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A pre-experimental study to assess the effectiveness of structured teaching programme on knowledge regarding breast massage among health workers in selected urban areas of metropolitan city

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Abstract

Many women experience breast-related problems like soreness of the nipple, breast pain, inverted nipple, cracked nipple, itchy nipple, cyst, and lumps in breast, after delivery. Many mothers experience low milk supply after birth of the baby.

Methods and Materials: The study involves 60 ASHA health workers at selected urban area in a metropolitan city. The pre-experimental study, one group pre-test and post-test design with a non-probability convenient sampling technique were selected. The knowledge was assessed by a semi-structured questionnaire before and after the structured teaching program. The data was analysed by using descriptive statistics i.e., frequency and percentage and central tendency and inferential statistics i.e., non-parametric test and chi-square test.

Results: It was found that the study participants in pre-test 10(16.7%) was poor knowledge, 50(83.3%) was good knowledge and in post-test 60(100%) had excellent knowledge.

Conclusion: The structured teaching was an effective tool to raise the knowledge among ASHA health workers regarding breast massage.

Recommendation: The study recommends the need of awareness raising program regarding breast massage to decrease the breast related problems.

Keywords: STP, effectiveness, knowledge, breast massage

Introduction

Every year Women's International Day is celebrated to inspiring the women to stride ahead in life. While women had made progress in most of the field still she tends to inexplicably neglect her own health. The technological advancement, modernization, urbanization, economic liberation, and changing values of the society have been influencing the health care tremendously. Breast massage is a tool that can use for many purposes, from identifying breast cancer and easing sore muscles to improving the breastfeeding experience. Even just 15 minutes of massage may be enough to reap the benefits.

Common problem related to breastfeeding includes breast engorgement, painful nipple, nipple infection, mastitis, breast abscess, poor milk production and incorrect techniques, infrequent feeding, breastfeeding on scheduled times and extra food from outside are important risk factor that can predispose to lactation problem. "Adequate management of these conditions is very important and if not treated, led to early weaning or improper feeding. So, early detection and proper management of lactation problem and giving knowledge about importance of breastfeeding to nursing mother can contribute on good health of mother & baby.

There has been evidence that performing breast massage before lactation improves not only the quantity but also the quality of the secreted milk, thereby providing a sense of security to the mother. It does this by increasing the oxytocin and prolactin levels in the mother which probably is also responsible for its beneficial effect on the quality of breast milk produced.

Breast massage will clear the milk ducts and cause the milk to flow more freely which will help empty the breast and therefore trigger higher milk production.

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especially the mothers were having inadequate Breast massage may relieve pain and resolve symptoms associated with conditions that contribute to discontinued breastfeeding.

Need of the study

Breast complaints are common in women's consist of breast pain, nipple discharge, cracked nipple, inverted nipple, cyst and a breast lump. Massage routine can check breasts for abnormalities, increase lactation, or flush your lymph system regularly. Every country in the world is focusing towards the destiny of "Health for all". We are confronted by various challenging health problems thus making a journey a moment task. There are several challenges which a mother will face when breast feeding the baby. Some of the new born breasts feeding problems are poor supply of milk, leaking breasts, engorged breasts, anatomical problems with the baby, inverted nipple, incorrect breast feeding latch, blocked milk ducts, nipple soreness, yeast infection, breast feeding strike, pre-term and sick newborns. The majority of the problems are reversible; breast massage and expression of breast milk can resolve the problem to a great extent.

Tasnim, Roy SK, *et al.*, (2019) ^[11], conducted research on Difficulties in Breastfeeding: Easy Solution by Oketani Breast Massage Breast problems were assessed by lactation experts and different breast problems were identified. It was found that about 22.4% of mothers suffered from breast engorgement followed by sore nipple (17.3%), insufficient milk in 14.3%, 9.2% had block ducted, 6.1% had inverted nipple, 3.0% had flat nipple and 2.0% mothers had poor attachment.

The Indian Council for Medical Research recently published a report which stated that in 2016 the total number of new cancer cases is expected to be about 14.5 lakhs. This figure will likely increase to 17.3 lakhs in 2020.

Based on the information obtained from finding of previous studies and by analysis of previous data, I came to a conclusion that women's are very prone to develop breast problems during adolescent, antenatal, and postnatal periods. Health workers who are working in the ground root level in a community area, to assess the women's and their problems and to give knowledge, so that as a researcher intent to assess their existing knowledge regarding breast massage in selected urban areas of metropolitan city.

Aim of the study

To increase the knowledge regarding breast massage among health workers that they can assess the women's and their problems and prevent the further complications related health.

Research Methodology

There search approach adopted for this study was Quantitative research approach and the design used was Pre-experimental one group pre and post-test design. The population of study consisted of 60 health workers in selected area of a metropolitan city. Non-probability

sampling method by using a convenient sampling technique was used to select samples that fulfilled the required criteria. Based on the topic that was prepared regarding breast massage. The tool consisted of 25 semi-structured knowledge questionnaires to assess the knowledge. The pilot study was done on 6 samples that fulfilled the inclusion criteria. The actual data collection was on 60 ASHA health workers in selected area of metropolitan city and fulfilled the inclusion criteria. The data collected was analysed by using descriptive and inferential statistics. Interpretation was based on the objectives and hypothesis of the study.

Result

Part 1: Distribution of demographic variables among health workers regarding knowledge of breast massage

Distribution of sample according to age in year, Categorizing the study participants age-wise unveiled that 20-25 years 6 (10.0%), 26-31 years 12(20.0%) and 32-37 years 18(30.0%) 37 and above years 24(40.0%) respectively. distribution of sample according to religion, Hindu 60(100.0%) Muslim 0.0(0%) Christian 0.0(0%) and other 0.0(0%). distribution of the sample according to marital status. The marital status of study participants revealed that married 58(96.7%) and widows 2(3.3%). distribution of sample according to education, primary 22(36.7%) secondary 35(58.3%) Graduate 3(5.0%). distribution of sample according to types of family, joint family 6 (10%) lived in a nuclear family, and 54 (90.0%) were from extended family 0(0.0%). Distribution of sample according to family monthly income, The distribution of family income (per month) of study participants disclosed between less than 10,000 43(71.7%), between 10,000-15000 12 (20.0%) and above 20,000(0.0%). distribution of sample according to years of experience, 1-10 43(71.7) 11-20 17(28.3%) 21-30 0(0.0%). Distribution of the sample according to dietary habits, vegetarian 8(13.3) and Non-vegetarian 52(86.7%). distribution of sample according to sources of information, Book 8(13.3%) Newspapers 12(20.0) Television 15(25.0) and Internet 25(41.7%).

Part 2: Domain-wise knowledge regarding breast massage among health workers after structured teaching programme

According to domain wise from Q1 to Q4 (Anatomy and physiology) had a score 88 (36.7%) in the pre-test and 224 (93.3%) in the post-test out of score 240. From Q5 to Q9 (breast massage) had a score 132 (44.0%) in pre-test and 296 (98.7%) in post-test out of score 300. From Q 10 to Q12 (Techniques) had score 96 (53.3%) inpre-testand176 (97.8%) in post-test out of score 180. From Q13 to Q15 (Oxytocin) had a score 59 (32.8%) in pre-test and 178(98.9%) in post-test out of score 180. From Q16 to Q19 (Marmet) had score 85(35.4%) in pre-test and 233(97.1%) inpost-testoutofscore240. From Q20 to Q25 (Oketani) had score 124(34.4%) in pre-test and 350(97.2%) in post-test out of score 360. Out of total score 1500 and pre-tests core is 584 (38.9%) and post-test score 1457(97.1%).

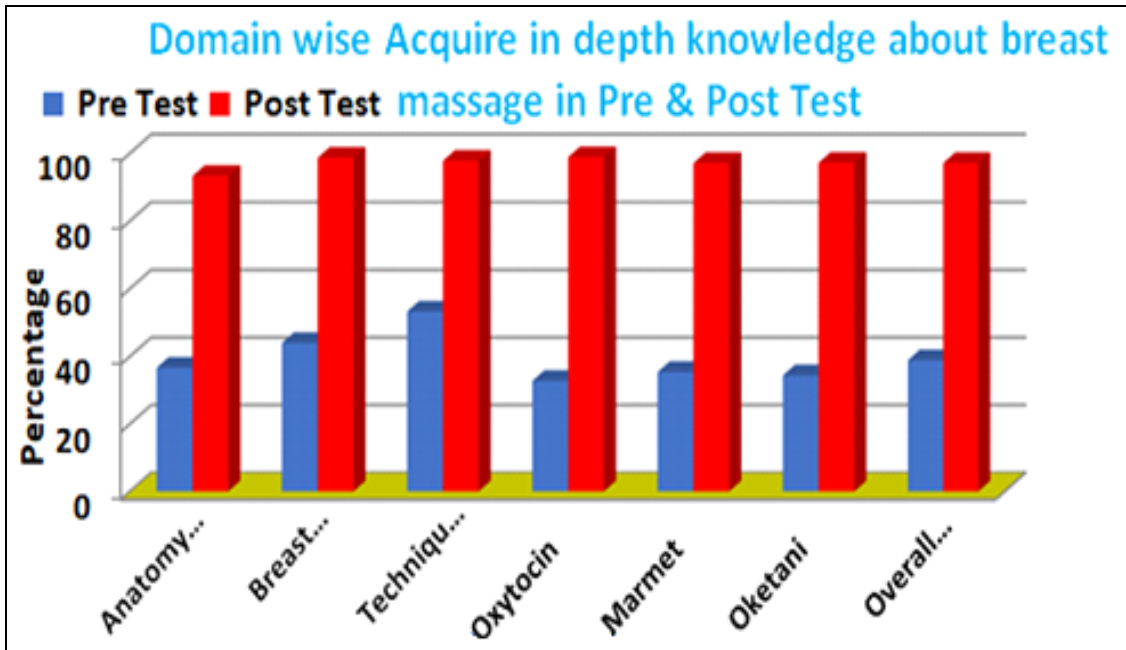


Fig 1: Show Domain Wise

Part 3: Knowledge regarding breast massage among health workers compare pre-test vs post-test

Test Overall	N	Max Score	Mean	St dev	Median	Wilcoxon Sign rank test	P-Value	Sig. at 5% level
Pre Test	60	25	9.7333	1.5279	10.00	6.762**	0.000	Yes
Post Test	60	25	24.2833	0.9037	25.00			
Domain wise								
Anatomy and Physiology								
Pre-Test	60	4	1.4667	0.8329	1.00	6.743**	0.000	Yes
Post-Test	60	4	3.7333	0.4825	4.00			
Breast Message								
Pre-+Test	60	5	2.2000	1.0383	2.00	6.809**	0.000	Yes
Post-Test	60	5	4.9333	0.2515	5.00			
Techniques								
Pre-Test	60	3	1.6000	0.5272	2.00	6.880**	0.000	Yes
Post-Test	60	3	2.9333	0.2515	3.00			
Oxytocin								
Pre-Test	60	4	0.9833	0.4315	1.00	7.235**	0.000	Yes
Post-Test	60	4	2.9667	0.1810	3.00			
Marmet								
Pre-Test	60	5	1.4167	0.5301	1.00	6.902**	0.000	Yes
Post-Test	60	5	3.8833	0.3237	4.00			
Oketani								
Pre-Test	60	6	2.0667	0.7997	2.00	6.838**	0.000	Yes
Post-Test	60	6	5.8333	0.4185	6.00			

Evaluation of the structured teaching by comparing pre-test and post-test knowledge scores of samples analyzed in term of Wilcoxon signed test using SPSS statistically significant at 5% level i.e. $p < 0.05$.

The above table unveils that there was a statistically difference at $p < 0.001$ between pre-test and post-test levels of knowledge regarding breast massage among health workers.

Wilcoxon Signed Rank Test Formula

$$Z_{Wilcoxon_{signed-rank}} = \frac{w_s - \frac{n(n+1)}{4}}{\sqrt{\frac{n(n+1)(2n+1)}{24}}}$$

Level of knowledge about breast massage

The knowledge has improved after the distribution of a structured teaching programme in post-test knowledge. This suggests that a structured teaching programme is an effective tool to deliver knowledge regarding breast massage.

Part-IV: Association of Level of knowledge about breast massage of Pre-test study with Demographic variables

There was no association of demographic variables with a level of knowledge regarding breast massage among study

participants in post-test.

Discussion

The aim of the study was to assess the effectiveness of a structured teaching programme on knowledge regarding breast massage among health workers. The study was conducted by using a pre-experimental one-group pre-test post-test design. The total sample size was 60.

P. Shanthi was conducted study on a quasi-experimental study to evaluate the effectiveness of structured teaching programme on knowledge regarding breast massage toward cancer prevention among nursing student sat, Madurai. The research design adopted for the study was quasi experimental in nature. The sample size was 30 nursing students. Purposive sampling technique was used. A structured questionnaire was used to assess the knowledge. The validity of the tool was established and tool reliability was done to assess the knowledge. The data were analyzed and interpreted by using descriptive and inferential statistics. The finding of the study was revealed that after structured teaching programme 100% of the nursing students had adequate knowledge regarding breast massage on cancer prevention. This study was conducted on nursing students which was mainly focusing on cancer prevention but various other breast-related problems were not included and to early identify the breast-related problem in community primary contact person would be ASHA workers. In this view it is important to deliberate knowledge on identifying breast problems and knowledge on breast massage. Thus, a structured teaching programme was effective.

Conclusion

The study findings proved that the structured teaching programme administered by the investigator was effective to increase the knowledge of health workers regarding breast massage. The research study has been a learning experience for the researcher. The researcher had first-hand experience of going through all the phases of the research process. The study findings proved that the structured teaching programme administered by the investigator was effective to increase the knowledge of breast massage among health workers. The result revealed that there was a statistically significant difference between pre and post-test knowledge regarding breast massage at level $p < 0.001$. The objectives were to determine the effectiveness of structured Teaching Programme on knowledge regarding breast massage among health workers to associate the demographic variables with level of knowledge regarding breast massage among health workers. The group gained knowledge regarding breast massage and will implement it with full extent in there working areas structured teaching was more effective method of expanding knowledge among health workers.

Conflict of Interest

There are no conflicts of interest.

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