



BREAST FEEDING UPON PAIN PERCEPTION DURING INTRAMUSCULAR

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ABSTRACT

INTRODUCTION

Relieving from pain is human right. It is true for infants also so, here take some action to reduce pain related to injection. As breastfeeding is simple, safe, cost effective and easy to administer it can be used relieving intervention measure. Immunization might be the first intramuscular injection for most of the infants. Intramuscular injections not only protect children from vaccine preventable diseases, but also serve as an opportunity to deliver other life saving measures providing protection against life threatening diseases such as influenza, meningitis and cancers that occur in adulthood. As nurses play a major role in giving intramuscular vaccination to the children, it is their responsibility to help to alleviate pain and discomfort of the infants during intramuscular vaccination injections and reduce the anxiety of care giver's. Researcher found that no pain interventions were given to infants during intramuscular vaccination injection in the clinics. This stimulated the researcher to identify the simple, safe and easy method of pain intervention during intramuscular vaccination thus motivated to conduct an experimental study to assess the effectiveness of breast feeding upon pain perception of infants during intramuscular vaccination and to obtain the satisfaction level of the parents towards the intervention.

METHOD

A true experimental research design was used for this study which is the most powerful method available for testing hypothesis of cause and effect relationship between variables. It has the characteristic features such as manipulation, control and randomization. Randomization was carried out to select 60 samples and to assign them in the control and experimental group. Breast feeding was given as intervention in the experimental group.

Time series non – equivalent comparison group design was used in the present study which includes 60 infants selected by convenient sampling method in civil hospital, Sonipat. Neonatal Infants Pain Scale (NIPS) was used for assessment of level of pain related IM vaccination.

Time series non – equivalent comparison group design was used in the present study which includes 60 infants selected by convenient sampling method in civil hospital, Panipat. Neonatal Infants Pain Scale (NIPS) was used for assessment of level of pain related IM vaccination. Problem faced during data analysis few of the working mothers were not willing to breast feed the infants immediately after the injection because of the time consumption.

RESULT

It is found that 1 minute after vaccination the mean pain score is more in control group then the experimental group. The findings of the study indicated that the breastfeeding is simple, safe, cost effective and easy to administer than any other intervention. The effectiveness of breast feeding upon pain perception among the experimental group of infants during intramuscular vaccination was assessed statistically using the independent ‘t’ test. The mean and standard deviation of pain score was lower in experimental group ($M=3.16$, $SD=0.687$) of infants who received breast feeding during intramuscular injection when compared to the control group of infants ($M=6.1$, $SD = 0.907$). The difference was statistically significant at $P<0.001$ level. The results could be attributed to the effectiveness of breast feeding upon the pain perception of infants during intramuscular vaccination.

CONCLUSION

The findings of the study indicated that the breastfeeding is simple, safe, cost effective and easy to administer than any other pharmacological or non- pharmacological pain interventions. So, breastfeeding must be incorporated in all vaccination as pain relieving intervention measure. Researcher concludes that breast feeding can be followed as a non-pharmacological pain intervention during intramuscular injection for infants in the immunization clinics as it is simple, safe, cost effective and east to administer. The findings can be disseminated as evidence based practice and the effectiveness can also be implicated in nursing education.

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