

“EFFECTIVENESS OF BACK MASSAGE ON LACTATION AMONG IMMEDIATE POSTNATAL MOTHERS”



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Abstract

Breast milk is the best for infants. And 'not enough breast milk production' is the general complaints of mothers. Therefore, a quasi-experimental study was conducted to assess the effectiveness of back massage on 'enhanced lactation' among immediate postnatal mothers. In this study two-group non-equivalent control group, design was adopted. The sample comprised of 60 immediate postnatal mothers admitted in postnatal wards of different Hospitals of Indore, who fulfilled the inclusion criteria. The tool used in this study was Breast feeding assessment tool. Reliability of Breastfeeding assessment tool was calculated by split half method 'r = .85'. The reliability of the weighing scale was obtained by Parallel form method of reliability 'r = .94'. The intervention was started within 2 hours of delivery after initiation of breast-feeding, back massage was given 4 times a day continuously for 3 days. The key variable was improvement in lactation. The findings revealed mean weight gain of neonate was 11.19gms, 26.64gms and 39.40gms on three consecutive days in experimental group which was higher than that in control group 7.14gms, 21.28 gms, 31.15 gms in three days. 't' value was significant at $p \leq 0.001$. The parameters like number of urinations and stool passed in first two days did not show statistical significance but on third day it was statistically significant at $p \leq 0.05$ level. Other parameters like sleep and satiety of the neonates after the breast feed showed high statistical significance in all the three days at $p \leq 0.01$ level. Mother's feeling of breast fullness also showed high statistical significance on first and second day at $p \leq 0.001$ level.

Key words: Lactation, back massage, immediate postnatal mothers.

Background

Of the 9.7 million under-five deaths globally, 2.1 million are in India alone. 27 million births occur every year in India out of which 1.7 million children die before one year of age and 1.08 million newborns die within one month of age. Most of these deaths during first few months are related to sub optimal breastfeeding. The National Family Health Survey - 3, published in late 2006, said only 24.5 percent of new mothers initiated breastfeeding in the hour after birth, only 46.4 percent breastfed exclusively the first six months.

Breast milk production is an inborn capability in post natal mother. But, a widespread belief exists that many women are not capable of producing enough, or good enough, milk for their children **Dykes F, 2002**². There are numerous factors potentially associated with lactogenesis in humans on the maternal side, biological factors include parity, mode of delivery, labor experience, body mass index, smoking, breast or nipple abnormalities or surgery,

illness, anxiety and stress **Dewey et al.2001**¹. Due to psychobiologic stress neuro-endocrine deregulations occur leading to irregularities in hypothalamic pituitary adrenal axis function, reducing prolactin and oxytocin signaling resulting in diminished amounts of milk. **Joseph S. Lonstein (2007)**³

For over a thousand years mothers in China have used acupoints to increase their supply of breast milk. Acupressure, also called shiatsu, is the application of pressure with thumbs or fingertips to points on the body for therapeutic effects in form of back massage.

Need of the Study

Child health is benefitted by human milk as it is species-specific and all substitute-feeding preparations differ markedly from it, making human milk uniquely superior for infant feeding.

Lu P, Qiu J, et al. (2010)⁴ conducted a randomized control study on primipara mothers of China to observe the effect differences between acupoint Tuina and simple instruction and education to improve the lactation of the parturient after delivery. Fifty-six cases of primipara were divided into an acupoint Tuina group (28 cases) and a control group (28 cases) according to the order of

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