriculum has to focus on enabling the nursing students to improve the skills in identifying the postnatal mothers with Express breast milk and create awareness regarding Express National with the help of structured teaching programme.

⇒ Periodic symposium, seminar, conference and workshop on expressed breast milk among selected postnatal mothers can be conducted to the student nurses to update the curriculum information and practice in the clinical settings.

NURSING ADMINISTRATION

⇒ The nurse administrator should organize in-service education program for the nurses to improve the knowledge and practice of Expressed breast milk among selected postnatal mothers.

⇒ The nurse administrator can organize a



conference on expressed breast milk and motivate the staff nurses to actively participate in the demonstration of Express breast milk

- ⇒ The nurse administrator should encourage the nurses to teach the expressed breast milk methods. The nurse administrator should take the responsibility to conduct mass awareness Program in community area and hospitals regarding expressed breast milk.

NURSING RESEARCH

- ⇒ Nursing research about structured teaching programme on expressed breast milk would become a valuable reference material for further research proceedings.
- ⇒ More Emphasis should be made on Express breast milk to promote an evidence-based practice regarding working postnatal mothers.

RECOMMENDATIONS

- ⇒ Similar study can be conducted in a large group to generalize the study findings.
- ⇒ Comparative study can be done with between Urban and rural areas.
- ⇒ A pre-experimental study can be conducted with the control group for the effective comparison.
- ⇒ A similar study can be conducted for the government hospital regarding Expressed breast milk through the video teaching program.
- ⇒ A formal continuing education program can be conducted in all areas regarding knowledge and practice of Expressed breast milk.
- ⇒ A concentrated effort can be made by Community Health nurse to increase awareness of Expressed breast milk among selected postnatal mothers.

LIMITATION

- ⇒ Sample taken was only 30 selected postnatal mothers with the expressed breast milk.
- ⇒ Study was limited to the knowledge and practice of expressed breast milk among selected postnatal mothers.
- ⇒ The setting of study was limited under Arvinth Hospital at Namakkal.
- ⇒ Duration between administration of teaching strategy and Post-test was limited to 5 days

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