



▼ POST GRADUATES ABSTRACTS

PG - 92 : AN EXPERIMENTAL STUDY TO EVALUATE THE EFFECTIVENESS OF ALMOND OIL MASSAGE ON BREAST FEEDING AMONG POSTNATAL MOTHERS UNDERGONE LSCS AT MGMC & RI PUDUCHERRY

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Introduction: Mother's milk plays an important role in newborn's growth and development. The benefits of breast feeding are numerous both for the mothers and their infants. Promotion of breast feeding is one among the goals of World Health Organization. Almond oil massage is a type of herbal traditional medicine which increases mother's milk by increasing the secretion of prolactin hormone.

Objectives: To assess the breast milk secretion during pre test among postnatal mothers, to evaluate the effectiveness of almond oil massage on breast feeding during post test among postnatal mothers and to find out the association between the volume of breast feeding and the selected demographic variables of postnatal mothers.

Methodology: Quasi experimental design was adopted for the study. The population of the study was post natal mothers underwent LSCS. 60 samples were selected by simple random sampling technique (lottery method). (30 postnatal mothers in experimental group and 30

postnatal mothers in a control group). Pre test was done for both groups by using UNICEF breast feeding assessment Tool. Almond oil massage was given only to the experimental group at the interval of 6 hours a day (2 times a day) for 5 days. Post test was conducted on 6th day using same UNICEF breast feeding assessment tool.

Results: The finding reveals that pre and post test mean and standard deviation score of the experimental group was 35.13,63.00,Standard deviation was 3.037,1.287 control group was 34.43,43.33 ,Standard deviation was 4.446,2.023.The difference between experimental and control group was 19.667.The 't' value 44.933 was significant at 'p' <0.0001* level. It indicates that there was increased volume of breast feeding among postnatal mothers.

Conclusion: Thus the study concludes that almond oil massage was found to be an effective alternative therapy in increasing breast milk secretion.