

Original Article

Assessment of the General Breastfeeding Practices of Postnatal Mothers

Vandana Verma, RN, RM, MSc

Nursing Tutor, M.M.College of Nursing, MM University, Mullana, Ambala, India

Seema Barnabas RN, RM, MSc

Vice Principal & Professor, College of Nursing, CMC & Hospital, Ludhiana, India

Balqis Victor RN, RM, MSc

Assistant Professor, College of Nursing, CMC & Hospital, Ludhiana, India

Correspondence: Vandana Verma, Nursing Tutor, M.M. College of Nursing, MM University, Mullana, Ambala, India. Pin Code: 133203
Email: vanuverma82@gmail.com

Abstract

Background: Malnutrition kills one out of three infants in India. 66% of these deaths occur during the first year of life and is often caused by inappropriate feeding practices. The study was conducted with the objective to assess the general breastfeeding practices of postnatal mothers, to determine the relationship of breastfeeding practices with selected variables and to find out deficit in general breastfeeding practices of postnatal mothers.

Method(s): The area selected for the study was postnatal wards of CMC and Hospital, Ludhiana, Punjab. A quantitative research approach and non experimental descriptive research design was used for the study. 60 postnatal mothers were selected using purposive sampling technique. Data was collected using general breastfeeding practice checklist to assess general breastfeeding practices.

Results: The findings of study showed that majority of postnatal mothers had average level of (75%) general breastfeeding practices. Religion, occupation and source of information showed significant impact on general breastfeeding practices. Majority (81.66%) of general breastfeeding practices of postnatal mothers were deficit in cleaning breast after breastfeeding and putting baby on right side of the abdomen after breastfeeding.

Conclusion: The findings of the study pointed out that postnatal mothers should be observed and guided during breastfeeding session so that they learn correct breastfeeding practices and continue breastfeeding.

Key Words: general breastfeeding practices, postnatal mothers