



## Effectiveness of Application of Breast Milk in the Prevention of Sore Nipple Among Postnatal Mothers: A Quasi-experimental study

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**ABSTRACT** Becoming a mother is an experience which every woman cherishes, she nourishes that life with a food which has found no substitute yet despite advances in science and technology, that pristine food is called “Mother’s own milk”.

The study aimed to evaluate the effectiveness of application of breast milk in the prevention of sore nipple among postnatal mothers.

**Methods:** A quasi experimental study was conducted on 70 postnatal mothers, (35 in experimental group and 35 in the comparison group) who breast feeds their babies were selected conveniently. Feeding pattern was assessed by LATCH scale four times in a day followed by the application of hind milk minimum four times in a day for three or four days as per discharge day of mother. The mother was asked to rub hind milk on nipples after feeding the baby and letting it air dry in front of researcher and nipple soreness scale was used to check the sore nipple at third and fifth day or at the day of discharge. Follow up of postnatal mothers was done telephonically by using interview questionnaire on day 15<sup>th</sup> in both groups.

**Results:** Study findings revealed that on 3rd day, the mean nipple soreness score was higher in comparison group (1.45) than experimental group (0.10) and thus there was significant difference ( $t$  value = 3.87) in nipple soreness score.

**Conclusion:** Study concluded that breast milk application was effective in preventing sore nipples among postnatal mothers. Hence it can be recommended to use breast milk for the prevention of sore nipple.

**Key words:** Effectiveness, application of breast milk, prevention of sore nipple, postnatal mothers, hind milk.

### Key Messages

- Sore nipple is main problem faced by mothers after delivery<sup>1</sup>
- Breast milk was effective in reducing the sore nipple<sup>2</sup>
- The mean post test score (1.33 2.25) was significantly lower ( $t = 21.11$ ) than the mean pre-test score (8.07 2.05).