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A study to assess the effectiveness of a structured teaching program on knowledge regarding breast crawl among staff nurses working in the labor room in the selected hospital.

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ABSTRACT

Introduction: Mother Nature equips newborns with wonderful innate sense of cues. Breast Crawl, demonstrates process of initiating breastfeeding exclusively by baby's own ability. WHO and UNICEF recommend early initiation of breastfeeding for lower neonatal mortality. Evidences show that early initiation of breastfeeding can prevent 22% of all deaths among babies below one month in developing countries. About 16% of neonatal deaths could be prevented if all infants were breastfed from day 1 & 22% if breastfed within 1st hour after birth. Nurses as health professionals if work in coordination as team to bring forth & promote Breast crawl initiative into maternity hospital; it will be beneficial for Mother and Baby. **Methodology:** The research methodology adopted for the study was Pre experimental research approach. Consisting of one group pretest-posttest design. A structured teaching programme on Breast Crawl was administered to staff nurses & their level of knowledge was assessed. Semi-structured questionnaire were prepared for assessing the Pre & Post knowledge. Validity was established by the experts. Pilot study was conducted to check the feasibility of the study. The reliability of tool was done by test retest method and Pearson correlation formula. The reliability score was 0.86 which shows that the tool is reliable. Data collection was done on 100 samples by Non- Probability Convenient method. Pretest was taken; structured teaching programme was administered & on the 7th day Posttest was conducted. The collected data was tabulated in the master sheet and analyzed using descriptive and inferential statistics. Paired t-test to compare pretest and posttest knowledge scores of staff nurses regarding breast crawl was used. T-value was 31.8. Since p-value is very small (less than 0.05), the null hypothesis is rejected. Average knowledge score in pretest was 6.4, post test was 17.3. The association between knowledge and demographic variables was assessed using Chi square test. Since all the p- values are larger, (> 0.05), there was no evidence against null hypothesis. None of the demographic variables were found to have significant association with knowledge score. Indicating that structured teaching programme on assessing knowledge regarding breast crawl is effective.

Keywords: Structured teaching programme, Breast Crawl, Staff nurses.

1. INTRODUCTION

Every newborn, when placed on the mother's abdomen soon after birth, has the ability to find its mother's breast all on its own and to decide when to take the first breast feed. This is called as Breast Crawl. First described by Karolinska Institute, Sweden in 1987. The skin-to-skin contact helps in initiating the Mother- baby bonding while stimulating uterus to contract, reducing the bleeding & enhancing expulsion of early placenta. Ultimately reducing neonatal, infant & under five mortality rate & morbidity by early initiation of breast feeding. Even in those places where health personnel are well informed and keen in early initiation of breast-feeding programme, awareness of breast crawl is lacking.

Deaths in neonatal period accounts for 41% of all deaths in children below five, 99% of neonatal deaths take place in low- & middle-income countries, India leads with global 28% of neonatal deaths. Evidences show that early initiation of breastfeeding can prevent 22% of all deaths among babies below one month in developing countries. About 16% of neonatal deaths could be prevented if all infants were breastfed from day 1 & 22% if breastfed within 1st hour after birth. Nurses as health professionals if work in coordination as team to bring forth & promote Breast Crawl initiative into maternity hospital; it will be beneficial for mother and baby.

2. METHODS AND MATERIALS

The research methodology adopted for the study was Pre experimental research approach. A Pre experimental consisting of one group pretest posttest design was selected. The study was divided into three phases: Assessing the existing knowledge by means of Semi-structured questionnaire, A Structured teaching programme on assessing the knowledge regarding Breast Crawl was administered to staff nurses and their level of knowledge was assessed. On 7th day of administration of Structured teaching programme, knowledge was reassessed. Sample size was 100 nurses from the selected hospital using Convenient Sampling technique. Study was approved by Institutional internal Ethical and Research Committee. Written permission was obtained from hospital. The reliability of the tool was done by test retest method and Karl Pearson’s correlation formula. The reliability score was 0.86, which shows that the tool is reliable. In order to obtain content validity, the tool was given to a total 13 experts. Pilot study was conducted in selected hospital

For the main study, the staff nurses who fit in the inclusion criteria were selected .The investigator introduced self and informed the samples about the nature of study so as to ensure better co-operation during the data collection. Objectives of study were discussed and consent was obtained for participating in study. Subjects were assured about the confidentiality of the data. Then the pre-test was conducted by giving the Semi-structured questionnaires followed by administration of structured teaching programme on Breast Crawl. After 7th day, post test was taken by giving the same semi-structured questionnaire, then the collected data was analyzed. Interpretations were based on the objectives designed for the study.

3. RESULTS

• **Socio demographic profile of samples:** Age: 33% staff nurses were from 20-25 years, 31% from 25- 30years, 26% from 30-35 years, 10% from 35 & above. Educational status: 83.33% belong from RGnm, 16.67% from Basic B.Sc. Nursing & none were found M.Sc. Nursing qualification. Years of working experience in labour room: 36.67% belonged from 0-3 years, 30% from 3-6 years, 20% from 6-9 years while 13.33% 9 years & above.

In Pretest before administration of structured teaching programme, 17% of the staff nurses had poor knowledge regarding breast crawl, 83 % of them had average knowledge, whereas none of them had good knowledge. After administration of self-instructional module, 30% of staff nurses had good knowledge regarding breast crawl and 70% of them had average knowledge, whereas none of them had poor knowledge.

• **Compare the pretest and posttest knowledge score:** Before administration of structured teaching programme, majority 83% of the staff nurses had average knowledge, after administration of structured teaching programme on Breast crawl, 17% of them had poor knowledge, whereas none of them had good knowledge. There are 70% Staff nurses who developed good knowledge & none have poor knowledge.

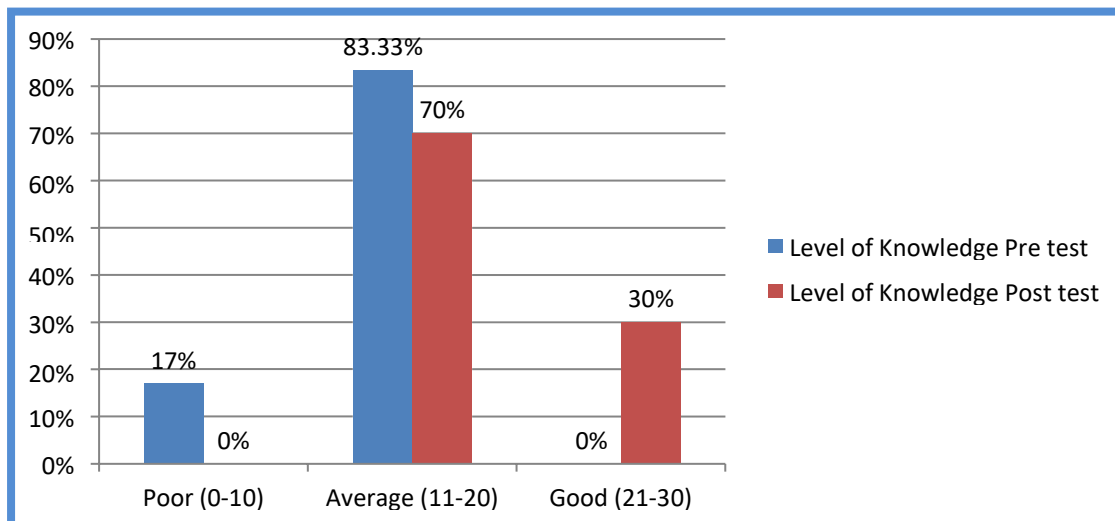


Figure 1: Data to compare the pretest and posttest knowledge score for effectiveness of Structred teaching programme on breast crawl

• Paired t-test was used to compare pretest & posttest knowledge scores of staff nurses regarding breast crawl. T-value was 31.8. Since p-value is very small (less than 0.05), the null hypothesis is rejected. Average knowledge score in pretest was 6.4, in post test was 17.3. The association between knowlege and demographic variables was assessed using Chi square test. Since all the p- values are larger, (> 0.05), there was no evidinece against null hypothesis. None of the demographic variables was found to have significant association with knowledge score. Indicating that structured teaching programme on assessing knowledge regarding breast crawl is effective.

Table 1: Paired t-test for effectiveness of Structred teaching programme on breast crawl

Group	Mean	SD	t	df	p-value
Pre test	6.4	3.44	31.8	99	0.000
Post test	17.3	2.85			

Since all the p values are large, (greater than 0.05), there is no evidence against null hypothesis. None of are the demographic variables was found to have significant association with knowledge of the staff nurses regarding Breast Crawl.

4. CONCLUSION

Nurses should enhance their professional knowledge. The finding of the Study can be used to bring about awareness among the nurses regarding Breast crawl, including the ANM nurses working at peripheral areas, Nursing students are the future educators and practitioners thus can the Structured teaching programme on Breast crawl can be used by the nursing students to educate the Health care workers at clinical & community setup. Even the Nurse Educators can utilize it to educate the peripheral level health workers. It will help in tackling the existing problems of raising statistics of increasing infant mortality rates due to which the frequent morbidity & mortality rate in country can be brought to halt. It will help in building healthy nation and productive future of organizing educational programme for personnel working in Maternity units.

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