



# International Journal of Nursing and Healthcare Research

Journal home page: [www.ijnhr.com](http://www.ijnhr.com)

<https://doi.org/10.36673/IJNHR.2025.v09.i01.A04>



## A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING BREAST COMPLICATIONS AMONG PRIMIPAROUS MOTHERS IN SELECTED HOSPITALS AT BANGALORE

B. C. Tanuja\*<sup>1</sup> and Usha Esther<sup>1</sup>

<sup>1</sup>\* Harsha College of Nursing, Nelamangala, Bangalore, Karnataka, India.

### ABSTRACT

Quantitative approach was used with pre experimental design. The target population for the study were Primiparous mothers admitted at Government Hospital, Nelamangala. This population was selected by convenient sampling technique. The total samples under the study were 40 Primiparous Mothers. The data collection was made through structured questionnaire which was designed to assess the knowledge of Primiparous mothers regarding Breast Complications. The overall findings of the study clearly showed that the structured teaching programme was significantly effective in improving the knowledge scores of Primiparous Mothers Breast Complications.

### KEYWORDS

Primiparous mothers, Breast complications and Quantitative approach.

### INTRODUCTION

“Bottle fills his stomach, but breast feeding fills his soul

Pregnancy is a unique, exciting and often joyous time in a woman's life, as it highlights the woman's amazing creative and nurturing powers while providing a bridge to the future. Pregnancy comes with some cost, however, for a pregnant woman needs also to be a responsible woman so as to best support the health of her future child.

The postpartum period starts from 1 hour after delivery to 42 days and is a critical period for the mothers' health. Women experience various physical, mental and emotional changes during this

### Author for Correspondence:

Tanuja,  
Harsha College of Nursing,  
Nelamangala, Bangalore, Karnataka, India.

**Email:** [thanujabc171986@gmail.com](mailto:thanujabc171986@gmail.com)

period, which may interfere with their daily routine. A wide range of complications have been reported during this period such as physical, mental, and emotional problems including fatigue, concerns with regard to sexual intercourse, hemorrhoids, constipation, breastfeeding problem, anxiety, stress, depression, sleep disorders, bleeding, urinary incontinence and post-traumatic stress disorder. Most mothers have inadequate knowledge about the postpartum care and complications. For this reason, first-time mothers are often not well prepared for this task and require the support of the family, friends, and health personnel. Provision of postpartum care is the most important measure to prevent unwanted consequences.

### **STATEMENT OF THE PROBLEM**

“A study to assess the effectiveness of Structured Teaching Programme on knowledge regarding breast complications among primiparous mothers in selected hospitals at Bangalore”

#### **Objectives of the study**

To assess the pretest level of knowledge on selected breast complications among primiparous mothers.

To develop and administer STP on selected breast complications among primiparous mothers.

To evaluate the effectiveness of structured teaching programme regarding on selected breast complications among primiparous mothers.

To find out the association between the pre-test knowledge scores with selected socio-demographic variables of primiparous mothers.

#### **Hypotheses**

**H1:** There is significant improvement in the post test knowledge score when compare to the pre-test knowledge scores of primiparous mothers.

**H2:** There is significant association between pre-test knowledge score of primiparous mothers and selected demographic variables.

#### **Research Approach**

In view of the nature of the problem under study and objectives of the study, a quantitative approach was considered appropriate to assess the effectiveness of STP on the knowledge of primiparous mothers regarding breast complications.

### **Research Design**

The research design selected for the present study was pre experimental with one group pre-test and post-test design, in which pre-test was conducted followed by structured teaching programme and then conducting post-test for the same group after 8 days (Table No.1).

#### **Setting of the Study**

Selected primiparous mother in selected hospital Bangalore district.

#### **Target Population**

The target population for the present study was Primiparous mothers admitted in postnatal ward in selected hospital, Bangalore

#### **Sample**

A sample consists of a subset of the units that comprises the population. Primiparous mothers admitted in postnatal ward in selected hospital, Bangalore.

#### **Sample Size**

The sample size was 40 Primiparous mothers

#### **Sampling Technique**

Sampling is the process of selecting a portion of the population to represent the entire population 46. In this study the convenient sampling technique was used to collect data from the available samples falling under inclusion criteria.

#### **Criteria for selection of sample**

##### **Inclusion criteria**

Primiparous mothers

Who are within one week of puerperium period.

Available at the time of data collection in the postnatal ward.

Who can read and write English.

Who are willing to participate in the study

##### **Exclusion criteria**

Who are having other complications like postnatal psychosis, postpartum haemorrhage.

Multiparous women

#### **Selection and development of tool**

A structured questionnaire was developed for the study. It was considered to be the most appropriate instrument to elicit the response from subjects who are able to read English. The steps carried out in preparing the tools are:

Literature review.

Preparation of blue print.  
Preparation of tool in English.  
Establishment of validity and reliability.

### **Review of literature**

Review of literature from books, journals, published and unpublished research studies were reviewed and used to develop the tool.

### **Description of the tool**

The tool consists of a structured questionnaire. It is divided into 2 parts; they are as follows (Annexure-F)

**Part I:** This part of the tool consists of questions related to demographic data consists of 07 items.

**Part II:** This part of the tool consists of items related to knowledge of Primiparous mothers regarding Breast complications. It consists of 36 items and these are objective type multiple choice questions that help in assessing their knowledge.

This part of the tool is further divided into 6 sections, they are

**Section A:** Knowledge regarding Breast Feeding

**Section B:** Breast Complications.

**Section C:** Prevention and Management of Breast Engorgement.

**Section D:** Prevention and Management of Inverted nipple

**Section E:** Prevention and Management of Nipple Soreness

**Section F:** Prevention and Management of Mastitis

### **METHODS**

Quantitative approach was used with pre experimental design. The target population for the study were Primiparous mothers admitted at Government Hospital, Nelamangala. This population was selected by convenient sampling technique. The total samples under the study were 40 Primiparous Mothers. The data collection was made through structured questionnaire which was designed to assess the knowledge of Primiparous mothers regarding Breast Complications. The pretest was followed by implementation of structured teaching programme and post test conducted after 8 days using the same structured questionnaire to find the effectiveness of structured teaching programme.

The results were analyzed by using descriptive and inferential statistics.

### **RESULTS**

Regarding the demographic variables, 27.5% of them were in age group of 25-30 years, majority (37.5%) of them were graduates, 88% of them were had mixed diet habit, majority 80% of the respondents were nuclear family, maximum number of respondents (90%) belonged to Hindu religion.

Regarding the effectiveness of structured teaching programme, the overall pre-test mean knowledge score was 48.15 % and post test score of 77.02%, with mean enhancement of knowledge score of 28.87 % which is statistically significant as observed between pre and post test score ( $P < 0.05$ ).

The paired 't' test which was computed indicates that there is enhancement in knowledge with the value of 19.603 which is significant at 5% level.

The Association between mean percentage knowledge score and demographic variables were computed by using Chi-square test. There was a significant association found between knowledge scores and selected demographic variables such as, religion and dietary habits, except age, education, type of family and occupation of the respondents.

**Table No.1: Description of research design**

S.No	Group	Pre-test	Intervention	Post-test
1	Primiparous mothers.	Day I Assessment of Knowledge by Using Structured Knowledge Questionnaire regarding breast complications.	Day I Structured teaching programme on Breast complications.	After 8 days of structured teaching programme Knowledge of primiparous mothers is assessed by using same structured knowledge questionnaire.
2	-	O1	X	O2

Effectiveness of STP = O2 - O1

- O1: Knowledge scores regarding Breast complications in pre-test.
- O2: Knowledge scores regarding Breast complications in post-test
- X: Structured Teaching Programme on Breast complications.

## INTERPRETATION AND CONCLUSION

The overall findings of the study clearly showed that the structured teaching programme was significantly effective in improving the knowledge scores of Primiparous Mothers Breast Complications.

## ACKNOWLEDGEMENT

The authors wish to express their sincere gratitude to Harsha College of Nursing, Nelamangala, Bangalore, Karnataka, India for providing the necessary facilities to carry out this research work.

## CONFLICT OF INTEREST

We declare that we have no conflict of interest.

## BIBLIOGRAPHY

- En.wikipedia.org/wiki/Women's health.
- Williams *et al.* Breast feeding the best investment, *Nursing Journal of India, World Breast Feeding Week*, 1998.
- Rebeca D. Breast-feeding best for babies, National womens health information center, *Women's Health, WHO*, 1995.
- Stephanie Schulz Neurohr *et al.* The breast feeding task force of greater losangeles, *Media, Community, Health Care Government, California*, 2008.
- Mastitis and Breast Engorgement, 2006 Health-Diseases.org, Available at: URL:http%3A//www.health-diseases.org/diseases/mastitis-andbreastengorgement.htm.
- Frazer D M, Cooper M A. Myles textbook for midwives, *Churchill Livingstone, London*, 14<sup>th</sup> Edition, 2001, 1122.
- Giugliami E R. Common problems during lactation and their management, *J Pediatric (Rio J)*, 80(5), 2004, 147-154.
- Awi D D, Alikor E A. Barriers to timely initiation of breastfeeding among mothers of healthy full-term babies who deliver at the University of Port Harcourt Teaching Hospital, *Niger J Clinical Practice*, 9(1), 2006, 57-64.
- Ganguli G, Dhavan N, Mukherji K, Dayal M, Pandey R C. Prevention and management of postnatal breast complications, *The Journal of Obstetrics and Gynecology of India*, 49(2), 1999, 47-49.
- Alan Greene. Cabbage leaves and engorgement, *Dr Greene*, 2004.
- Child and adolescent health and development, Global strategy for infant and young child feeding, *WHO*, 2004.
- Ahluwalia I B, Morrow B Hsia J. Why do women stop breastfeeding? Findings from the pregnancy risk assessment and monitoring system, *Pediatrics*, 116(6), 2005, 1408-1412.
- Polit F. Denise, Hunglur Bernadette. Nursing research-principles and methods, *Lippincott Williams and Wilkins, Philadelphia*, 1997(7), 1999, 115-117.
- Basavanthappa B T. Nursing research, *Jaypee Brothers*, 1<sup>st</sup> Edition, 1998, 127, 153-160.

15. Kirti Iyengar, Sharad D. Iyengar. Research needs in maternal morbidity, *Action Research and Training for Health Udaipur, India*, 2004, 1-32.
16. Postpartum Care of the Mother and Newborn WHO/RHT/MSM/98.3, *Report of a Technical Working Group*, 1998, 81.
17. Balogun O R. Early puerperal complications: A two year review in a private health facility, *Nigerian Medical Practitioner*, 51(3), 2007, 36-39.
18. Jane A. Scott, Michele Robertsen, Julie Fitzpatrick, Christopher Knight, Sally Mulholland. Occurrence of lactational mastitis and medical management: A prospective cohort study in Glasgow, *Int Breastfeed J*, 3, 2008, 21.

**Please cite this article in press as:** Tanuja B C and Usha Esther. A study to assess the effectiveness of structured teaching programme on knowledge regarding breast complications among primiparous mothers in selected hospitals at Bangalore, *International Journal of Nursing and Healthcare Research*, 9(1), 2025, 19-23.