

# KNOWLEDGE ON ROLE OF BREAST CRAWL IN MATERNAL HEALTH AND WELL-BEING AMONG NURSES

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## Abstract

**Introduction:** Uninterrupted Breast crawl technique is important just after the delivery, may promote breastfeeding and prevent postpartum hemorrhage. **Methods:** A Quantitative Non-experimental Research Design was used to assess the knowledge on role of breast crawl in maternal health and wellbeing. 30 staff nurses in the age group of 25-40 years were selected through non-probability convenience sampling technique. **Results:** The findings of the research project revealed that 70 % nurses had adequate knowledge on role of breast crawl in maternal health and well-being and 30% nurses had inadequate knowledge on role of breast crawl in maternal health and well-being.

**Key words:** breast crawl technique, breast crawl in maternal health and well being

## Introduction

Breast crawl technique in the third stage also benefits the mother; massage of the breast by the baby and subsequent suckling induce a large oxytocin surge from the mother's pituitary gland into her bloodstream. Close emotional interaction coupled with cutaneous, visual and auditory stimuli from the baby during the Breast Crawl also help oxytocin release. This oxytocin helps to contract the uterus, expelling the placenta and closing off many blood vessels in the uterus, thus reducing blood loss and preventing anemia. Pressure of the infant's feet on the abdomen may also assist in expelling the placenta (Klaus and Kennel, 2001).

The study shown that baby in Breast Crawl position, the blood level of oxytocin soon after delivery was elevated significantly compared with that postpartum. The level returned to its pre-partum value 1 hour after delivery. The peak oxytocin level was seen 15 minutes after delivery with expulsion of placenta. Most mothers had several peaks of oxytocin occurring up to 1 hour after delivery (Nissen et al, 1995).

Mothers and babies should be together, in breast crawl technique immediately after birth. The baby is happier, the baby's temperature is more stable, the baby's heart and breathing rates are more stable and the baby's blood sugar is more elevated. Breast crawl technique immediately after birth allows the baby to be colonized by the same bacteria as the mother and is thought to be important in the prevention of allergic diseases. When a baby is put into an incubator, his skin and gut are often colonized by bacteria different from his mother's. (Jack Newman, 2005).

The investigator had the chance to see the video when she visited the UNICEF website. She is attracted by the video and practiced the technique in her clinical posting. Therefore, she takes this study to educate and motivate the hospital staffs and other workers for practicing this initiative which will be in turn contributing to healthy children and thereby healthy future citizens of our country. Like all other gifts of nature, this gift comes free of cost. However, the health and nutrition benefits of Breast Crawl will



save millions of life and also will save billions in terms of health cost. They will create a generation which will reach the highest human potential of growth and development.

### Statement of the problem

A study to assess the knowledge on role of breast crawls in maternal health and well-being among nurses at selected hospital, Chennai.

### Objectives of the study

1. To assess the knowledge on role of breast crawl in maternal health and well-being among nurses.
2. To associate the knowledge on role of breast crawl in maternal health and well-being with demographic variables.

### Null Hypotheses

$H_{01}$  - There is no association between knowledge on role of breast crawl with demographic variables.

### Materials and Methods

The research design adopted for this study was Non experimental descriptive research design. 30 staff nurses in the age group of 25-40

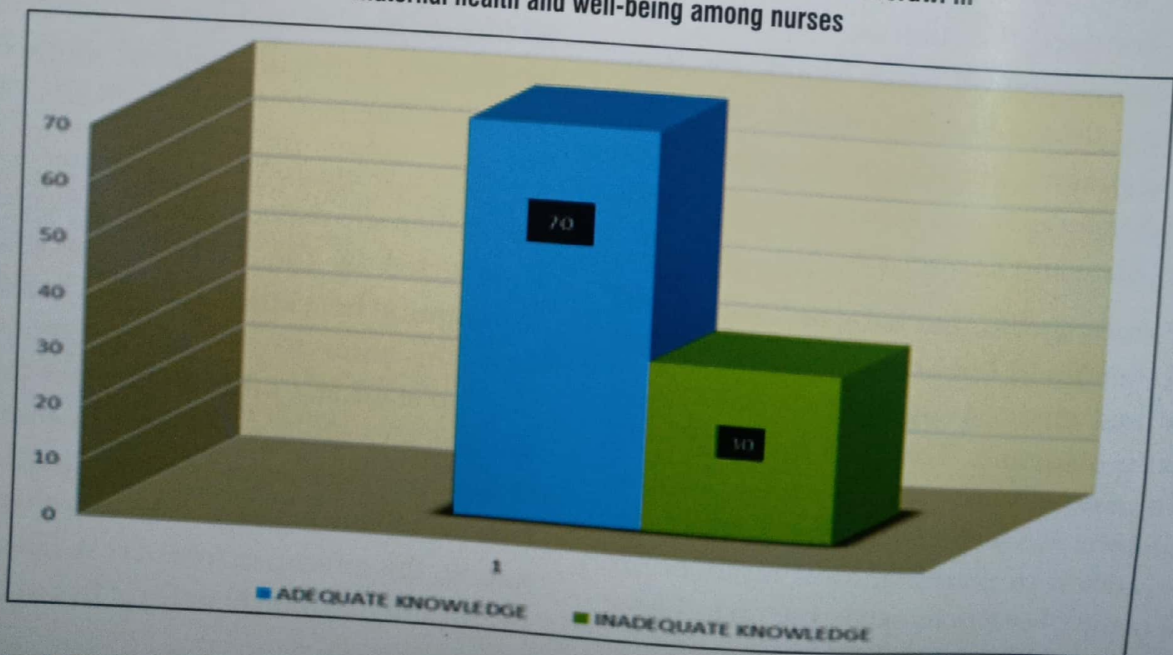
years were selected through non-probability convenience sampling technique. The tool consisted two sections. Section A consisted demographic variables such as age, educational status, area of work, working experience in years, source of information about role of breast crawl. Section B included structured questionnaire to assess the knowledge on breast crawl. The demographic data were collected through Interview guide, structured questionnaire were administered to assess the knowledge.

Descriptive statistics as frequency and percentage distribution, inferential statistics such as chi-square test was used to analyze the data.

### Result & Discussion

The findings related to demographic variables revealed that, Majority (90%) of the samples belong to the age group of 25-35 years, 53% of the samples were completed BSc nursing, 60% were working in medical area, 87% had less than 5 years of experience, 87% of them had source of information about role of breast crawl through magazines/ books.

Fig 1: Percentage distribution of knowledge on role of breast crawl in maternal health and well-being among nurses





The above figure shows that 70% of the nurses had adequate knowledge and 30% of the nurses had inadequate knowledge on role of breast crawl in maternal health and well-being.

There was a statistically significant association between level of knowledge with the age at  $p < 0.05$  level. There was no statistically significant association between level of knowledge with other demographic variables such as educational status, area of work, working experience in years, source of information about role of breast crawl.

### Conclusion

The study concluded that breast feeding is a natural human activity, difficulty is not uncommon. Breast crawl technique is important just after the delivery, the baby sucking reflex is strong and baby is more alert. Putting the baby to the breast as soon as possible after birth helps to avoid many problems. Nurses as health professional, if work in co-ordination as a team to bring forth and promote Breast Crawl initiative into maternity hospitals, it will be beneficial for mother and baby as well as for the entire family and country.

### Recommendations

Based on the present study in view, the following recommendations were made,

- A comparative study can be on breast crawl technique in maternal health and well-being in rural and urban areas
- A self-instructional module in local languages can be prepared for educating the mother and their family members
- The research study can be conducted on a large sample at different settings.

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