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EFFECTIVENESS OF THE "BOM METHOD" ON BREAST MILK PRODUCTION AMONG MOTHERS UNDERWENT CESAREAN SECTION AT SELECTED HOSPITAL, VILLUPURAM

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Abstract

Aim : To assess the level of knowledge and effectiveness of BOM method on breast milk production among mothers underwent cesarean Section. **Objective :** (i) To assess the pre and post test level of knowledge regarding BOM method on breast milk production among mothers underwent cesarean section in experimental and control group.(ii)To assess pre and post test level of breast milk production among mothers underwent cesarean section in experimental and control group.(iii) To evaluate the effectiveness of BOM method on breast milk production among mothers underwent cesarean Section in the experimental group .(iv) To compare post test level of breast milk production between experimental and control group. (v) To correlation between level of breast milk production and latch technique on BOM method among mothers underwent cesarean section in experimental and control group. (vi) To find association between the post level of breast milk production among mother underwent cesarean section with selected demographic variables in the experimental and control group. **Methodology :** A quasi experimental two group pre -test post –test design was adopted for this study.60 sample were selected by using purposive sampling technique .The pre and post test level of knowledge and breast milk production were assessed by using structure knowledge questionnaire, Modified observational checklist and Bristol breast feeding assessment tool .**Results:** The finding shows that there is a significant difference between pre and post level of breast milk production with t values 16.06 respectively and there is a significant difference between experimental and control group level of breast milk production with t value 10.86 respectively. Hence the study concluded that the BOM method. **Conclusion:** The study concluded that the BOM method was effective in improving the breast milk production among mothers underwent cesarean section.

Key words : Breast milk production ,cesarean section and BOM method

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1. INTRODUCTION

The postnatal period or puerperium is an adjustment after pregnancy, that commences after delivery of placenta and extends up to the period of six weeks. During this period the anatomical and physiological changes that occurs during pregnancy are reversed and the body returns to non-pregnant stage. In addition physiological changes occur to adapt mainly, the lactation. The "BOM" method (Breast care, Oxytocin Massage, and Marmet Technique) is the combination of three methods to stimulate breast milk production and ejection and it will maintain the effective lactation and it treat the breastfeeding problem that occurs due to inadequate breast milk. . **(Dwi Retno Wati, Siti Mudrikatin 2020)**

Breast care is the process of cleaning the breast of mother with clean clothes by using hot water or warm water, the procedure done before and after each breast feeding that helps in maintaining hygiene and prevents from cross infection , prevent and relieve breast engorgement , expression of the milk, prevents the nipple complication breast care with breast feeding that stimulates prolactin and oxytocin hormone and improves breast milk production.

(ANNAMA JACOB PROCEDURE MANUAL 2019)

After giving birth, there are two hormones to maintain the lactation process, the hormone prolactin to increase breast milk secretion and the hormone oxytocin which causes breast milk ejection .It is the non-pharmacological method for stimulates the release of the hormone oxytocin in back massage or oxytocin massage for postnatal mothers. Oxytocin massage is stimulates the oxytocin reflex or the let down reflex. This massage will make the mother feel relaxed, the fatigue after giving birth will disappear and the milk will come out quickly and it makes myoepithelial cells around the alveoli contract, so that the milk that has collected in the alveoli can flow and fill all the milk ducts smoothly and it also done 1-2 days after delivery, 3-5 minute massage 2 time per day , improves breast milk production. **(Sudha Salhan 2016)**

Marmet technique is otherwise called manual expression of breast milk. It help to stimulate the breast milk production in the hand express method that follows after the birth of baby. Hand expressing colostrum (the first milk) for a few minutes after each feeding will provide extra stimulation of the breasts, which helps to stimulate milk secretion. **(LA LECHE LEAGUE INTERNATIONAL 2003)**

2. STATEMENT OF THE PROBLEM

A study to assess the effectiveness of the "BOM method" on breast milk production among mothers underwent cesarean section at selected hospital, villupuram

3. OBJECTIVE

- To assess the pre and post test level of knowledge regarding BOM method on breast milk production among mothers underwent cesarean section in experimental and control group .
- To assess pre and post test level of breast milk production among mothers underwent cesarean section in experimental and control group.
- To evaluate the effectiveness of BOM method on breast milk production among mothers underwent cesarean Section in the experimental group .
- To compare post test level of breast milk production between experimental and control group.
- To correlation between level of breast milk production and latch technique on BOM method among mothers underwent cesarean section in experimental and control group.
- To find association between the post level of breast milk production among mother underwent cesarean section with selected demographic variables in the experimental and control group.

4. HYPOTHESIS

H 1 : There is a significant difference on breast milk production among mothers underwent cesarean section in the experimental group before and after intervention

H 2: There is a significant difference between post level of breast milk production on among mothers underwent cesarean section in the experimental and control group.

H 3 : There is a significant association between the post level of breast milk production among mothers underwent cesarean section with their selected demographic variables in the experimental and control group

H 4 : There is a significant relationship between level of breast milk production and latch technique on BOM method among mothers underwent cesarean section in experimental and control group.

5. METHODOLOGY

A quasi experimental two group pre -test post –test design was adapted for this study.60 sample were selected by using purposive sampling technique .The pre and post test level of knowledge and breast milk production were assessed by using structure knowledge questionnaire, Modified observational checklist and Bristol breast feeding assessment tool.

6. RESULTS

TABLE -4.2.1: Frequency and percentage distribution of pre and post level of knowledge regarding BOM method on

breast milk production among mothers underwent cesarean section in experimental group.

n=30

LEVEL OF KNOWLEDGE	EXPERIMENTAL GROUP			
	Pre test		Post test	
	Frequency	Percentage	Frequency	Percentage
Adequate knowledge	0	0%	27	90%
Moderate knowledge	8	26.70%	3	10%
Inadequate knowledge	22	73.30%	0	0%

Table 4.2.1. Shows that in the experimental group pre-test 8 (26.70%) of them in Moderate knowledge, 22 (73.30%) of them in Inadequate knowledge and none of them

in adequate knowledge. In post test 27(90%) of them in adequate knowledge , 3(10%) of them in moderate knowledge and none of them inadequate knowledge.

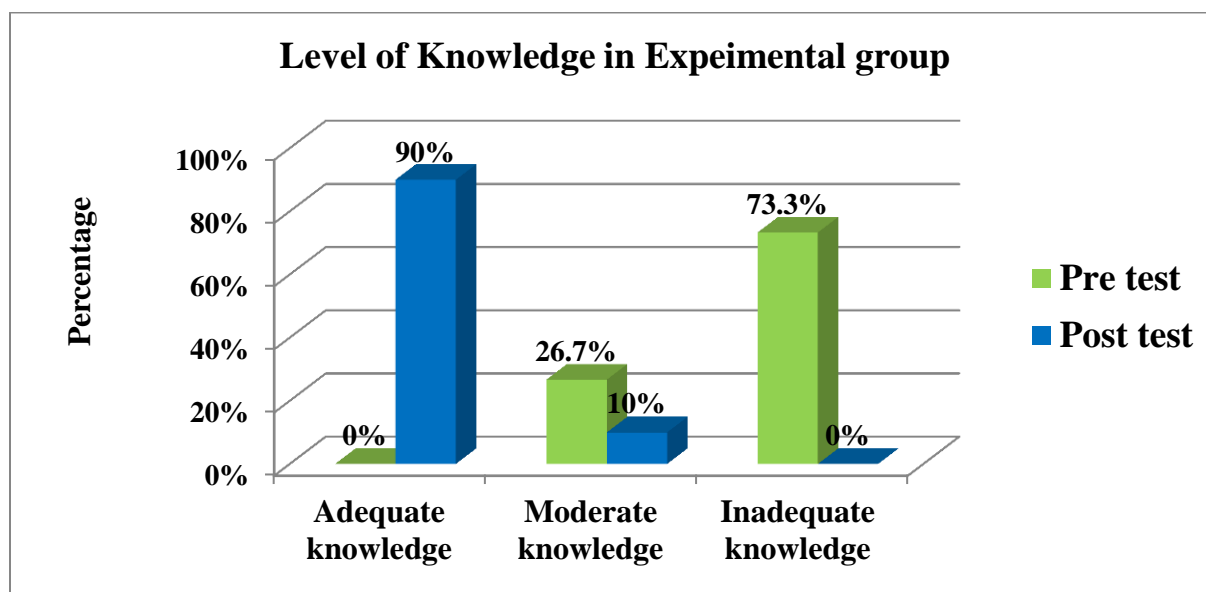


FIGURE4.2.1 shows the percentage wise distribution pre and post –test level of knowledge regarding BOM method on

breast milk production among mothers underwent cesarean section in experimental group.

TABLE -4.2.2: Frequency and percentage distribution of pre and post level of knowledge regarding BOM method on breast milk production among mothers underwent cesarean section in control group.

LEVEL OF KNOWLEDGE	CONTROL GROUP			
	Pre test		Post test	
	Frequency	Percentage	Frequency	Percentage
Adequate knowledge	0	0%	0	0%
Moderate knowledge	6	20%	8	26.70%
Inadequate knowledge	24	80%	22	73.30%

Table.4.2.2 shows that In the control group pre-test 24(80%) of them in Inadequate Knowledge and 6 (20%) of them in Moderate knowledge. In post test 22 (73.3%) of them Inadequate knowledge and 8(26.70%) of them in Moderate knowledge

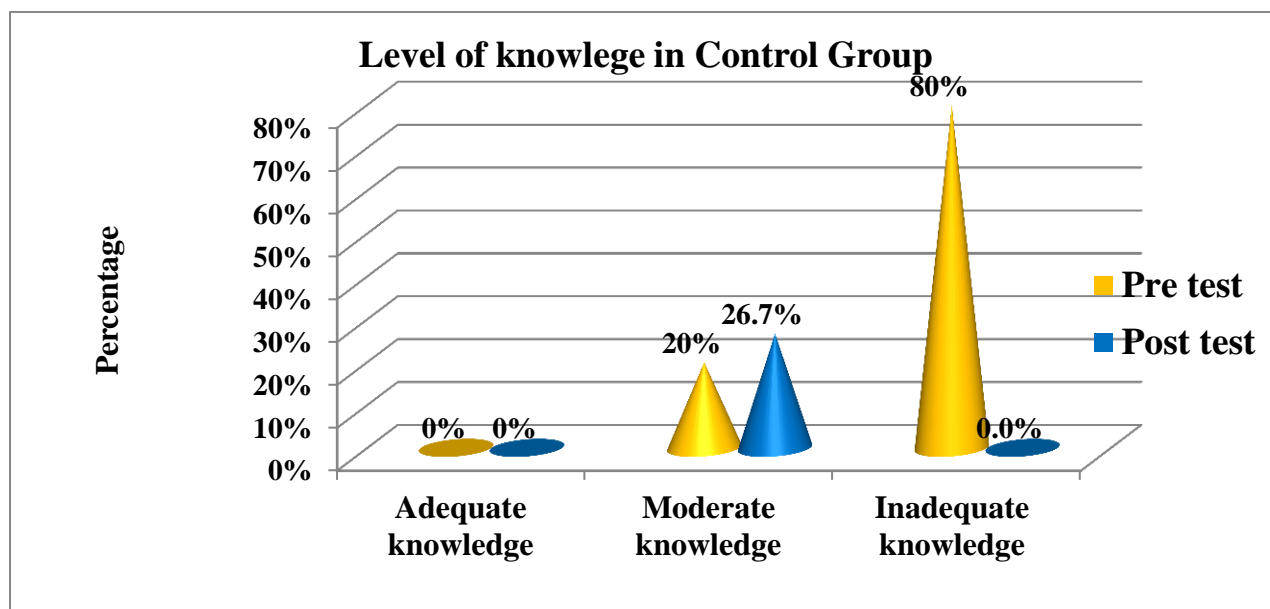


FIGURE4.2.2 shows the percentage –wise distribution pre and post –test level of knowledge regarding BOM method on breast milk production among mothers underwent cesarean section in control group.

TABLE-4.3.1: Frequency and percentage distribution of pre and post test level of breast milk production among mothers underwent cesarean section in experimental group.

n=30

LEVEL OF BREAST MILK PRODUCTION	Experimental group			
	Pre test		Post test	
	Frequency	Percentage	Frequency	Percentage
Adequate milk production	2	6.70%	27	90%
Moderate milk production	7	23.30%	3	10%
Inadequate milk production	21	70%	0	0%

Table 4.3.1. Shows that in the experimental group pre- test 21(70%) of them in inadequate milk production, 7(23.30%) of them in Moderate milk production and 2(6.70%) of them in adequate milk production. In post- test 27(90%) of them in adequate milk production, 3 (10%) of them in moderate milk production and none of them in inadequate breast production.

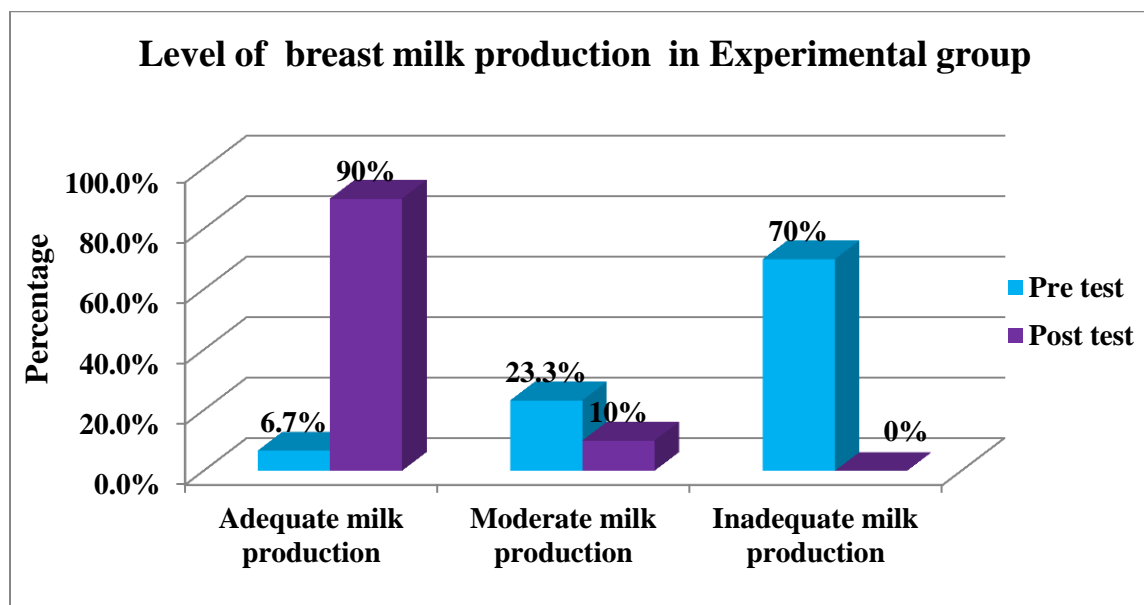


FIGURE 4.3.1. shows that percentage –wise distribution pre and post level of breast milk production among BOM method mothers underwent cesarean section in experimental group.

TABLE-4.3.2: Frequency and percentage distribution of pre and post test level of breast milk production among mothers underwent cesarean section in control group. **n=30**

LEVEL OF BREAST MILK PRODUCTION	CONTROL GROUP			
	Pre test		Post test	
	Frequency	Percentage	Frequency	Percentage
Adequate milk production	2	6.70%	4	13.30%
Moderate milk production	10	33.30%	12	40%
Inadequate milk production	18	60%	14	46.70%

Table 4.3.2.shows that in the control group pre-test 18 (60%) of them in inadequate milk production, 10(33.30%) of them in moderate milk production and 2(6.70%) of them in adequate breast milk production .In post test 14(46.70%) of them in inadequate milk production, 12 (40%) of them in moderate milk production and 4 (13.30%) of them in adequate milk production.

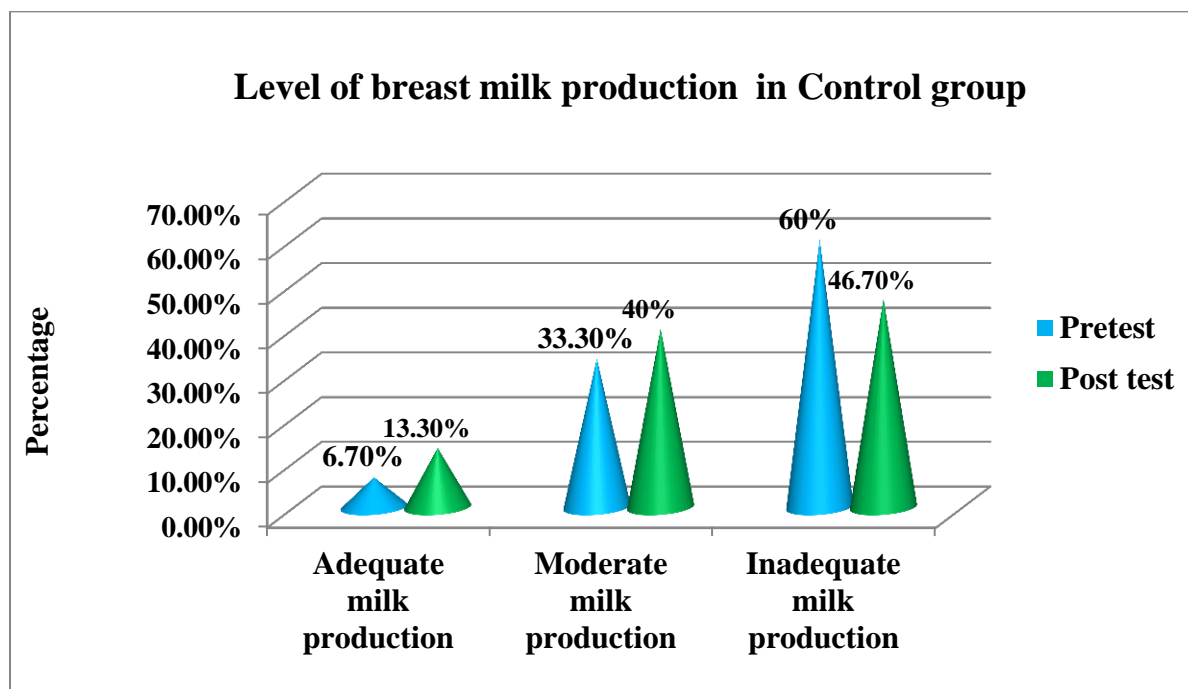


FIGURE 4.3.2.shows that percentage wise distribution pre and post level of breast milk production among BOM method mothers underwent cesarean section in control group.

TABLE.4.4: pre and post- test Mean , standard deviation ,Mean difference ,Standard error, and t value for the level of breast milk production among mothers underwent cesarean section in experimental group. **n=30**

Experimental group	Level of Breast milk production						
	Pre test		Post test		Mean difference	Standard error	T value
	Mean	Standard deviation	Mean	Standard deviation			
	4.6	2.28	11.67	1.02	7.07	0.44	16.06 HS

* significant at p<0 .05 level

Table 4.4 shows that in experimental group pre test Mean score was 4.6 with the standard deviation of 2.28 and post test Mean Score was 11.67 with standard deviation of 1.02, the mean difference of 7.07 with standard error 0.44. The t test value was 16.06 shows Highly significant .

TABLE .4.5. Post –test Mean, Standard deviation ,Mean difference ,standard error , and t value for the level of breast milk production among mothers underwent cesarean section between experimental and control group.

N=60

Post Test Milk Production	Level of Breast milk production						
	Experimental group (n=30)		Control group (n=30)		Mean difference	Standard error	T value
	Mean	Standard deviation	Mean	Standard deviation			
	11.67	1.02	5.8	2.78	5.87	0.54	10.86* HS

* significant at p<0 .05 level

Table 4.5.Shows that in Experimental group post-test Mean score was 11.67 with the Standard deviation of 1.02 and Control group post test Mean score was 5.8 with the standard Deviation of 2.78. The Mean Difference with the standard error 0.54 .The t test value was 10.86 shows significant.

TABLE :4.6. Correlation between level of breast milk production and latch technique among mothers underwent cesarean section in experimental and control group.

r value			p value	
Experimental group	Pre test	0.1892	Weak positive correlation	0.316
	Post test	-0.2135	Weak negative correlation	0.258
Control group	Pre test	-0.1003	Weak negative correlation	0.59
	Post test	0.2138	Weak positive correlation	0.256

* significant at p<0 .05 level

Table 4.6. Shows that in experimental group pre test r value was 0.1892 with p value was 0.316 and in post test r value was -0.2135 with p value was 0.258. In control group pre test - 0.1003 with p value was 0.59 and in post test r value was 0.2138 with p value was 0.256.

TABLE 4.7.1. Association between the post level of breast milk production among mother underwent cesarean section with selected demographic variables in the experimental group.

n=30

S.No	Demographic Variable	Chi-Square	P-value
1	Age in years	4.404	0.622 NS
2.	Parity	0.0159	0.992 NS
3	Education	0.56	0.99 NS
4	Occupation	1.67	0.93 NS
5	Religion	0	1 NS
6	Family monthly income	8.703	0.72 NS
7	Type of family	0.37	0.984 NS
8	Dietary pattern	0.82	0.934 NS
9	Area of residency	1.01	0.908 NS
10	Previous Knowledge about BOM method	0	1 NS
11	Birth weight of baby	1.014	0.95 NS

***Significant at p<0.05**

Table 4.7.1 There is no significant association between the post level of breast milk production among mother underwent cesarean section with selected demographic variables in the experimental group.

Table 4.7.2. Association between the post selected demographic variables in the level of breast milk production among controlgroup. mother underwent cesarean section with

S.No	Demographic Variable	Chi-Square	P-value
1	Age in years	13.83	0.031* S
2.	Parity	0.436	0.804 NS
3	Education	5.05	0.887 NS
4	Occupation	6.27	0.792 NS
5	Religion	3.21	0.782 NS
6	Family monthly income	7.92	0.791 NS
7	Type of family	2.85	0.583 NS
8	Dietary pattern	3.11	0.539 NS
9	Area of residency	0.741	0.946 NS
10	Previous Knowledge about BOM method	0	1 NS
11	Birth weight of baby	4.572	0.599 NS

***Significant at p<0.05**

Table 4.7.2 There is significant between the post level of breast milk production with age and there is no significant association between the post level of breast milk production among mother underwent cesarean section with selected demographic variables in the control group.

7.DISCUSSION

The first objective of the study is to assess the pre and post test level of knowledge regarding BOM method on breast milk production among mothers underwent cesarean section in experimental and control group.

Level of knowledge

Experimental group : In the Pre-test 22 (73.30%) of them in Inadequate knowledge, 8 (26.70%) of them in Moderate knowledge and none of them in Adequate knowledge. In post test 27(90%) of them in adequate knowledge ,3(10%) of them in moderate knowledge and none of them in Inadequate knowledge.

Control group : In the Pre-test 24(80%) of them in Inadequate Knowledge 6 (20%) of them in Moderate knowledge and none of them in Adequate knowledge. In post test 22 (73.3%) of them have Inadequate knowledge ,8(26.70%) of them in Moderate knowledge and none of them in Adequate knowledge

The second objective of the study is to assess pre and post test level of breast milk production among mothers underwent cesarean section in experimental and control group.

Level of milk production

Experimental group: In the pre- test 21(70%) of them in inadequate milk production, 7(23.30%) of them in Moderate milk production and 2(6.70%) of them in adequate milk production. In post- test 27(90%) of them in adequate milk production and 3 (10%) of them in moderate milk production and none of them in Inadequate milk production.

Control group : In the pre-test 18 (60%) of them in inadequate milk production, 10(33.30%) of them in moderate milk production and 2(6.70%) of them in adequate breast milk production .In post test 14(46.70%) of them in inadequate milk production,12 (40%) of them in moderate milk production and 4 (13.30%) of them in adequate milk production.

The third objective of the study is to evaluate the effectiveness of BOM method on breast milk production among mothers underwent cesarean section in the experimental group . The finding of the study shows that in experimental group pre test Mean score was 4.6 with the standard deviation of 2.28 and post test Mean Score was 11.67 with standard deviation of 1.02, the mean difference of 7.07 with standard error 0.44. The t test value was 16.06 shows Highly significant. **Hence hypothesis H1 is**

accepted.

The fourth objective of the study is to compare post test level of breast milk production between experimental and control group. The finding of the study shows that in Experimental group post-test Mean score was 11.67 with the Standard deviation of 1.02 and Control group post test Mean score was 5.8 with the standard Deviation of 2.78. The Mean Difference with the standard error 0.54. The t test value was 10.86 which shows significant range.

Hence hypothesis H 2 is accepted.

The fifth objective of the study is correlation between level of breast milk production and latch technique on BOM method among mothers underwent cesarean section in experimental and control group. The finding shows that in experimental group pre test r value was 0.1892 with p value was 0.316 and in post test r value - 0.2135 with p value 0.258. In control group pre test - 0.1003 with p value 0.59 and in post test r value 0.2138 with p value 0.256. there is no significant relationship between level of breast milk production and latch technique on BOM method among mothers underwent cesarean section in experimental and control group. **Hence hypothesis H3 is rejected**

The sixth objectives is to find association between the post level of breast milk production among mothers underwent cesarean section with selected demographic variables in the experimental and control group. The finding of the study shows that there is no significant association between post level of breast milk production with age, parity, education, occupation, religion, family monthly income, type of family, dietary pattern, area of residency, previous knowledge about BOM method and birth weight of baby in experimental group. The finding of the study process that there is significant between the post level of breast milk production with age and there is no significant association between the post level of breast milk production with parity, education, occupation, religion, family monthly income, type of family, dietary pattern, area of residency, previous knowledge about BOM method and birth weight of baby in the control group. **Hence Hypothesis H4 is accepted.**

8.CONCLUSION

The finding show that there is a significant difference between pre and post level of breast milk production with t values 16.06 respectively and there is a significant difference between experimental and control group level of breast milk production with t

value 10.86 respectively. Hence the study concluded that the BOM method was effective in improving the breast milk production among mothers underwent cesarean section.

9. RECOMMENDATIONS

- A similar study can be conducted as true experimental study.
- A similar study can be conducted for a large group.
- A similar study can be conducted for husband of postnatal mother

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