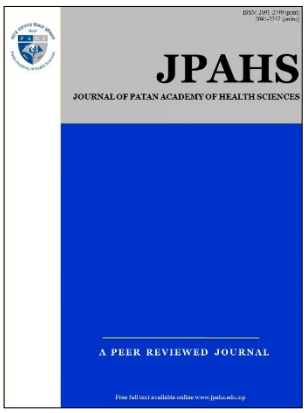

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Knowledge and practice of positioning technique and attachment of breastfeeding among postnatal mothers

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Abstract

Introductions: Good positioning technique and attachment of breastfeeding is beneficial for both child and mother. The aim of this study was to identify knowledge and practice of positioning technique and attachment of breastfeeding among postnatal mothers.

Methods: A cross-sectional study was carried out among postnatal mothers who were admitted in Patan Hospital, Lalitpur, Nepal. Data were collected by structured interview regarding knowledge and practice of positioning technique and attachment of breastfeeding using WHO Observation. A non-probability, purposive sampling technique was used. Data was analyzed by SPSS.

Results: Out of 168 respondents, 14 (8.3%) had inadequate knowledge and 78 (46.4%) had poor practice. Nine (5.4%) had poor technique in sitting position and 16 (9.5%) in lying position. There was statistically significant association between parity and knowledge. Practice was associated with parity and age. Overall knowledge correlated with practice.

Conclusions: More than half of postnatal mothers had moderate level of knowledge and good practice. Parity was associated with knowledge and practice.

Keywords: attachment, breastfeeding, positioning technique

Introductions

Breastfeeding serves as a child's first immunization, and is important for health and survival during early life.[1] Breastfeeding can be learned with time and patience for both mothers and babies. Mothers' knowledge about the correct breastfeeding positioning technique and attachment may influence breastfeeding. Positioning and attachment of the baby is important in ensuring effective breastfeeding.[2,3]

In a cross-sectional study in 2011 among 200 mothers from BPKIHS, Dharan, Nepal shows 60% mothers had inappropriate attachment and positioning.[4] The aim this study was to identify the knowledge and practice of positioning technique and attachment of breastfeeding among postnatal mothers.

Methods

This was a cross-sectional study to find out the breastfeeding positioning technique and attachment among postnatal mothers in postnatal ward (A and B) and Gynae ward of Patan Hospital, Lalitpur, Nepal during April 2018 to February 2019. Approval from Institutional Review Committee of Patan Academy of Health sciences was obtained. The objectives of the study were explained to the respondents.

Mothers who delivered full term, healthy baby by normal vaginal delivery or caesarean section were included. Data was collected from mothers after they were shifted from the labor room or after 48 hours of caesarean section. Postnatal mothers who were sick (postpartum hemorrhage, puerperal pyrexia, sepsis, urinary tract infection and fever), had inverted nipple or taking contraindicated medicine for breast feeding; babies who were sick (sepsis, very low birth weight (<2 kg), preterm, had fever, congenital anomalies or in nursery, NICU were excluded.

Sample size was calculated as 168 based on prevalence from previous study.[4] Non-probability purposive sampling technique was used. Respondents' positioning technique, attachment and suckling was scored and graded as poor, average and good. Data was analyzed descriptively for frequency, percentage, mean, standard deviation. Chi-square was used to determine the association between socio demographic characteristics with overall level of knowledge and practice of breast feeding. Correlation between knowledge and practice was analysed. Statistical package for social science (SPSS) was used for data analysis.

Results

Out of 168 respondents, 14 (8.3%) had inadequate knowledge and 78 (46.4%) had poor practice, Table 1. Nine (5.4%) had poor technique in sitting position and 16 (9.5%) in lying position. Fifteen (8.9%) had poor attachment and three (1.85) had poor effective suckling, Table 2.

There was significant association (p=0.00) between parity and knowledge on breastfeeding positioning technique and attachment, Table 3. There was significant association (p=0.00) between parity and practice on positioning technique and attachment of breastfeeding, Table 4.

Table 1. Respondents' level of knowledge and Practice regarding breastfeeding positioning technique and attachment, n=168

Variables	n	%
Level of Knowledge		
Inadequate (<50%)	14	8.3
Moderate (50% - 75%)	102	60.7
Adequate (> 75%)	52	31.0
level of practice		
Poor practice (<10)	78	46.4
Good practice (≥10)	90	53.6

Table 2. Grading of respondents on positioning technique, attachment and effective suckling, n=168

Variables	Frequency	Percent
Positioning technique (both mother and baby) in sitting position		
Poor (0-2)	9	5.4
Average (3-4)	84	50
Good (5-7)	75	44.6
Positioning technique (both mother and baby) in side lying position		
Poor (0-2)	16	9.5
Average (3-4)	101	60.1
Good (5-7	51	30.4
Attachment		
Poor (0 – 1)	15	8.9
Average (2)	47	28
Good (3 – 4)	106	63.1
Effective suckling		
Poor (0-1)	3	1.8
Good (2)	165	98.2

Table 3. Association between socio-demographic variable and knowledge of positioning technique, attachment of breastfeeding n=168

Variables	level of knowledge		chi square	p value
	Inadequate knowledge	Adequate knowledge		
Age group				
15 – 24 years	10 (11.4%)	78 (88.6%)	0.1	0.1*
25 – 35 years	4 (5%)	76 (95%)		
Literacy status				
Literate	10 (6.8%)	137 (93.2%)	0.78	0.057*
Illiterate	4 (19.0%)	17 (81.0%)		
Educational level				
Primary and secondary level	2 (9.5%)	19 (90.5%)	0.63	0.5*
Higher secondary, Bachelor and above	8 (6.3%)	118 (93.7%)		
Parity				
Primi parous	13 (12.6%	90 (87.4%)	0.010	0.01*
Multiple parous	1 (1.5%)	64 (98.5%)		

p value significant at <0.05, Fisher's Exact Test*

Statistically significant positive correlation (p=0.00) was observed between knowledge and practice, Table 5.

Discussions

The current study shows that more than half of respondents 102 (60.7%) had moderate knowledge while more than one third of respondents 52 (31%) had adequate knowledge and only 14 (8.3%) had inadequate knowledge regarding positioning technique and attachment, whereas 90 (87.4%) primi had adequate practice. In a study from Banglore, India, among 60 primipara found more than two third (86.7%) had inadequate knowledge, less than one third of respondents (26.7%) had moderate knowledge and none of them had adequate knowledge.[3]

The current study shows that half of respondents (53.6%) had good practice and half (46.4%) poor regarding positioning technique and attachment of breastfeeding. The better results in present study may be because both primi and multipara were included. In contrast, the study from India shows that only (8.7%) had good practice and 54.28% poor practice on 35 primipara mother.[5]

Table 4. Association between socio-demographic variables and practice of positioning technique and attachment of breastfeeding n=168

Variables	Level of Practice		chi square	p value
	Poor practice	Good practice		
Age group				
15 - 24 years	48 (54.5%)	40 (45.5%)	4.89	0.03
25 - 35 years	30 (37.5%)	50 (62.5%)		
Literacy status				
Literate	70 (47.6%)	77 (52.4)	0.67	0.48
Illiterate	8(38.1%)	13 (61.9%)		
Educational level				
Primary and secondary	33(56.9%)	25 (43.1%)	3.30	0.06
Higher secondary, Bachelor and above	37(41.6%)	52 (58.4%)		
Parity				
Primi parous	13(12.6%)	90 (87.4%)	69.14	0.00*
Multiple parous	4 (6.2)%)	61 (93.8%)		
Mode of delivery				
Normal delivery	39 (43.3%)	51 (56.7)	0.75	0.38
Caesarean section	39 (50%)	39 (50%)		
Birth weight of baby				
≥2.5 kg	56 (44.4%)	70 (55.6%)	0.79	0.37
<2.5 kg	22 (52.4%)	20 (47.6%)		
Problem of breast				
Cracked nipple/ engorged breast	8 (19%0	34 (81%)		
No problem on breast	18 (14.3%)	108 (85.7%)	0.54	0.46

p value significant at <0.05 Fisher's Exact Test*

Table 5. Correlation between knowledge and practice n=168

		level of Knowledge	level of practice
level of Knowledge	Pearson Correlation	1	0.729**
	Sig. (2-tailed)		0.000
Level of Practice	Pearson Correlation	0.729**	1
	Sig. (2-tailed)	0.000	

**Correlation is significant at the 0.01 level (2-tailed).

Present study found significant association between parity and knowledge on breastfeeding positioning technique and attachment, p value 0.01. Similar finding is reported from the study conducted in Karnataka India among postnatal mothers showing statistically significant association between respondents' knowledge and parity, p value 0.002.[6]

This current study showed that there is significant association between parity and practice on positioning technique and attachment of breastfeeding, p value 0.000 at 95% level of confidence. Study from rural Gandhinagar district of Gujrat India reports similar significant association between parity and practice on positioning technique and attachment of breastfeeding, p value 0.001.[7]

This current study shows that there is strong positive correlation between knowledge and practice where (r value was 0.729) and statistically significant association between knowledge and practice (p value was 0.000). This finding is supported by the study from Banglore India, showing positive relation between knowledge and practice, correlation coefficient 'r=0.365'.[8]

Conclusions

Majority of postnatal mothers have moderate level of knowledge and multiparous have good knowledge and practice than primi. Knowledge and practice score had positive correlation.

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Conflict of interests

None

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