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Assess Effectiveness of Hoffman's Exercise V/S Syringe Technique on Level of Successful Breast Feeding Among Primipara Mothers with Flat and Retracted Nipples Admitted in Svbch, Silvassa.

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ABSTRACT

INTRODUCTION: Breastfeeding takes the place of this attachment after the baby is born. The natural method of nourishing a newborn is through breastfeeding. Breastfeeding is the healthiest nourishment for a newborn and also helps to protect them from a variety of health issues. A special link is formed between a breastfeeding mother and her child

AIM: Aim of the study is to find out the effectiveness of Hoffman's exercise v/s syringe techniques on level of successful breastfeeding among antenatal mothers with flat and retracted nipples.

METHODOLOGY: A quasi experimental two group pre-test and post-test design was adopted. The 60 primipara mother with flat and retracted nipple was selected from postnatal ward at Svbch, Silvassa." through Non probability purposive sampling techniques, 30 sample for Hoffman exercise and 30 sample for syringe technique.

RESULT: Study result shows that in group –I pre-test value 2(6.7%) have high risk and 28(93.3%) have moderate risk and in group-II pre-test value 2(6.7%) have high risk and 28(93.3%) have moderate risk. Hoffman's exercise group the overall mean pre-test score was 3.4 ± 0.62 and post-test mean score was 7.83 ± 0.69 revealing the difference in mean score percentage of 44%. Syringe technique group the overall mean pre-test score was 3.47 ± 0.68 and post-test mean score was 7.8 ± 0.81 revealing the difference in mean score percentage of 43. Significant difference was found between area wise and overall scores of post-test between Hoffman's exercise and Syringe technique group ($t = 0.171$) at $p< 0.05$ level. There is no significance association between level of successful breastfeeding in Hoffman's exercise and syringe technique of pre-test among selected socio- demographic variable with clinical variable among primipara mother.

CONCLUSION: On the basis of the present study, it can be concluded, Hoffman's exercise and syringe technique is safe, simple and painless, it will helpful for level successful breastfeeding among primipara mothers with flat and retracted nipple.

Keywords: effectiveness, Hoffman's exercise, syringe technique, level of successful breastfeeding, primipara mother and flat and retracted nipple.

INTRODUCTION

The path of developing a new life is pregnancy. Being pregnant adds beauty, memories, and happiness to life. Because the placenta provides the infant with all of the mother's nutrients, immunity, blood, and other resources, the mother and baby are one body during pregnancy. Breastfeeding takes the place of this attachment after the baby is born. The natural method of nourishing a newborn is through breastfeeding. Breastfeeding is the healthiest nourishment for a newborn and also helps to protect them from a variety of health issues. A special link is formed between a breastfeeding mother and her child.

WHO works to raise the percentage of exclusive breastfeeding during the first six months of a child's life to at least 50% by 2025. Exclusive breastfeeding is the healthiest nutritional source for newborns and early children. The Collective envisions a world where all mothers have access to the public, technical, financial, and emotional support they need to start breastfeeding as soon as their child is born, to breastfeed for six months straight, and to continue breastfeeding for at least two years after that, with complementary foods. Breastfeeding is important for both baby and mother, Breastfeeding can reduce the incidence of breast and ovarian cancer, as well as the risk of high blood pressure, type 2 diabetes, and postpartum depression. Exclusive nursing can be a natural method of birth control, providing 98% protection throughout the first six months of life. For baby first six months of life, breast milk is the best meal for babies since it contains all the nutrients they require. Additionally, during the second part of the first year, it continues to meet at least half of a child's nutritional demands. Breastfeeding encourages the best possible development and growth. Children who are breastfed score higher on intelligence tests. Living One of the most important strategies to raise newborn survival rates is breastfeeding.

Breastfeeding beginning may be delayed due to issues with the breasts, depriving the baby of the benefits of colostrum. Breast engorgement and infrequent nursing are brought on by the inability to attach at the breast. If the mother is not taught how to express her milk to maintain a sufficient supply, her milk production is likely to decline. When giving birth, the majority of women with inverted nipples are able to breastfeed without any problems; however, new mothers may initially feel more pain and soreness than usual. Women with inverted nipples can really breastfeed without difficulty because when a mother employs proper breastfeeding technique, the infant latches onto the areola rather than the nipple. A baby with good latching skills might be able to suck out an inverted nipple.

Dr. J Brooks Hoffman invented the Hoffman exercise in 1953. This is a manual exercise that helps release the adhesions that keep the nipple flat, inverted, or short. To draw the nipples out and prepare them for breastfeeding, begin this exercise four times a day, either at 37 weeks of pregnancy or right after the baby is delivered. Hoffman's exercise is safer, easier to do, and less painful than other nipple inversion treatment procedures. The mother can perform it whenever she wants to without requiring assistance from a medical professional.

Dr Newman, along with his colleague. Edit kerneram invented syringe technique "as best method for helping mother with flat and retracted nipple for level of successful breastfeeding. They describe this study in 1986." Dr jack Newman's guide for breastfeeding.

STATEMENT OF THE PROBLEM

"Assess effectiveness of Hoffman's exercise v/s syringe technique on level of successful breast feeding

among primipara mothers with flat and retracted nipples admitted in SVBCH, Silvassa."

OBJECTIVES

- To assess the level of successful breastfeeding among primipara mother.
- To assess effectiveness of Hoffman's exercise and syringe technique on level of successful breastfeeding among primipara mother.
- To find out association between level of successful breastfeeding in Hoffman's exercise and syringe technique of pre-test and selected socio- demographic variable among primipara mother.

HYPOTHESIS: 0.05 level of significant

- H1: There is significance difference between Hoffman's exercise and syringe technique on level of successful breastfeeding among in primipara mother
- H2: There is significance association between level of successful breastfeeding in Hoffman's exercise and syringe technique of pre-test with selected socio- demographic variable with clinical variable among primipara mother.

OPERATIONAL DEFINITIONS

- **Effectiveness**- In this study effectiveness is the significant the increase the post-test level of breast feeding among mother with flat and retracted nipple which will be measured by latch score.
- **Flat nipple**. In this study a flat nipple refers to the nipple that is not protruding during breastfeeding which will measured by using calibrated centimeter scale and breast examination.
- **Retracted nipple-** In this study a Retracted nipple refers to the nipple inverted or pulled inward rather than protruding outward. This retraction makes latching difficulty for newborn, which will be screened by breast examination.
- **Hoffman's exercise** - In this study Hoffman exercise refers to the stretching maneuver that helps to pull the flat and retracted nipple out. Exercise is done by placing thumb of both hands opposite to each other at the base of the nipple and gently but firmly pulling the thumbs away from each other. It is repeated up to 4 times (2 hourly) a day for 2 days.
- **Syringe technique:** In this study a syringe technique refers to the cut disposable 10ml syringe and placed around the nipple. Gently pulling the plunger to create suction. After that holding for few second and releasing, repeating the exercise. It will repeat up to 4 times (2 hourly) a day for a 2days.
- **Primipara mother**- A refers to the primipara mother who has delivered on viable child and have flat and retracted nipple admitted in postnatal ward

ASSUMPTION

Hoffman's exercise and syringe technique may improve level of successful breastfeeding for postnatal mother with flat and retracted nipples.

RESEARCH METHODOLOGY

RESEARCH APPROACH: Quantitative Research Approach

RESEARCH DESIGN: Quasi Experimental research design (two group pre -test and post-test design)

VARIABLES

Independent Variables: Hoffman's exercise and syringe techniques

Dependent variable level of successful breast feeding

RESEARCH SETTING: Shri Vinoba Bhave Civil Hospital Silvassa (Postnatal ward)

POPULATION: postnatal primipara mother from selected hospital Shri Vinoba Bhave College of Nursing, Silvassa.

SAMPLE: A sample of 60 primipara mothers (30 for Hoffman's exercise and 30 for Syringe techniques)

SAMPLING TECHNIQUE: Non probability purposive sampling techniques

CRITERIA FOR THE SELECTION OF SAMPLES

INCLUSION CRITERIA

- Mother who are primipara mother
- Mother who are admitted in postnatal ward with flat and inverted nipples
- Mother who has live baby.
- Mothers who are in the hospital for 48 hours**.**

EXCLUSION CRITERIA

- Mother who has cracked nipple and other breast related problem.
- Not willing to participate in the study
- Mother whose baby admitted in NICU
- Where breastfeeding is contraindicated.
- Mother who has preterm baby
- Mother how are Unconscious and Critically ill

DESCRIPTION OF TOOL

SECTION I: It consists of Demographic variables such as age in year, mother's education, mother's occupation, type of family, residence, type of delivery and gestational age etc.

In Clinical variable such as status nipple inversion

SECTION II: Via Christi breastfeeding assessment tool to assess the level of breastfeeding is standardized tool it consists self-reporting 5 item's to measure the level of breastfeeding a total score is 10

Interpretation of score

0-2: High risk

3-6: Moderate risk

7-10: Low risk

DATA ANALYSIS AND INTERPRETATION

SECTION I: ANALYSIS OF FREQUENCY AND PERCENTAGE WISE DISTRIBUTION OF SAMPLES ACCORDING TO THEIR BASELINE (DEMOGRAPHIC AND CLINICAL VARIABLE)

TABLE 4. 1: Frequency And Percentage Wise Distribution of Sample According To Their Demographic Variables And Clinical Variable.

(n=60)

Sr no	Demographic Variables	Hoffman's exercise (Group-I) (n=30)		Syringe technique (Group-II) (n=30)	
		f	%	f	%
1	**Age in years:**				
	20-24	16	53.3	14	46.7
	25-29	13	43.3	15	50
	30-34	1	3.3	1	3.3
	≥35	0	0	0	0
2	**Education of mother:**				
	Professional degree	0	0	0	0
	Graduate	5	16.7	7	23.3
	Intermediate/diploma	5	16.7	1	3.3
	High school	5	16.7	7	23.3
	Middle school	14	46.7	14	46.7
	Primary school	0	0	0	0
	Illiterate	1	3.3	1	3.3
3	**Occupation of mother:**				
	Professional	0	0	0	0
	semi professional	1	3.3	0	0
	Clerical /shop/farm	0	0	0	0
	Skilled worker	0	0	0	0
	Unskilled worker	0	0	0	0
	Homemaker	29	96.7	30	100
4	**Residence:**				
	DD & DNH	26	86.7	25	83.3
	Gujarat	0	0	0	0
	Maharashtra	4	13.3	5	16.7
	Others	0	0	0	0
5	**Family income per month:**				
	≥135169	0	0	0	0
	67587-135168	0	0	0	0
	50560-67586	2	6.7	1	3.3
	33793-30559	9	30	9	30
	20274-33792	14	46.7	16	53.3
	6768-20273	5	16.7	3	10

	≤6767	0	0	1	3.3
6	**Type of delivery:**				
	Normal vaginal delivery	14	46.7	8	26.7
	Instrumental delivery	0	0	0	0
	Caesarean section	16	53.3	22	73.3
7	**Gestational week of mother:**				
	37-38 weeks	14	46.7	11	36.7
	39-40 weeks	10	33.3	16	53.3
	41-42 weeks	6	20	3	10
	>42 weeks	0	0	0	0
	Clinical variable				
8	**Status of nipple inversion:**				
	Unilateral	11	36.7	6	20
	Bilateral	19	63.3	24	80

SECTION II: ASSESS THE PRE-TEST AND POST-TEST HOFFMAN'S EXERCISE ON LEVEL OF SUCCESSFUL BREASTFEEDING AMONG PRIMIPARA MOTHER

TABLE 4.2: Pre-Test And Post Test, to Assess Effectiveness of Hoffman's Exercise V/S Syringe Technique on Level of Successful Breast Feeding Among Primipara Mothers with Flat and Retracted Nipples Admitted in SVBCH. (n=30)

Level of successful breast feeding		Hoffman's exercise group (Group-I) pre -test			Hoffman's exercise (Group-I) post -test			Difference in mean %
	Max. score	Mean	SD	Mean%	Mean	SD	Mean%	
Overall	10	3.4	0.62	34	7.83	0.69	78	44

The table depicts Hoffman's exercise pre- test mean value was 3.4, standard deviation 0.62 and mean % 34 and in post-test mean value was 7.83, standard deviation 0.69 and mean % 78, difference in mean % 44 and maximum score was 10.

SECTION III: ASSESS THE PRE-TEST AND POST-TEST SYRINGE TECHNIQUE LEVEL OF SUCCESSFUL BREASTFEEDING AMONG PRIMIPARA MOTHER

TABLE 4.3: Pre And Post-Test to Assess the Effectiveness of Syringe Technique On Level Of Successful Breast Feeding Among Primipara Mothers With Flat And Retracted Nipples Admitted In SVBCH. (n=30)

Level of successful breast feeding		syringe technique (Group-II) pre test			syringe technique (Group-II) post test			Difference in mean %
	Max. score	Mean	SD	Mean%	Mean	SD	Mean%	
Overall	10	3.47	0.68	35	7.8	0.81	78	43

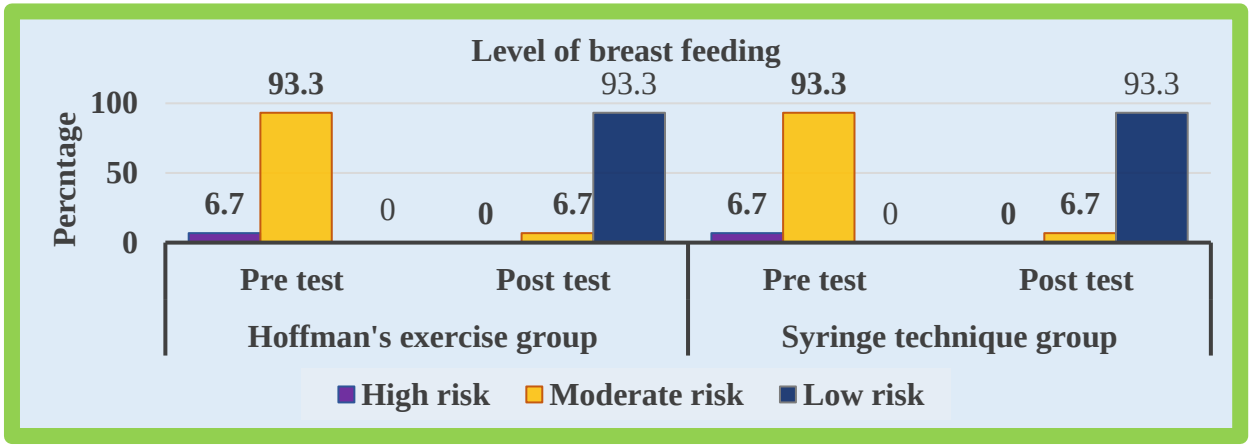
The table depicts Syringe technique pre- test mean value was 3.47, standard deviation 0.68 and mean % 35and in post-test mean value was 7.8, standard deviation 0.81 and mean % 78, difference in mean% 43, and maximum score was 10.

SECTION IV: DISTRIBUTION OF PRIMIPARA MOTHERS ACCORDING TO THE LEVEL OF SUCCESSFUL BREAST FEEDING IN THE THE HOFFMAN'S EXERCISE V/S SYRINGE TECHNIQUE.

TABLE 4.4: Frequency And Percentage Distribution Of Pre -Test And Post Test Of Hoffman's Exercise And Syringe Technique To Assess The Effectiveness On Level Of Successful Breast Feeding Among Primipara Mothers With Flat And Retracted Nipples Admitted In SVBCH. (n=60)

Level of successful breast feeding	Hoffman's exercise (Group-I)				syringe technique (Group-II)			
	Pre-test		Post-test		Pre-test		Post-test	
	f	%	f	%	f	%	f	%
High risk	2	6.7	0	0	2	6.7	0	0
Moderate risk	28	93.3	2	6.7	28	93.3	2	6.7
Low risk	0	0	28	93.3	0	0	28	93.3
Overall	30	100	30	100	30	100	30	100

FIGURE 4.9: Frequency And Percentage Distribution of Pre -Test and Post-Test Of Hoffman's Exercise And Syringe Technique To Assess The Effectiveness On Level Of Successful Breast Feeding Among Primipara Mothers With Flat And Retracted Nipples Admitted In SVBCH. (n=60)



In above table shows that the frequency and percentage distribution f sample according to the level of breast feeding. It reveals that in Hoffman's exercise pre-test score had 2(6.7%) high risk and 28(93.3%) had moderate risk and in post-test 2(6.7%) moderate risk and 28(93.3%) had low risk. same in syringe technique pre-test score had 2(6.7%) high risk and 28(93.3%) had moderate risk and in post-test 2(6.7%) moderate risk and 28(93.3%) had low risk

SECTION V: COMPARISON THE HOFFMAN'S EXERCISE V/S SYRINGE TECHNIQUE OF SUCCESSFUL OF BREASTFEEDING AMONG PRIMIPARA MOTHER

Table 4.5: Paired "T"-Test to Assess the Effectiveness of Hoffman's Exercise on Level of Successful Breastfeeding Among Primipara Mothers With Flat and Retracted Nipples Admitted In SVBCH (n=30)

Level of successful breast feeding	Hoffman's exercise (Group-I) pre -test		Hoffman's exercise (Group-I) post -test		Mean difference	't'-value	P-value
	Mean	SD	Mean	SD			
Overall	3.4	0.62	7.83	0.69	4.43	33.35	p<0.001*** (HS)

*-P<0.05, significant and **-P<0.01 &***-P<0.001, Highly significant

The table depicts the on level of successful breastfeeding among primipara mother with flat and retracted nipple. which was calculated by paired t test. The obtained "t" value is (t (33.35,0.05) =4.43, 0.001; p<0.05) highly significant. It shows that Hoffman' exercise was effective. Hence, the research hypothesis accepted at 0.05 level of significance.

TABLE 4.6: PAIRED "T" TO ASSESS THE EFFECTIVENESS OF SYRINGE TECHNIQUE ON LEVEL OF SUCCESSFUL BREAST FEEDING AMONG PRIMIPARA MOTHERS WITH FLAT AND RETRACTED NIPPLES ADMITTED IN SVBCH.

(n=30)

Level of successful breast feeding	Syringe technique (Group-II) pre-test		Syringe technique (Group-II) post-test		Mean difference	't'-value	P-value
	Mean	SD	Mean	SD			
Overall	3.47	0.68	7.8	0.81	4.33	35.9	p<0.001*** (HS)

*-P<0.05, significant and **-P<0.01 &***-P<0.001, Highly significant

The table depicts the on level of successful breastfeeding among primipara mother with flat and retracted nipple. which was calculated by paired t test. The obtained "t" value is (t (35.9,0.05) =4.33, 0.001; p<0.05) highly significant. It shows that Syringe technique was effective. Hence, the research hypothesis accepted at 0.05 level of significance

Table-4.7: Unpaired "T"-Test to Assess the Effectiveness of Hoffman's Exercise V/S Syringe Technique Pre-Test to Assess Effectiveness on Level Of Successful Breastfeeding Among Primipara Mothers With Flat And Retracted Nipples Admitted In SVBCH. (n=60)

Level of successful breast feeding	Hoffman's exercise (Group-I) pre test		syringe technique (Group-II) pre test		Mean difference	't'-value	P-value
	Mean	SD	Mean	SD			
Latch on	1	0	1	0	0	0	0(NS)
Length of time before latch-on and suck	0.7	0.466	0.56	0.50	0.14	1.1284	0.2637 (NS)
sucking	0.96	0.182	1	0	0	0	0 (NS)
Audible swallowing	0.6	0.498	0.8	0.4068	0.20	1.7318	0.0886 (NS)
Mom's evaluation	0.13	0.34	0.1	0.30	0.03	0.3624	0.7184 (NS)
Overall	3.4	0.62	3.47	0.68	0.07	0.396	0.694 (NS)

*-P<0.05, significant and **-P<0.01 &***-P<0.001, Highly significant

The depicts the level of successful breastfeeding among primipara mother with flat and retracted nipple. which was calculated by unpaired t test. The obtained in first overall "t" value is (t 0.396,0.05) =0.07, 0.694; p<0.05) No significant. Hence, the research hypothesis rejected. at 0.05.

Table 4.8: Unpaired "T"-Test to Assess the Effectiveness Of Hoffman's Exercise V/S Syringe Technique Post-Test to Assess Effectiveness On Level Of Successful Breastfeeding Among Primipara Mothers With Flat And Retracted Nipples Admitted In SVBCH. (n=60)

Level of successful breast feeding	Hoffman's exercise group (Group-I) post - test		syringe technique group (Group-II) post-test		Mean difference	't'-value	P-value
	Mean	SD	Mean	SD			
Latch on	1.93	0.25	1.9	0.25	0.030	0.464	0.6438 (NS)
Length of time before latch-on and suck	1.46	0.50	1.5	0.50	0.040	0.309	0.765 (NS)
sucking	1.13	0.34	1.13	0.34	0	0	0(NS)
Audible swallowing	1.3	0.46	1.23	0.43	0.070	0.608	0.5450 (NS)
Mom's evaluation	2	0	2	0	0.03	0.154	0.8778 (NS)

Overall	7.83	0.69	7.8	0.81	0.33	0.171	0.864 (NS)

*-P<0.05, significant and **-P<0.01 &***-P<0.001, Highly significant

The table depicts the of level of successful breastfeeding among primipara mother with flat and retracted nipple. which was calculated by unpaired t test. The obtained "t" value is (t 0.171,0.05) =0.033, 0.864; p<0.05) No significant. Hence, the research hypothesis rejected.

SECTION VI: ASSOCIATION FOR LEVEL OF SUCCESSFUL BREASTFEEDING IN HOFFMAN'S EXERCISE GROUP V/S SYRINGE TECHNIQUE OF PRE-TEST AND SELECTED DEMOGRAPHIC WITH CLINICAL VARIABLE.

Table4.9: Association for Level of Successful Breastfeeding in Hoffman's Exercise Group V/S Syringe Technique of Pre-Test and Selected Demographic with Clinical Variable.

(n=60)

Sr no	Demographic data	< median	>median	χ2-value	p-value
		f	f		
1	**Age**				
	20 to 24 year	15	15	1.935 (df=2)	5.991 NS
	25 to 29 year	14	14		
	30 to34 year	2	0		
2	**Education of mother**				
	graduate	7	5		
	Intermediate	3	3	0.743 (df=4)	9.488 NS
	High school	5	**7**		
	Middle school	15	13		
	Illitearte	1	1		
3	**Occupation of mother**				
	Semi professional	1	0	0.951 (df=1)	3.841NS
	Homemaker	30	29		
4	**Residence**				
	DD& DNH	28	**23**	1.425 (df=1)	0.232NS
	Maharashtra	3	6		
5	**Family income per month**				
	50560-67586	1	2		
	33793-50559	8	10	2.124 (df=4)	9.488 NS
	20274-33792	16	14		
	6768-20273	5	**3**		
	≤6767	1	0		
6	**Type of delivery**				
	Normal vaginal delivery	10	12	0.536 (df=1)	0.463 NS
	Caesarean delivery	21	17		
7	**Gestational age**				5.489NS

	37-38 weeks	15	10	1.19 (df=2)	
	39-40 weeks	12	14		
	41-42 weeks	4	5		
	Clinical Variable				
8	**Status of nipple inversion**				
	Unilateral	9	8	0.015 (df=1)	0.911 NS
	Bilateral	22	21		

***p<0.05 significant, ** p<0.01 & ***p<0.001 Highly significant.**

The table shows the association between the pre-test level of successful breastfeeding in Hoffman's exercise and syringe technique of pre-test and selected demographic with clinical variables which was assessed by chi- square test

Present study findings shows that there is no association between pretest test level of successful breastfeeding in Hoffman's exercise and syringe technique with age in year (x^2 (2,0.05)=1.935, 5.991;p>0.05),education of mother (x^2 (4 0.05) = 0.743, 9.488; p > 0.05) occupation of mother (2(1, 0.05) = 0.951, 3.841; p > 0.05), residence (x^2 (1, 0.05) = 1.425, 0.232; p > 0.05) family income per month (x^2 (3,0.05) = 2.124, 9,488; p > 0.05), type of delivery(x^2 (1, 0.05) = 0.536, 0.463; p > 0.05) gestational week (x^2 (2, 0.05) = 1.19, 5.489; p > 0.05) status of nipple inversion (x^2 (1, 0.05) = 0.015, 0.911;p> 0.05),

Research hypothesis was accepted as the calculated value was more the table vale at 0.05level of significant for level of successful breastfeeding among primipara mother with selected demographic and clinical variable.

Research hypothesis was rejected as the calculated value was more the table vale at 0.05level of significant for level of successful breastfeeding among primipara mother with selected demographic and clinical variable.

DISCUSSION

Study findings shows that in group –I pre-test value 2(6.7%) have high risk and 28(93.3%) have moderate risk and in group-II pre-test value 2(6.7%) have high risk and 28(93.3%) have moderate risk. Hoffman's exercise group the overall mean pre-test score was 3.4 ± 0.62 and post-test mean score was 7.83 ± 0.69 revealing the difference in mean score percentage of 44%. Syringe technique group the overall mean pre-test score was 3.47 ± 0.68 and post-test mean score was 7.8 ± 0.81 revealing the difference in mean score percentage of 43. Significant difference was found between area wise and overall scores of post-test between Hoffman's exercise and Syringe technique group (t = 0.171) at p< 0.05 level. There is no significance association between level of successful breastfeeding in Hoffman's exercise and syringe technique of pre-test among selected socio- demographic variable with clinical variable among primipara mother.

CONCLUSION

The path of developing a new life is pregnancy. Being pregnant adds beauty, memories, and happiness to life. Breastfeeding is very importance for both baby and mother. On the basis of the present study, assessed the successful breastfeeding in primipara mother with flat and retracted nipple. The midwife nurse plays a important role during postnatal period. After delivery some mothers have flat and retracted nipple which an affect in breastfeeding at the time mother required some intervention to improve the level of successful

breastfeeding. Hoffman's exercise and syringe technique is safe, simple and painless, it will helpful for successful breastfeeding among primipara mothers with flat and retracted nipple. In present study Group-II obtained "t" value is (t (33.35,0.05) =4.43, 0.001; p<0.05) highly significant and Group-II The obtained "t" value is (t (35.9,0.05) =4.33, 0.001; p<0.05) highly significant. So study proves that the both methods helpful and improve the level of successful breastfeeding among primipara mothers with flat and retracted nipple, but syringe technique is more effective then Hoffman's exercise.

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