

## A STUDY TO ASSESS THE EFFECTIVENESS OF LACTATION COUNSELING ON MATERNAL AND NEONATAL OUTCOMES AMONG PRIMIPARA MOTHERS ADMITTED IN SELECTED PRIMARY HEALTH CENTER AT ERODE DISTRICT

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### ABSTRACT

**Aim:** To assess the effectiveness of lactation counseling on maternal and neonatal outcomes among primipara mothers admitted in selected primary health center at Erode District.

**Methods:** Quantitative Research Approach with One group pre-test post-test Design. the sample size is 60 primipara mothers, using Simple random sampling technique (lottery method). The study was conducted by adopting a one group pre test post test design. The study was carried out with 60 primipara mothers who fulfilled the inclusion criteria. Simple random sampling technique (Lottery Method) was used to select the primipara mothers. The investigator introduced herself to the mothers and explained the purpose of the study to ensure cooperation. After conducting pretest, the planned training programme 30 to 45 minutes was given for primipara mothers by using various devices like flash cards, video clips, and demonstration with dummy doll. On 2nd day Mother to Mother Demonstration 15 to 20 minutes, as a group (3 to 5mothers). The investigator was conducting the posttest by using the same standardized tools, for primipara mother on the 3rd day.

**Results:** The significant difference between pretest and posttest mean score of the neonatal outcome. The pretest level of mean score was 10.183 with the standard deviation of 3.357 and the posttest level of mean score was 15.167 with the standard deviation of 3.613. The paired 't' test value was 15.872 at the level of  $p < 0.05$ . Which indicates the lactation counseling can make high neonatal outcome regarding breast feeling among primipara mothers.

**Conclusion:** Therefore, investigator felt that, more importance should be given in educating and practicing the primipara mothers was effective improving the awareness regarding breast feeding. So there was a significant difference in the level of knowledge and practice after giving training programme regarding breast feeding.

**Keywords:** lactation counseling, maternal and neonatal outcomes, primipara mothers

## **INTRODUCTION**

Breast feeding may not seem to be the right choice for every parent; but it is the best choice for every baby, very fast act after birth is to suck mother's milk. Breast milk is not only the best nutrient to babies but also contains certain antibodies that can guard newborns from various infections. As global public health recommendation, exclusive breast feeding is quite low.

Breast feeding is the unique experience to be cherished. Sometimes certain simple problems faced by the mother result in stoppage of breast feeding. Problems may be like the flat nipples, inverted nipples, breast engorgement, swelling, sore nipples or inadequate milk. These problems are preventable if due care is taken from the antenatal period to prepare for the breast feeding.

## **NEED FOR THE STUDY**

Most problems in feeding the baby are related to the insufficient knowledge inappropriate routines and lack of confidence of mothers and it can be easily managed or prevented by prenatal education, anticipatory guidance and adequate support. Many women decide the mode of infant feeding early in the antenatal period. Hence mothers need to be motivated to attend prenatal breast feeding classes.

During the observation with primipara mothers, the investigator has found that the mothers have inadequate knowledge and practice regarding the breast feeding. So the investigator decided to conduct the study to assess the effectiveness of breast feeding counseling on maternal and neonatal among primipara mothers.

The nurse being one among the member of the health team can act as a facilitator and developing the potential abilities of the primipara mothers. Hence, the investigator felt that there is a need of preparing counseling regarding breast feeding, which will help the primipara mothers to have adequate knowledge and practice regarding breast feeding and this helps to explore good maternal and neonatal outcome.

## **STATEMENT OF THE PROBLEM**

A study to assess the effectiveness of lactation counseling on maternal and neonatal outcomes among primipara mothers in primary health center at Erode District.

## **OBJECTIVES**

1. To summarize the frequency distribution of the demographical and obstetrical variables of primipara mothers admitted in selected primary health center at Erode District.
2. To summarize the frequency distribution of the pre test and post test level of maternal and Neonatal outcome regarding lactation counseling among primipara mothers admitted in selected primary health center at Erode District.
3. To compare the descriptive statistics of the pre test and post test level of maternal and Neonatal outcome regarding lactation counseling among primipara mothers admitted in selected primary health center at Erode District.
4. To compare the post test level of Maternal and Neonatal outcome regarding lactation counseling among primipara mothers admitted in selected primary health center at Erode District.
5. To assess the significant difference between pre test and post test level of maternal and Neonatal outcome regarding lactation counseling among primipara mothers admitted in selected primary health center at Erode District.
6. To assess the association between post test levels of maternal and Neonatal outcome regarding lactation counseling with selected demographic and Obstetrical variables among primipara mothers admitted in selected primary health center at Erode District.

**RESEARCH HYPOTHESES**

**H<sub>1</sub>** - There is a significant difference in the mean score of pre test and post test level of Maternal outcome regarding lactation counseling among primipara mothers admitted in selected primary health center at Erode District.

**H<sub>2</sub>** - There is a significant difference in the mean score of pre test and post test level of Neonatal outcome regarding lactation counseling among primipara mothers admitted in selected primary health center at Erode District.

**H<sub>3</sub>** - There is a significant association between post test levels of maternal outcome regarding lactation counseling with selected demographic variables among primipara mothers admitted in selected primary health center at Erode District.

**H<sub>4</sub>** - There is a significant association between post test levels of neonatal outcome regarding lactation counseling with selected demographic variables among primipara mothers admitted in selected primary health center at Erode District.

**RESEARCH APPROACH**

Quantitative research approach

**RESEARCH DESIGN**

One group pre test post test design

**RESEARCH VARIABLES**

**Independent variables :** Refers to the Lactation counseling.

**Dependent variables :** Refers to the Maternal and Neonatal outcome regarding lactation counseling among primipara mother

**POPULATION**

**Target Population:** Primipara mothers

**Accessible Population:** Primipara mothers who are admitted in Primary Health center Guruvareddiyur, Anthiyur, Erode District

**SAMPLE SIZE**

The sample size consists of 60 primipara mothers who fulfilled the inclusion criteria.

**SAMPLING TECHNIQUE**

Simple random sampling technique (lottery method) was used to select the primipara mothers.

**CRITERIA FOR SAMPLE SELECTION**

The sample was selected based on the following inclusion and exclusion criteria.

**Inclusion criteria**

- Primipara mothers who are admitted in Primipara mothers who can understands Tamil.
- Primipara mothers who under gone normal vaginal delivery, LSCS and outlet forceps delivery.

**Exclusion criteria**

- Mothers who were not willing to participate.

- Multipara mothers
- Primipara mothers who delivered twins.
- Primipara mothers were having communicable disease, STD and other systemic diseases.
- Primipara mothers who have new born with congenital anomalies, low birth weight babies, less than 36 weeks gestational ages.

## RESEARCH TOOL AND TECHNIQUE

The method and procedures employed for the collection of data are called technique and instrument used are called tool. The tool consists of two sections.

### Part I

It consists of demographic variables such as age, religion, education, occupation, Residence, type of family and the obstetrical variables like nature of delivery, condition of nipple, term of birth and condition of baby at birth

### Part II

It consists of assessment of maternal and neonatal outcomes regarding breast feeding.

- **Maternal Outcome questionnaire** - It is a standardized tool developed under the guidance of experts. It consist 30 questions. It is binary response questionnaire. The questions are asked to mothers mark their responses.
- **Neonatal Outcome questionnaire** – It is a standardized tool developed under the guidance of experts. It consist 20 questions. It is binary response questionnaire. The questions are asked to mothers mark their responses.

## VALIDITY

The content validity of the instrument was obtained from the experts in the field of obstetrical and gynecology. Simplification of the language and reorganization of certain items were made as per the expert's suggestions.

## RELIABILITY

Reliability of the tool was tested by test re test method. Reliability value of maternal outcome questionnaire is 0.78, r value of neonatal outcome questionnaire is 0.72. So the tool was considered highly reliable to conduct this study.

## DATA COLLECTION PROCEDURE

The formal written permission was obtained from The Deputy Project Coordinator, primary health Centre Guruvareddiyur, and Corporation of Erode. The data was collected over a period of 4 weeks duration in the month of May from 10.09.2023 to 10.01.2024. The study was carried out among 60 primipara mothers who fulfilled the inclusion criteria. Simple random sampling technique (Lottery method) was used to select the sample. The investigator introduced herself to the primipara mothers and explained the purposes of the study to ensure better co- operation.

Everyday 3 to 5 primipara mothers were selected by simple random sampling method (lottery method). On first day Maternal and Neonatal Outcome were assessed using standardized tool. After conducting pre test, the planned training programme 30 to 45 minutes was given for primipara mothers by using various devices like flash cards, video clips, and demonstration with dummy doll. On 2nd day Mother to Mother Demonstration 15 to 20 minutes, as a group (3 to 5 mothers). The investigator has conducted

the post test by using the same standardized tools, for primipara mother on the 3rd day.

## ORGANISATION OF THE DATA

Data collected were organized under the following sections.

- **Section 1 :** To summarize the frequency distribution of the demographical and obstetrical variables of primipara mothers admitted in selected primary health center at Erode District.
- **Section 2 :** To summarize the frequency distribution of the pre test and post test level of maternal and Neonatal outcome regarding lactation counseling among primipara mothers admitted in selected primary health center at Erode District.
- **Section 3 :** To compare the descriptive statistics of the pre test and post test level of maternal and Neonatal outcome regarding lactation counseling among primipara mothers admitted in selected primary health center at Erode District.
- **Section 4 :** To compare the post test level of Maternal and Neonatal outcome regarding lactation counseling among primipara mothers admitted in selected primary health center at Erode District.
- **Section 5 :** To assess the significant difference between pre test and post test level of maternal and Neonatal outcome regarding lactation counseling among primipara mothers admitted in selected primary health center at Erode District.
- **Section 6 :** To assess the association between post test levels of maternal and Neonatal outcome regarding lactation counseling with selected demographic and Obstetrical variables among primipara mothers admitted in selected primary health center at Erode District.

## SECTION - 1:

**Table - 4.1 Frequency distribution of the demographical and obstetrical variables of primipara mothers admitted in selected primary health center at Erode District (n = 60)**

Demographic and Obstetrical Variables		Frequency	Percentage	Cumulative Percentage
Age	Less than 20 Years	1	1.7	1.7
	21-30 Years	49	81.7	83.4
	31 and Above	10	16.6	100
Education	Primary Level Education	8	13.3	13.4
	Higher Secondary Level Education	20	33.4	46.7
	Graduate	32	53.3	100
Occupation	House Wife	43	71.7	71.7
	Working in Health Facility	6	10	81.7
	Working in Non-Health Facility	11	18.3	100
Residence	Rural	37	61.7	61.7
	Urban	23	38.3	100
Religion	Christian	8	13.3	13.3
	Hindu	48	80	93.3
	Muslim	4	6.7	100

Demographic and Obstetrical Variables		Frequency	Percentage	Cumulative Percentage
Type of Family	Joint	8	13.3	13.3
	Nuclear	52	86.7	100
Nature of delivery	LSCS	23	38.3	38.3
	Normal delivery	37	61.7	100
Condition of nipple	Cracked nipple	9	15	15
	Erect nipple	14	23.3	38.3
	Flat nipple	10	16.7	55
	Inverted nipple	10	16.7	71.7
	Sore nipple	17	28.3	100
Term of birth	Full term	48	80	80
	Post dated	5	8.3	88.3
	Pre term	7	11.7	100
Condition of baby at birth	Asphyxia	11	18.3	18.3
	Normal	49	81.7	100

**Table - 4.1** represents the frequency and percentage distribution of demographic and obstetrical variables among primipara mother. With respect to demographic variables - age of the primipara mothers, 49 (81.7%) were in the age group of 21 – 30 years and 10 (16.7%) were in the age group of 31 years and above. 1 (1.7%) were in the age group of less than 20 years. Considering the educational status of primipara mothers, 32 (53.3%) have completed their graduation, 20 (33.3%) have completed their higher education and 8 (13.3%) have completed their primary level education. Regarding occupation of the primipara mothers 43 (71.7%) of them were house wives, 11 (18.3%) were doing non health background works and 6 (10%) were doing health background works. Out of 60 primipara mothers 37 (61.7%) were living in rural areas and 23 (38.3%) were living in Urban areas. Regarding religion of primipara mothers, 48 (80.0%) were Hindu, 8 (13.3%) were Christian and 4 (6.7%) were to Muslim community. Related to type of family, 52 (86.7%) were living in nuclear family and 8 (13.3%) were living in the joint family.

With represents the frequency distribution of obstetrical variables among primipara mothers - the nature of delivery, 37 (61.7%) mothers were delivered normally and 23 (38.7%) have underwent LSCS. With regard to condition of nipple, 17 (28.3%) were with sore nipple, 14 (23.3%) were with erect nipple, respectively 10 (16.7%) were having Flat and Inverted nipple and 9 (15%) were have cracked nipple. Regarding term of birth, 48 (80.0%) mothers delivered at full term birth, 7 (11.7%) have delivered preterm birth and 5 (8.3%) were postdated delivery. Considering the condition of birth 49 (81.7%) babies were normal at birth and 11 (18.3%) baby was in asphyxia at the time of birth.

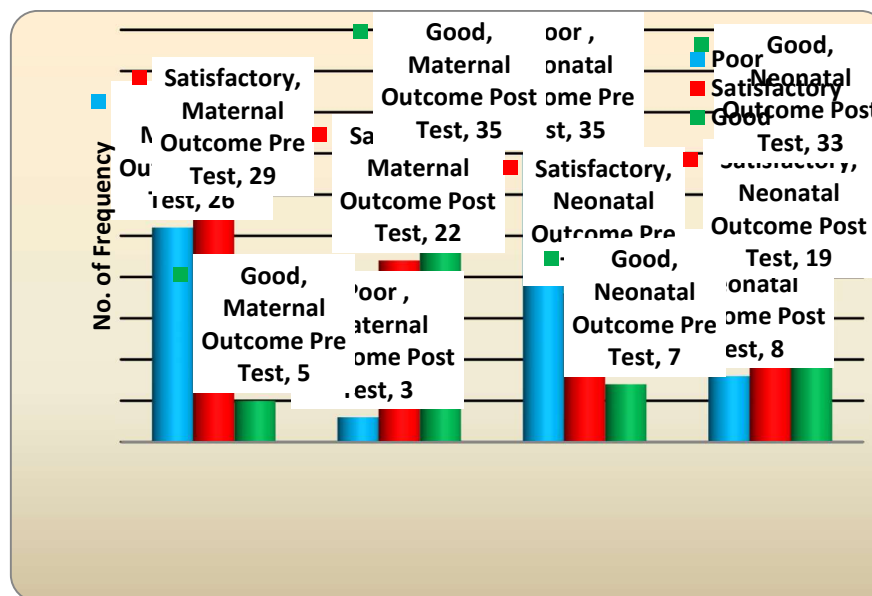
## SECTION - 2:

**Table - 4.2 Frequency distribution of the pre test and post test level of maternal and neonatal outcome regarding lactation counseling among primipara mothers admitted in selected primary health center at Erode District**

Maternal & Neonatal Outcome		Pre-test Score		Post-test Score	
		Frequency	Percentage	Frequency	Percentage
Maternal Outcome	Poor	26	43.3	3	5
	Satisfactory	29	48.4	22	36.7
	Good	5	8.3	35	58.3
Neonatal Outcome	Poor	35	58.3	8	13.3
	Satisfactory	18	30	19	31.7
	Good	7	11.7	33	55

Table - 4.2 represents the frequency and Percentage distribution of the pre test and post test level **maternal outcomes** of the primipara mothers. With respect of table 2 – before lactation counseling 26 primipara mothers were having poor maternal outcome and after lactation counseling only 3 (5%) mothers were having poor maternal outcome, but 35 ( 58.3%) of primipara mothers were having good maternal outcome after lactation counseling it is only 5 (8%) primipara mothers belongs to good before lactation counseling, 22(36.7%) of primipara mothers were having satisfactory maternal outcome after the lactation counseling.

The frequency and Percentage distribution of the pre test and post test level **neonatal outcomes** of the primipara mothers. With respect to this before lactation only 7 (11.7%) of primipara mothers belongs to good neonatal but which is improved to 33 (55%) after the lactation counseling. Before counseling out of 60 primipara mothers 35 (58.3%) of mothers were in poor neonatal outcome but after lactation counseling which was gradually decreased to 8 (13.3%). In satisfactory neonatal outcome 18 (30%) were in before counseling and after counseling turned into 19 (31.7%).

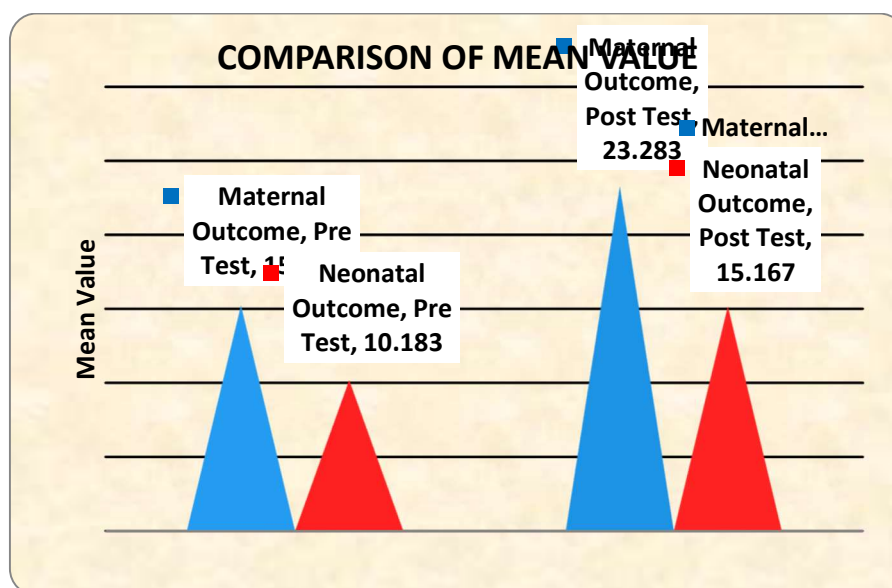


**SECTION - 3:****Table - 4.3 Comparison of the descriptive statistics of the pre test and post test level of maternal and neonatal outcome regarding lactation counseling among primipara mothers admitted in primary health center at Erode District**

Mean Comparison		Maxi mum Score	Mini mum Score	Mean	Mean Differ ence	Std. Deviation	Std. Error Mean
Maternal Outcome	Pre-test	26	6	15.233	8.050	4.918	0.635
	Post-test	30	13	23.283		4.840	0.625
Neonatal Outcome	Pre-test	18	5	10.183	4.983	3.357	0.433
	Post-test	20	8	15.167		3.613	0.466

**Table 4.3** represents the descriptive statistics of the pre test and post test level of maternal outcome. 'Out of 30' - 26 is the maximum and 6 is the minimum scored by primipara mothers but after counseling the maximum the score is 30 and the minimum score 13. While analyzing the mean score, before counseling it is 15.233 and after counseling it is increased as 23.283. Difference between the mean score is 8.05 and there is no high variation in Standard deviation and standard error between before and after counseling.

The descriptive statistics of the pre test and post test level of neonatal outcome. 'Out of 20' - 18 is the maximum and 5 is the minimum scored by primipara mothers but after counseling the maximum the score is 20 and the minimum score 8. While analyzing the mean score, before counseling it is 10.183 and after counseling it is increased as 25.167. Difference between the mean score is 4.983 and there is no high variation in Standard deviation and standard error between before and after counseling.

**SECTION - 4:****Table - 4.4 Comparison of the maternal and neonatal outcome regarding lactation counseling among primipara mothers with Pre test and Post test level**

Mean Comparison		Maxi mum Score	Mini mum Score	Mean %	Mean % Differ ence	Std. Devia tion	Std. Error Mean
pre-test	Maternal	86.67%	20%	50.8%	0.1 %	4.918	0.635



	Outcome						
	Neonatal Outcome	90%	25%	50.9%		4.840	0.625
Post-test	Maternal Outcome	100%	43.33%	77.6%	1.8%	3.357	0.433
	Neonatal Outcome	100%	40%	75.8%		3.613	0.466

**Table 4.4** depicts the comparison of mean and standard deviation between Maternal and neonatal outcome of pre test and post test level score. Which reflected that after counseling maternal and neonatal outcome effectively increased.

#### SECTION - 5:

**Table - 4.5 Assess the significant difference between pre test and post test level of maternal and Neonatal outcome regarding lactation counseling among primipara mothers admitted in selected primary health center at Erode District.**

Mean Comparison		Mean	Std. Deviation	Std. Error Mean	t Statistics	DF	Sig ( 2 Tailed )
Maternal Outcome	Pre-test	15.233	4.918	0.635	27.254**	59	<0.05
	Post-test	23.283	4.840	0.625			
Neonatal Outcome	Pre-test	10.183	3.357	0.433	15.872**	59	<0.05
	Post-test	15.167	3.613	0.466			

**Table 4.5** reflects analyzed report of the significant difference between pre test and post test mean score of the maternal outcome. Analysis reveals that the pre test level of mean score was 15.233 with the standard deviation of 4.918 and the post test level of mean score was 23.283 with the standard deviation of 4.840. The paired 't' test value was 27.254 at the level of  $p < 0.05$ . which indicates the lactation counseling can make high maternal outcome regarding breast feeling among primipara mothers.

The significant difference between pre test and post test mean score of the neonatal outcome. The pre test level of mean score was 10.183 with the standard deviation of 3.357 and the post test level of mean score was 15.167 with the standard deviation of 3.613. The paired 't' test value was 15.872 at the level of  $p < 0.05$ . Which indicates the lactation counseling can make high neonatal outcome regarding breast feeling among primipara mothers.

#### SECTION 6:

**Table - 4.6 Association between post test levels of maternal and Neonatal outcome regarding lactation counseling with selected demographic and Obstetrical variables among primipara mothers admitted in selected primary health center at Erode District**

Maternal Outcome	Good	Satisfac tory	Poor	Chi Square df, Sig.
Age				
- Less than 20 Years	0	1	0	X <sup>2</sup> = 4.060 <sup>a</sup> df = 4 0.398
- 21-30 Years	3	19	27	
- 31 and Above	0	2	8	
Education				

Maternal Outcome	Good	Satisfac tory		Poor	Chi Square df, Sig.
- Primary Level Education	0	4		4	$X^2 = 2.955^a$ df = 4 0.565
- Higher Secondary Level Education	2	8	10		
- Graduate	1	10	21		
Occupation					
- House Wife	3	18		22	$X^2 = 3.834^a$ df = 4 0.429
- Working in Health Facility	0	1	5		
- Working in Non-Health Facility	0	3	8		
Residence					
- Rural	1	14		22	$X^2 = 1.076^a$ df = 2 0.584
- Urban	2	8	13		
Religion					
- Christian	0	6		2	$X^2 = 6.346^a$ df = 4 0.175
- Hindu	3	15	30		
- Muslim	0	1	3		
Type of Family					
- Joint	0	1		7	$X^2 = 3.278^a$ df = 2 0.194
- Nuclear					
Nature of delivery					
- LSCS	1	9		13	$X^2 = 0.114^a$ df = 2 0.944
- Normal delivery	2	13	22		
Condition of nipple					
- Cracked nipple	1	3		5	$X^2 = 4.600^a$ df = 8 0.799
- Erect nipple	0	6	8		
- Flat nipple	0	4	6		
- Inverted nipple	0	3	7		
- Sore nipple	2	6	9		
Term of birth					
- Full term	1	17		30	$X^2 = 15.335^a$ df = 4 0.004
- Post dated	2	1	2		
- Pre term	0	4	3		
Condition of baby at birth					
- Asphyxia	1	5		5	$X^2 = 1.118^a$ df = 2 0.572
- Normal	2	17	30		

Table 4.6 reveals the association between post test levels of maternal neonatal outcomes regarding lactation counseling among primipara mothers' demographic and obstetrical variables. This shows that only terms of birth has significant association, other than that none of the demographical variables were associated with their post test level of maternal outcome

## MAJOR FINDINGS OF THE STUDY

### **Objective - 1: To summarize the frequency distribution of the demographical and obstetrical variables of primipara mothers.**

Frequency and percentage distribution of demographic and obstetrical variables among primipara mother. With respect to **demographic variables** - age of the primipara mothers, 49 (81.7%) were in the age group of 21 – 30 years and 10 (16.7%) were in the age group of 31 years and above. 1 (1.7%) were in the age group of less than 20 years. Considering the educational status of primipara mothers, 32 (53.3%) have completed their graduation, 20 (33.3%) have completed their higher education and 8 (13.3%) have completed their primary level education. Regarding occupation of the primipara mothers 43 (71.7%) of them were house wives, 11 (18.3%) were doing non health background works and 6 (10%) were doing health background works. Out of 60 primipara mothers 37 (61.7%) were living in rural areas and 23 (38.3%) were living in Urban areas. Regarding religion of primipara mothers, 48 (80.0%) were Hindu, 8 (13.3%) were Christian and 4 (6.7%) were to Muslim community. Related to type of family, 52 (86.7%) were living in nuclear family and 8 (13.3%) were living in the joint family.

With represents the frequency distribution of **obstetrical variables** among primipara mothers - the nature of delivery, 37 (61.7%) mothers were delivered normally and 23 (38.7%) have underwent LSCS. With regard to condition of nipple, 17 (28.3%) were with sore nipple, 14 (23.3%) were with erect nipple, respectively 10 (16.7%) were having Flat and Inverted nipple and 9 (15%) were have cracked nipple. Regarding term of birth, 48 (80.0%) mothers delivered at full term birth, 7 (11.7%) have delivered preterm birth and 5 (8.3%) were postdated delivery. Considering the condition of birth 49 (81.7%) babies were normal at birth and 11 (18.3%) baby was in asphyxia at the time of birth.

### **Objective - 2: To summarize the frequency distribution of the pre test and post test level of maternal and Neonatal outcome regarding lactation counseling among primipara mothers**

The frequency and Percentage distribution of the pre test and post test level maternal outcomes of the primipara mothers. With respect of table 4.2 – before lactation counseling 26 primipara mothers were having poor maternal outcome and after lactation counseling only 3 (5%) mothers were having poor maternal outcome, but 35 (58.3%) of primipara mothers were having good maternal outcome after lactation counseling it is only 5 (8%) primipara mothers belongs to good before lactation counseling, 22 (36.7%) of primipara mothers were having satisfactory maternal outcome after the lactation counseling.

### **Objective - 3: To compare the post test level of Maternal and Neonatal outcome regarding lactation counseling among primipara mothers.**

The frequency and Percentage distribution of the pre test and post test level neonatal outcomes of the primipara mothers. With respect to this before lactation only 7 (11.7%) of primipara mothers belongs to good neonatal but which is improved to 33 (55%) after the lactation counseling. Before counseling out of 60 primipara mothers 35 (58.3%) of mothers were in poor neonatal outcome but after lactation counseling which was gradually decreased to 8 (13.3%). In satisfactory neonatal outcome 18 (30%) were in before counseling and after counseling turned into 19 (31.7%).

### **Objective - 4: To assess the significant difference between pre test and post test level of maternal and Neonatal outcome regarding lactation counseling among primipara mothers admitted in selected primary health center at Erode District.**

The descriptive statistics of the pre test and post test level of maternal outcome. 'Out of 30' - 26 is the maximum and 6 is the minimum scored by primipara mothers but after counseling the maximum the score is 30 and the minimum score 13. While analyzing the mean score, before counseling it is 15.233 and after counseling it is increased as 23.283. Difference between the mean score is 8.05 and there is no high variation in Standard deviation and standard error between before and after counseling.

**Objective - 5: To assess the association between post test levels of maternal and Neonatal outcome regarding lactation counseling with selected demographic and Obstetrical variables.**

The descriptive statistics of the pre test and post test level of neonatal outcome. 'Out of 20' - 18 is the maximum and 5 is the minimum scored by primipara mothers but after counseling the maximum the score is 20 and the minimum score 8. While analyzing the mean score, before counseling it is 10.183 and after counseling it is increased as 25.167. Difference between the mean score is 4.983 and there is no high variation in Standard deviation and standard error between before and after counseling.

**Objective - 6: To compare the post test level of Maternal and Neonatal outcome regarding lactation counseling among primipara mothers.**

The comparison of mean and standard deviation between Maternal and neonatal outcome of pre test and post test level score. Which reflected that after counseling maternal and neonatal outcome effectively increased.

## CONCLUSION

The role of the nurse is to educate the mother and to make the mother to breast feed her baby in post natal period. Through this training programme primipara mothers can learn and understand better information regarding breastfeeding and prevents the suffering of the newborn during postnatal periods. Therefore the investigator felt that, more importance should be given in educating and practicing the primipara mothers was effective improving the awareness regarding breast feeding. Hence the investigator found that there was a significant difference in the level of knowledge and practice after giving training programme regarding breast feeding.

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