



A study to assess the effectiveness of self-instructional module on knowledge regarding diet during lactation among Primipara Mothers

Dr. S Kalabarathi^{1*}, Leka A²

¹ Principal, Saveetha College of Nursing, SIMATS, Thandalam, Chennai, Tamil Nadu, India

² B.Sc (Nursing) IV Year, Saveetha College of Nursing, SIMATS, Thandalam, Chennai, Tamil Nadu, India

Abstract

Nutrition is a key factor in nutritional development. Nutritional wellbeing is a sustainable force for health and development and for maximization of human genetic potential. Lactation is a physiological process, which has profound relevance for both the mother and the new born. Adequate nutrition for the mother during lactation is also of vital importance as the infant is dependent on mother's milk for its nutrition for the first few months of life. As the mother has to nourish the fully developed and rapidly growing infant mothers need extra nutrients to meet the baby's increasing needs. A quantitative study was chosen to assess the effectiveness of self-instructional module on knowledge regarding diet during lactation among Primipara mothers in a selected hospital. 100 samples were selected who come under the inclusion criteria by simple random technique. Data was collected using demographic variables which include Age, type of family, religion, occupation, education, frequency of breast feeding, duration of breastfeeding. In pretest the values of poor mean (2.66) and standard deviation (1.633), moderate mean (7.93) and standard deviation (1.389) and adequate mean (12.909) and standard deviation (1.445). In posttest the values of poor mean (3.25) and standard deviation (0.957) moderate mean (8.031) and standard deviation (1.331) and adequate mean (12.968) and standard deviation (1.368) and paired t value is 11.452 and posttest is statistically significant. The study indicates that after giving self-instructional module the knowledge regarding diet during lactation among the Primipara mothers is effective.

Keywords: primipara mothers, self-instructional module and lactation diet

Introduction

Nutrition is a key factor in nutritional development. Nutritional wellbeing is a sustainable force for health and development and for maximization of human genetic potential.

Lactation is a physiological process, which has profound relevance for both the mother and the new born. adequate nutrition for the mother during lactation is also of vital importance as the infant is dependent on mothers milk for its nutrition for the first few months of life. as the mother has to nourish the fully developed and rapidly growing infant mothers need extra nutrients to meet the baby's increasing needs in addition to her own requirements. Inadequate nutrition during lactation is reflected on both the quality and quantity of milk secretion.

Lactation describes the secretion of milk from the mammary glands and the period of time that a mother lactates to feed her young. The process can occur with all post-pregnancy female mammals, although it predates mammals. In humans the process of feeding milk is also called breastfeeding or nursing. Newborn infants often produce some milk from their own breast tissue, known colloquially as witch's milk.

In most species, milk comes out of the mother's nipples; however, the monotremes, egg-laying mammals, lack nipples and release milk through ducts in the abdomen. In only one species of mammal, the Dayak fruit bat from Southeast Asia, is milk production a normal male function. Lactation is a remarkable process during which the maternal body produces a secretion that provides no immediate benefit to the mother but can totally sustain the offspring.

All mammals produce milks with different compositions, each one specific to the needs for growth and development of their offspring. Regardless of a woman's intention to breastfeed, her body prepares for lactation from the first moments of pregnancy: the mammary gland begins its maturational process with the development of the alveolar ductal system and the lacteal cells so that the breast is ready to produce milk upon delivery of the infant. The woman's hormonal balance during pregnancy contributes to the preparation of the breast and promotes accumulation of energy stores, but it suppresses the production of milk until the birth of the infant.

Galactopoiesis is the maintenance of milk production. This stage requires prolactin. Oxytocin is critical for the milk let-down reflex in response to suckling. Galactorrhea is milk production unrelated to nursing. It can occur in males and females of many mammal species as result of hormonal imbalances such as hyperprolactinaemia. During breast feeding the mothers need to eat a sufficient and nutritional-rich diet to provide enough energy and nutrients to support milk production.

The following six recommendations were made at that workshop to facilitate progress toward the previously mentioned 1990 breastfeeding objective:

- Improve professional education in human lactation and breastfeeding
- Develop public education and promotional efforts
- Strengthen the support for breastfeeding in the health care system
- Develop a broad range of support services in the

community

- Initiate a national breastfeeding promotion effort directed to women in the world of work

The Who slogan for April 2005 'Make Every Mother AND Child Count' which reflects the reality that today, the health of women and children is not a high enough priority for many government and the international community. The objectives of the study are to assess the knowledge on diet during lactation among Primipara mothers and to assess the effectiveness of self-instructional module on knowledge regarding diet during lactation among Primipara mothers.

Method and Materials

A quantitative research design was chosen to assess the effectiveness of self -instructional module on diet during lactation among Primipara mothers in selected hospitals. 100 samples were selected who come under inclusion criteria by using simple random sampling technique. Data were collected by using demographic variables which includes age, sex, education, occupation, religion, type of family, duration of breastfeeding, and frequency of breastfeeding.

Informed consent was obtained and data was collected. A self-administered structured questionnaire was used to assess the knowledge regarding diet during lactation. The Structured knowledge questionnaire was regarding Nutritional requirements, Nutritional diet plan, Importance of diet during nutrition and Effects of inadequate nutrition to the mother and baby. The tool is administered and after 20 minutes, the questionnaire will be collected back. On the same day a well-designed self-instructional module on diet during lactation will be distributed among the participants with proper explanation. After 7 days a mean post-test will be conducted by using the same questionnaire. The data were analyzed by inferential statistics.

Result and Discussion

The present study results show that out of 100 samples, 89% belong to the age group of 18-25 years, 68% samples had done SSLC, 51% samples were Housewife. 83% samples live in Joint family, 83% samples were Hindus. Regarding frequency of breastfeeding 90% samples breast feed every 2 hours. Regarding duration of breastfeeding 65% samples feed for 15 minutes.

Table 1: Statistical Value (Pre and Post Level) on knowledge among Primipara Mothers.

Test	Poor		Moderate		Severe		Paired t values
	mean	Standard deviation	mean	Standard deviation	mean	Standard deviation	
Pre test	2.66	1.632	7.93	1.389	12.090	1.445	0.336
Post test	3.25	0.957	8.0312	1.332	12.968	1.368	11.452

In pretest the values of poor mean (2.66) and standard deviation (1.633), moderate mean (7.93) and standard deviation (1.389) and adequate mean (12.909) and standard deviation (1.445). In posttest the values of poor mean (3.25) and standard deviation (0.957) moderate mean (8.031) and standard deviation (1.331) and adequate mean (12.968) and standard deviation (1.368) and paired t value is 11.452 and posttest is statistically significant.

The present study was supported by Seabra D A descriptive study was conducted on "Changes of food habits during pregnancy and breast-feeding "among 100 pregnant and lactating mothers in rural area of Bengal. A questionnaire of food habits alteration in pregnant women, the origin of the alterations and the reasons for such, as well as the eventual knowledge about which food interferes with pregnancy and/or breast-feeding and the Information about the alteration of weight during pregnancy and relevant clinical history were asked. Findings show that many women have incorrect notions of what they can eat during pregnancy and/or breast-feeding, due to preconceived ideas or myths related with the ingestion of some types of food.

Conclusion

The study indicates that self -instructional module had produced adequate knowledge among Primipara mothers. So the importance of lactation diet and the list of foods which is needed to be taken during postnatal period should be displayed and educated to all the mothers in the wards.

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