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Research Paper...

EFFECT OF MUSIC THERAPY ON AMOUNT OF EXPRESSED BREAST MILK AND ANXIETY AMONG MOTHERS OF BABIES IN NICU

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Abstract

Babies admitted in Neonatal Intensive Care Units (NICU), whose sucking reflex is weak cannot suck well onto the breast, so mothers require expressing their breast milk to feed their babies. The admissions of the child to the Neonatal Intensive Care Unit (NICU) poses stress for the mother, which could affect breast milk production. Therefore, a descriptive, evaluatory study to assess the effect of music therapy on amount of expressed breast milk and anxiety among mothers of babies in NICU was done. The research design was two group pretest posttest design. Sample included postpartum mothers whose babies were admitted in NICU. The sampling technique used in this study was non-probability purposive sampling. Data collection was done using semi structured interview schedule, observation checklist and rating scale to assess anxiety. The mean values of amount of milk expressed on day 1, 2 and 3 were 13.17, 16.62 and 20.42 respectively in group I. Whereas the mean values of amount of milk expressed on day 1, 2 and 3 were 18.05, 20.25 and 23.93 respectively in group II. This suggested that breast milk amount increased on consequent days. Music therapy had significant effect on amount of breast milk expressed and on level of anxiety.

Key word: Neonatal Intensive Care Unit (NICU), Expressed breast milk, anxiety, mothers of babies, Lower Segment Caesarean Section (LSCS)

Background

Nature has intended to strengthen the bond of mother and child by making mother's milk a necessity for the baby. Digestive system in a newborn baby is so delicate that it can only digest breast milk easily. Baby develops in the mother's body and thus, the chemical constitution of the breast milk suits the baby more than anything else. (www.iloveindia.com, 2012)^[1]

Normally, breast feeding is initiated within the very first hour after baby is born. But sometimes babies need to be admitted to NICU due to prematurity, congenital abnormalities, acquired infections, serious illness, and other reasons. In such cases, the baby may not be able to suck or there may be an in-coordination between sucking and swallowing. Babies with problems like, cleft lip or palate or motor dysfunction are also unable to suck effectively. (Dr. Singh M., 1999)^[2]

NICU babies whose sucking reflex is weak cannot suck well onto the breast, so mothers require expressing their

breast milk to feed their babies. The admission of the child to the NICU also poses stress for the mother which could affect breast milk production.

According to a UNICEF report 2009, Infant mortality rate in India is 47/1000 live births. Early breast-feeding initiation is done for 41% of infants in India and the percentage of children who are exclusively breastfed for 6 months is 46%. (www.data.gov.in, 2011)^[3]

For a preterm or low birth weight sick NICU baby, mother's breast may be too full or firm to suckle or suckling reflex may not be well developed. In order to encourage and promote exclusive breast feeding to enhance child survival, the Baby Friendly Hospital Initiative (BFHI) was launched jointly by WHO and UNICEF in March 1992. Ten steps are recognized as minimum global criteria for attaining the status of Baby Friendly Hospital. Among them step-5-shows, how to breast feed and how to maintain lactation, even if they are separated from their infants, the mothers should be taught the art of breast