



A STUDY TO ASSES THE EFFECTIVENESS OF PLANED INSTRUCTION ON KNOWLEDGE REGARDING OF HOFFMANS'S EXERCISE AMONGPRIMI MOTHERS FOR PREVENTION OF NIPPLE DEFECTS AT SELECTED HOSPITAL, KANPUR.

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ABSTRACT

Hoffman's exercise is a type of exercise usually performed by females for primi mothers for the nipple defects, so as to initiate breast feeding for the newborn and also the correction of defected nipples. The objectives of the study were to assess the knowledge level regarding Hoffman's exercise among primi mothers for prevention of nipple defect. To assess the effectiveness of planned instruction on knowledge regarding Hoffman's exercise among primi mothers for prevention of nipple defects. To find the association between the demographic variables and knowledge level regarding Hoffman's exercise among primi mothers for prevention of nipple defects. Pre experimental one group pretest post-test research design was used to conduct 40 primi mothers who were selected by purposive sampling technique for the study. The data was collected through questionnaire to assess the effectiveness of planned instruction on knowledge regarding Hoffman's exercise among primi mothers for prevention of nipple defects. The study was conducted in AHM district hospital Kanpur. The data was collected and analyzed based on descriptive and inferential statistics. The result of the study showed that the mean knowledge score mean pre-test and post-test knowledge level regarding Hoffman's exercise. The post-test mean score (17.3) was high when compared to the pretest mean (10.16) score of knowledge. The obtained t value (14.80) was greater than table value at 02 level of significance, which shows that there is significant difference between pretest and post-test level of knowledge regarding hoffmans exercise among primi mothes. The association between demographic variables and knowledge score was analyzed by using chi square test. There was significant association between knowledge score and demographic variables like type of delivery and education of the mother among primi mothers.

Key word: Hoffman's exercise, Primi Mothers, Nipple defects

INTRODUCTION

The World Health Organization(2013) reports that exclusive breastfeeding until six months of age could prevent the deaths of more than 200,000 infants every year. Breast feeding supports a child's ability to learn, diminishes the risk of malnutrition and helps prevent obesity and chronic diseases later in life¹. It also helps in birth spacing, recover fast from giving birth and return to their pre pregnant weight sooner. Evidence shows that they also experience less postpartum depression and also have a lower risk of ovarian and breast cancers later in life. The Hoffman's exercise is a manual exercise that may help break adhesions at the base of the nipple that keep it inverted²

This exercise can be done up to five times a day. It can be done during pregnancy to prepare the nipples, as well as after the baby is born in order to draw them out. This exercise can be used after discussion with the health care provider because it may cause pre mature labor if done in prenatal period. But it can be safely practiced immediately after delivery since postnatal interventions have more effectiveness towards nipple correction than that done in prenatal period⁴.

Significance and need for the study

Breastfeeding has been important since the beginning of mankind. Encouraging women to breastfeed presents a major challenge to health care professionals in the recent years. Breastfeeding success depends on the appropriate attachment of the infant on the breast, in which the nipple and much of the areola (0.5 to 1 cm) are drawn well into the baby's mouth⁵.

Anatomical variations of the breast, including flat nipple, inverted nipple, large nipple etc. may act as barriers for the baby to latch on effectively and hence difficulty in breastfeeding. In women who are pregnant for the first time, it is very common for the nipple not to protrude completely⁶

About 25 to 38% of the women who are pregnant for the first time have nipples that don't protrude well of which 10 percent are considered as inverted nipples⁷

A truly inverted nipple is caused by adhesions at the base of the nipple that bind the skin to the underlying tissue. While the skin becomes more elastic during the third trimester of pregnancy in preparation for nursing, some of the cells in the nipple and areola may stay attached⁸

RESEARCH PROBLEM

A study to assess the effectiveness of planned instruction on knowledge regarding Hoffman's exercise among Primi mothers for prevention of nipple defects at selected hospitals, Kanpur.

HYPOTHESIS:-

- **H₁** There is a significant difference between the pretest knowledge scores regarding Hoffman's exercise among Primi mothers for prevention of nipple defects.
- **H₂** There is a significant association between the post test knowledge scores for selected demographic variables.

ASSUMPTIONS:-

He primi mother have some knowledge regarding the prevention of nipple defects.
Instruction on knowledge regarding Hoffman's exercise for primi mothers.

METHODOLOGY

Research design

Pre experimental one group pretest post- test research design was used in this study.

Research approach

Quantitative research approach was used in this study.

Setting of the study

In this research study the setting was conducted in AHM Hospital in Kanpur, Uttar Pradesh.

Variables.

Independent variables

In this present study, planned instruction on Knowledge on Hoffman's exercise and prevention of nipple defects among primi mothers

Dependent variables

Knowledge of primi mother regarding Hoffman's exercise and prevention of nipple defects

Demographic variables

The demographic variables are: Age, Type of deliver, time of delivery, educational status, antenatal preparation.

Population:

The population for the present study was primi mothers AHM Hospital Kanpur.

Target population

Primi mothers admitted in AHMHospital are target population.

Accessible population

All primi mothers of age between 25-30 year admitted in AHM hospital are accessible population in this study.

Sample:

In this study, the sample was primi mothers admitted in AHM hospital who fulfilled the sampling criteria.

Sample size

In this research study, sampling size compromised 40 primi mothers admitted in AHM hospital.

Sampling techniques

In this research study, purposive sampling technique was adopted to select the samples.

Sampling criteria

Criteria sampling involves selecting cases needs some predictor mined criterion of importance.

Inclusion criteria

1. Primi mothers who were Willing to participate in the study.
2. Able to write and speak English or Hindi.

Exclusion criteria

1. Primi mothers who were: Not present during the time of datacollection.
2. Not able to understand the language

Methods of data collection:

The tool used for the study was self- structure knowledge questionnaire to assess the knowledge regarding hoffmans exercise and prevention of nipple defects among primi mothers were selected AHM hospital Kanpur. by using convenient sampling technique.

Development and description of tool:

Self-Structured knowledge questionnaire used for the data collection.

Section-A: Consist of socio-demographic data including such as age, Type of deliver, time of delivery, educational status, antenatal preparation.

Section-B: Consist of 25 close ended questionnaire for assessing the knowledge level regarding Hoffman's exercise on breastfeeding.

Score: There was 25 items, each item used in the table classification of level of knowledge based on percentage of score.

Data collection procedure:

The Data was collected from 08.11.2021 to 13.11.2021. prior to the data collection permission was obtained from chief medical officer of AHM Hospital to conduct the study and prior to interview each Primi mothers was explained about the purpose of the study. Each day an average of 5-8 sample were collected. Consent was taken from the primi mothers to conduct study on them.

Results findings

Section-A

The major findings of present study were

- Majority of the primi mothers 32.5% were in the age group of above 30 years .
- Majority of the primi mothers 72.5% of primi mothers were undergone normal vaginal delivery.
- Majority of the primi mothers 82.5% belongs to > 37 weeks of gestation.
- The educational status of the primi mothers that 47.5% had intermediate education.
- Majority of the primi mothers 92.5% of primi mothers have done antenatal preparation.

Section B

TABLE No.1 – Frequency and Percentage wise distribution of pretest and post-test level of knowledge among primi mothers.

N=40

S.No.	Level of Knowledge	Pre-test		Post-test	
		Frequency	Percentage	Frequency	Percentage
1.	Inadequate Knowledge	11	27.5%	0	0%
2.	Moderate Knowledge	29	72.5%	16	40%
3.	Adequate Knowledge	0	0%	24	60%
Total		40	100%	40	100%

Level of Knowledge

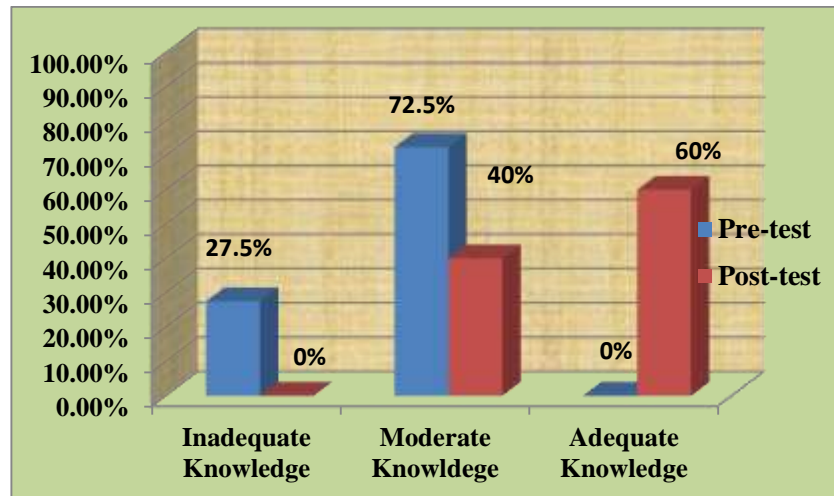


Fig. No. 1 Bar diagram showing the difference between pretest and post-test level knowledge among primi mother.

The above Table shows the pretest knowledge score of the primi mothers regarding Hoffman’s exercise among primi mothers for prevention of nipple defects it was notice that Inadequate Knowledge 11(27.5%) and 29(72.5%) of primi mothers had Moderate level of knowledge, 0(0%) of primi mothers had adequate knowledge .The above Table shows the post-test knowledge score of the primi mothers regarding Hoffman’s exercise among primi mothers for prevention of nipple defects it was notice that 24(60%) of primi mothers had adequate level of knowledge, 16(40%) of primi mothers had moderate knowledge, 0(0%) and none of the primi mothers had Inadequate knowledge.

Section-C

Table No. 2 Effectiveness of planned instruction on knowledge regarding hoffmans exercise among primi mothers for prevention of nipple defects.

N=40

Level of depression	N	Mean	SD	t-Value	Table value at	Inference
Pre-test	40	10.16	3.1	2.00	00.05	Significant
Post-test	40	17.03	2.61			

When the Mean of SD of pretest and post-test were compared and “t” test was applied. It can be clearly seen that the “t” value was 14.80 and P value was 2.00 at 0.05 level which clearly show that planned instruction on knowledge regarding Hoffman’s exercise was effective in increasing the knowledge of primi mothers. Thus from the above finding. It can reported that H₁ . Here H₁ is Accepted.

Section-D

Description of association between the demographic variables and knowledge level regarding hoffmans exercise among primi mothers for prevention of nipple defect.

Table no 3: Association between pretest knowledge level of primi mothers with their demographic variables.

SL. NO.	DEMOGRAPHIC VARIABLE	χ^2	DF	INFERENCE
1	Age of mother at delivery. a) 18-22yrs. b) 23-26yrs. c) 27-30yrs. d) above 30yrs.	5.4887	6	NS 12.59 $P > 5.4887$ At 0.05 level
2	Type of delivery a) Normal vaginal delivery b) Instrumental delivery c) Caesarean section	0.1365	4	NS 9.49 $P > 0.1365$ At 0.05 level
3	Gestational weeks at time of delivery. a) <34 weeks b) 35-37 weeks c) >37 weeks	2.261	6	NS 12.59 $P > 2.261$ At 0.05 level
4	Education of mother. a) matric b) intermediate c) graduate	6.952	6	NS 12.59 $P > 6.952$ At 0.05 level
5	Antenatal preparation of nipples. a) Done B) Not done	0.657	2	NS 5.99 $P > 0.657$ At 0.05 level

There was significant association between knowledge score and demographic variables in pretest like type of delivery and education of the mother among primi mothers. Hence H_1 is rejected.

Recommendation:

- A similar study can be using another teaching approach
- A similar study can be replicated by increasing the size of sample.
- A similar study can be done as an experimental study between control and experimental group.

Conclusion:

From the finding of the present study, it can be concluded that there is a 29(72.5%) of primi mothers had Moderate level of knowledge. When the Mean of SD of pretest and post-test were compared and “t” test was applied. It can be clearly seen that the “t” value was 14.80 and P value was 2.00 at 0.05 level which clearly

show that planned instruction on knowledge regarding Hoffman's exercise was effective in increasing the knowledge of primi mothers. Thus from the above finding. It can reported that H_1 is Accepted.

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