



▼ POST GRADUATES ABSTRACTS

PG - 85 : AN EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF DOUBLE SYRINGE METHOD VS RUBBER BAND METHOD ON SUCCESSFUL BREAST FEEDING AMONG PRIMI PARA MOTHERS WITH FLAT AND INVERTED NIPPLE AT MGMCRI, PUDUCHERRY

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Introduction: Breast feeding is an internationally accepted idea in infant feeding ensuring mothers and babies receive optimal benefits. Flat and inverted nipple is the most common maternal difficulty while breast feeding their infant. Double Syringe and Rubber Band method promote breast feeding without any side effects.

Objectives: To assess the successful breastfeeding among primi para mothers with flat and inverted nipple. To evaluate the effectiveness of double syringe method on primi para mothers with flat and inverted nipple. To evaluate the effectiveness of Rubber Band Method on primi para mothers with flat and inverted nipple. To compare the effectiveness of Double Syringe Method Vs Rubber Band Method on primi para mothers with flat and inverted nipple in both Groups. To find out the association between the breast milk secretion and demographic variables of primi para mothers.

Methodology: True experimental design was adopted for the study. The population of the study was primi para mothers with flat and inverted nipple. 40 samples were selected by randomized sampling technique. 20 in each group, group I received double syringe method and group II received rubber band method. Pre test

was done using Bristol breast feeding assessment tool. After application of double syringe method for group I and rubber band method for group II successful breast feeding was assessed using Bristol breast feeding assessment tool.

Results: Primi para mothers with flat and inverted nipple reported poor breast feeding on Bristol breast feeding assessment tool before intervention. Double syringe method and rubber band method were effective on successful breast feeding in both group I group II. While comparing the effectiveness of double syringe and rubber band method result shows that, the pre and post test mean value of group I was 3,8 and group II was 3,3 & 3,7 .Wilcoxon value for group I was 3.985 and group II was 3.947 .It was statistically significant at $p < 0.001$ *.It indicates that there was variation on the successful breast feeding.

Conclusion: Thus the study concludes that both the methods are effective, when compared to rubber band method double syringe method is very effective on successful breast feeding