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RESEARCH ARTICLE

A STUDY TO ASSESS THE EFFECTIVENESS OF IMMEDIATE BREAST FEEDING ON DURATION OF THIRD STAGE OF LABOUR AND BLOOD LOSS DURING THE SAME IN SELECTED HOSPITALS

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Abstract

An experimental study was conducted to assess the effectiveness of immediate breast feeding on duration of third stage of labour and blood loss during the same in selected hospitals of Pune city. The conceptual framework adopted for the study was General System Model. The sample size was 60 full term mothers in active labour, divided into two groups. Purposive sampling technique was used for selection of sample. Where, Group I is experimental group and Group II is an control group. Each consisted of 30 samples. Data collection was accomplished by using observation check list as a tool. It consists of three sections. First section dealt with demographic profile of the samples. Second section dealt with observation check list to assess duration of labour. Third section dealt with amount of blood loss. Pilot study was conducted to assess the feasibility of the study. It was conducted on 14 mothers. Final data collection was done. Data gathered was analysed by using descriptive and inferential statistics. Based on the analysis interpretations were made. The study analysis shows that immediate breast feeding statistically reduces the duration of third stage of labor and the amount of blood loss.

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Introduction:-

Pregnancy is the normal physiological process and not a disease. It is associated with certain risk to the health and survival both for the woman and for the infant she bears. These risks are common in every society and every setting. In developed countries these risks have been largely overcome, because every pregnant woman has access to special care during pregnancy and child birth. This is not the case in developing countries, where each pregnancy represents a journey into the unknown from which too many women never return alive.

Maternal death is defined as death of women while pregnant or within 42 days of termination of pregnancy from any cause related to or aggravated by pregnancy or its management. The maternal mortality rate is number of maternal deaths per 100,000 live births in one year.

At present the maternal mortality rate is around 301 per 1 lakh live birth in India. The major causes of maternal death are bacterial infection, toxemia, obstetrical haemorrhage, ectopic pregnancy, puerperal sepsis amniotic fluid embolism and complications of abortions.

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The causes of maternal deaths estimated by Registrar general of India in 1998 are shown in Figure 1. Haemorrhage, sepsis, obstructed labour, unsafe abortion are major causes of maternal mortality. Anaemia among pregnant women contribute to about one-fifth of all maternal deaths.

Problem Statement:

an experimental study to assess the effectiveness of immediate breast feeding on duration of third stage of labour and blood loss during the same in selected hospitals of Pune city.

Objectives:-

1. To assess the duration of third stage of labour with immediate breast feeding in experimental group.
2. To assess the duration of third stage of labour by conventional management of third stage of labour in control group.
3. To assess the blood loss during third stage of labour in experimental group with immediate breast feeding.
4. To assess the blood loss during third stage of labour by conventional management of third stage of labour in control group.
5. To compare the duration of third stage of labour and blood loss during the same in experimental group and control group.

Hypothesis:

H1-There will be a significant difference in duration of third stage of labour between experimental and control group of mothers with immediate breast feeding as evident from the observation check list at 0.05 level of significance.

H2- There will be significant difference in the amount of blood loss between experimental and control group of mothers with immediate breast feeding as evident from the observation check list at 0.05 level of significance.

Assumption:

1. Immediate breast feeding may reduce duration of third stage of labour
2. Immediate breast feeding may have positive effect on reduction in blood loss during the third stage of labor.

Methodology:-**Research approach:**

Experimental comparative approach

Research design:

Quasi experimental post-test control group

Setting of the study:

Labour rooms of selected hospitals in Pune city

Research variables:

1. Dependent variables: In the present study, independent variable was duration of third stage of labour and amount of blood loss.
2. Independent variables: In present study, dependent variables were immediate breast feeding.

Demographic variables:

This included Age, Gravida, Weeks of gestation, Nipples, and suckling of baby at breast

Target Population:

The target population is aggregate of cases about which the researcher would like to generalize.

Accessible Population:

Full term ladies admitted in labor room with spontaneous onset of labor who will deliver vaginally, by vertex presentation, without any aid.

Sample Size:

The sample size of the present study was 60 Subjects.

Sampling Technique:

In this study purposive sampling technique was adopted to select the subjects. Purposive sampling is a non-probability sampling technique where subjects were chosen to be part of the sample with a specific purpose in mind and according to the study objectives.

Criteria for Samples Selection:**Inclusion Criteria:**

Subjects who

1. At term and spontaneous onset of labour
2. With vertex presentation.
3. Without undue prolongation.
4. Normal termination with minimal aids.
5. Without having any complications affecting the health of the mother and/or the baby
6. Study is confined to women who are willing to participate.

Exclusion Criteria:

Those who were not willing to participate

1. Women with medical problems like diabetes mellitus, hyper tension, epilepsy, heart disease.
2. Women with breech, shoulder, face or brow presentation.

Description of Tool**Socio demographic variables:**

Information on socio demographic variable of the subjects contains three items, which included Age, Gravida, Weeks of gestation, Nipples, and suckling of baby at breast

Observation check list:**Reliability:**

After establishing the validity of the tool to be used for the study, the final tool is made and then the reliability of the tool is done.

The reliability of the tool is tested by 'Cronbach Alpha test'. This method is used as the data is of qualitative type and this method gives exact error in the reliability score. The method of 'Cronbach Alpha test' stresses internal score relations of the items in the tool as well as correlation of each item with the test.

Inter observer reliability is used to establish the reliability of the observation check list. There is 89% agreement present.

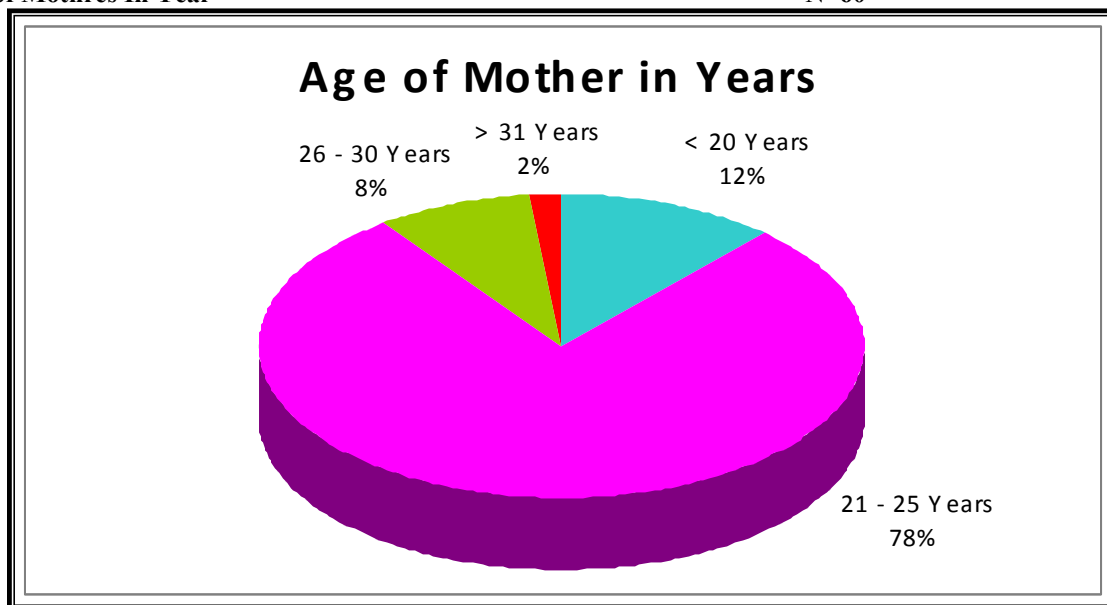
Data collection procedure:

Data collection is done in various hospitals of Pune city like, Bharati Ayurvedic hospital and Y.C.M. hospital, Nigdi. Formal administrative approval is sought from the administrator, Matron, Head of the department Obstetrics and Gynaecology. Samples are explained about the study and consent is taken for their participation in the study.

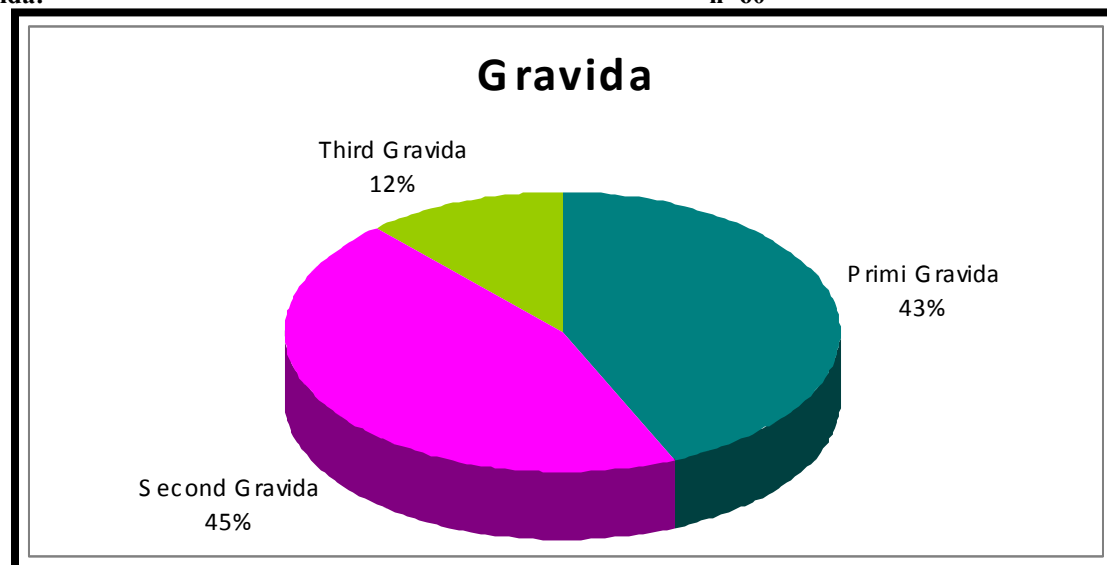
1. Demographic data is collected from both the groups. Immediate breast feeding is given to the babies by mother's in experimental group.
2. Mothers in control group did not breast feed babies immediately.
3. Duration of third stage of labor and blood loss is assessed and compared in both the groups.

Plan for data analysis:

The analysis will be made on the basis of objectives and hypothesis. The data analysis will be done by using descriptive and inferential statistics.

Results:-**Data Analysis:****Section I:****Age of Mothers In Year****N=60****Figure:-** Pie Diagram Showing Percentage Distribution Of Age Of The Mothers.

The data shows that 12% mothers were <20 years of age, 78% mothers were in the age group of 21-25 year of age, 8% of mothers were in the age group of 26-30 years and 2% that is only one mother was above age of 31 year.

Gravida:**n=60****Figure:-** Pie Diagram Showing Percentage Distribution Of Gravida.

The data presented shows 43% are primi gravida, 45% are second gravida and 12% are third gravida.

Weeks of Geatation:

n=60

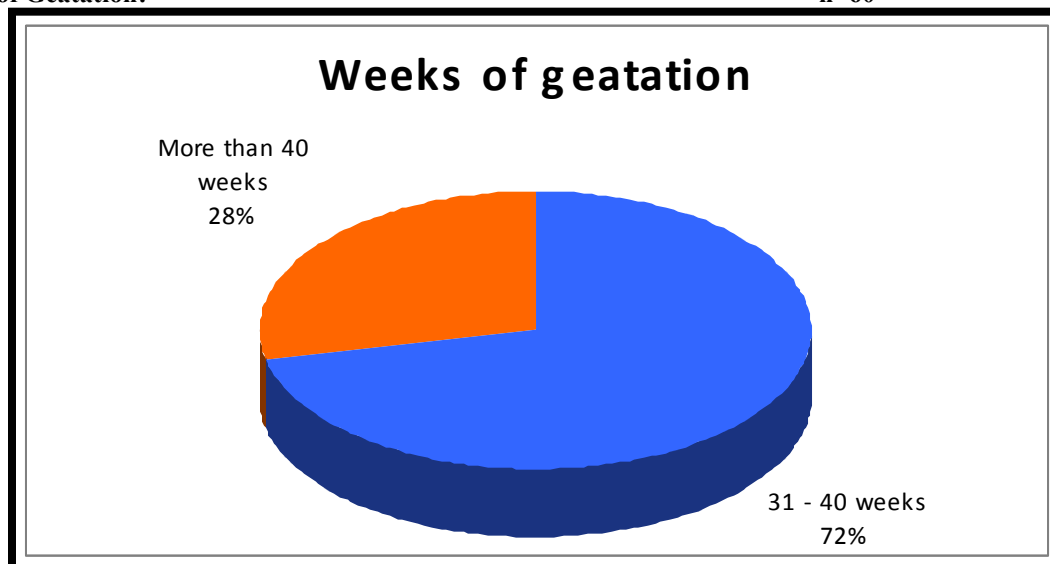


Figure:- Pie Diagram Showing Percentage Distribution Of Weeks Of Gestation

Among 60 mothers, 72% mothers were between 37-40 weeks of gestation, and remaining 28% were more than 40 weeks of gestation.

Section ii:

Duration of First Stage of Labour

N=60

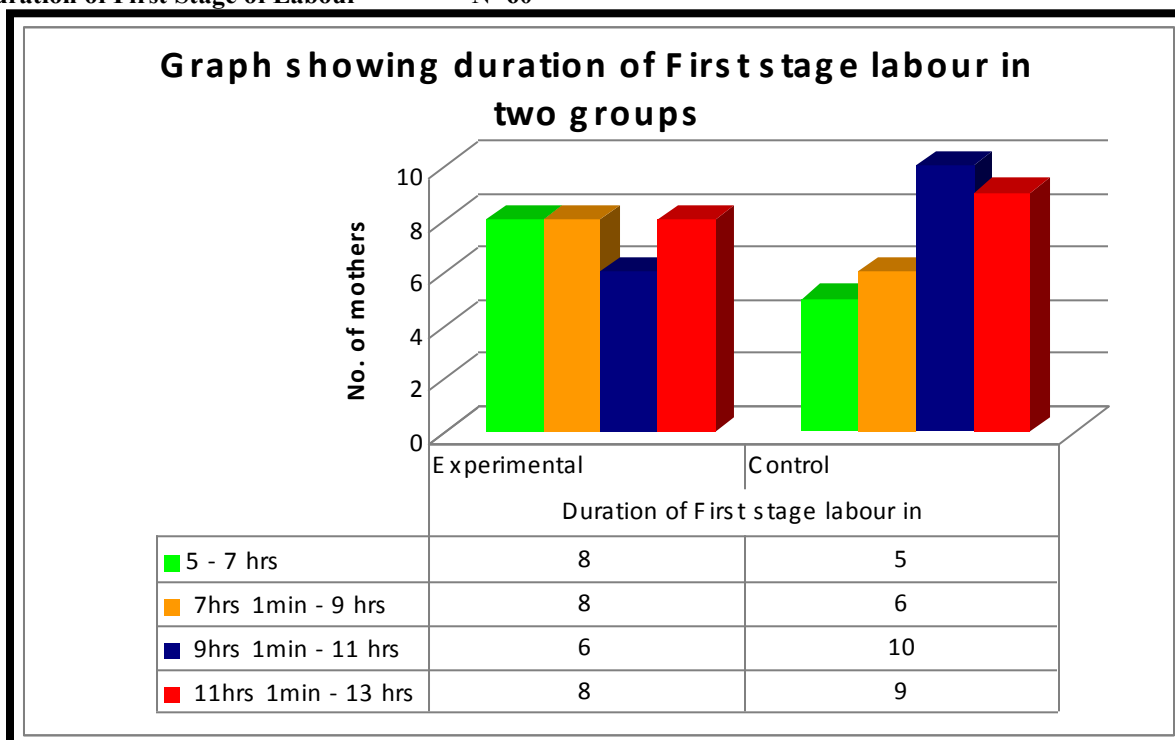


Figure:-

In experimental group 8 mothers had 5-6 hrs of first stage of labor, while 5 mothers in control group had 5-6 hrs of first stage of labor.

Eight mothers in experimental group had 7-9 hrs of duration of first stage of labor, while there were 6 mothers in control group.

In experimental group 6 mothers had 9-11hrs of first stage of labour, while 10mothers in control group had 9-11hrs of first stage of labour.

Eight mothers in experimental group had 11-13hrs of duration of first stage of labour, while there were 9 mothers in control group.

First stage of labour 5 to 7 hrs:

Signs of Placental Separation:

N=13

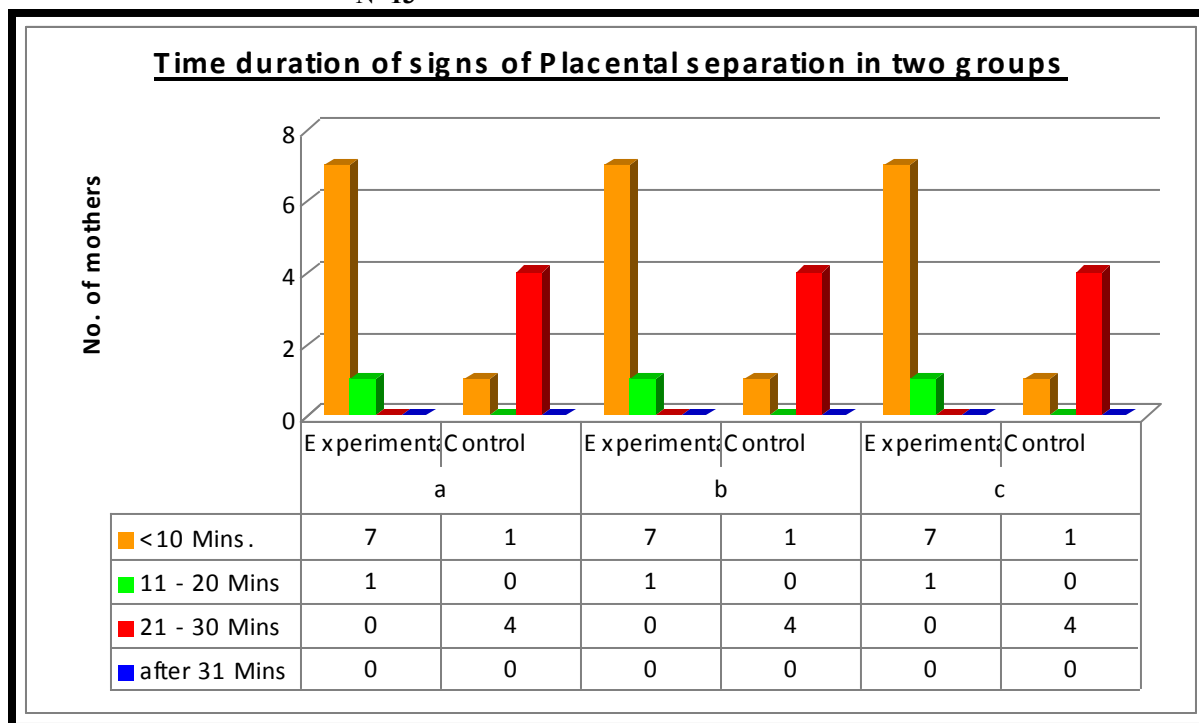


Figure:-

Apparent lengthening of cord ,gush of blood and feeling of firm uterus per abdomen was felt within 10 minutes in 7 mothers in experimental group and in one mother in control group.

Apparent lengthening of cord ,gush of blood and feeling of firm uterus per abdomen was felt within 11-20 minutes in 1 mother in experimental group and in no mother in control group.

Same signs were observed within 21-30 minutes in 4 mothers in control group and no one in experimental group.

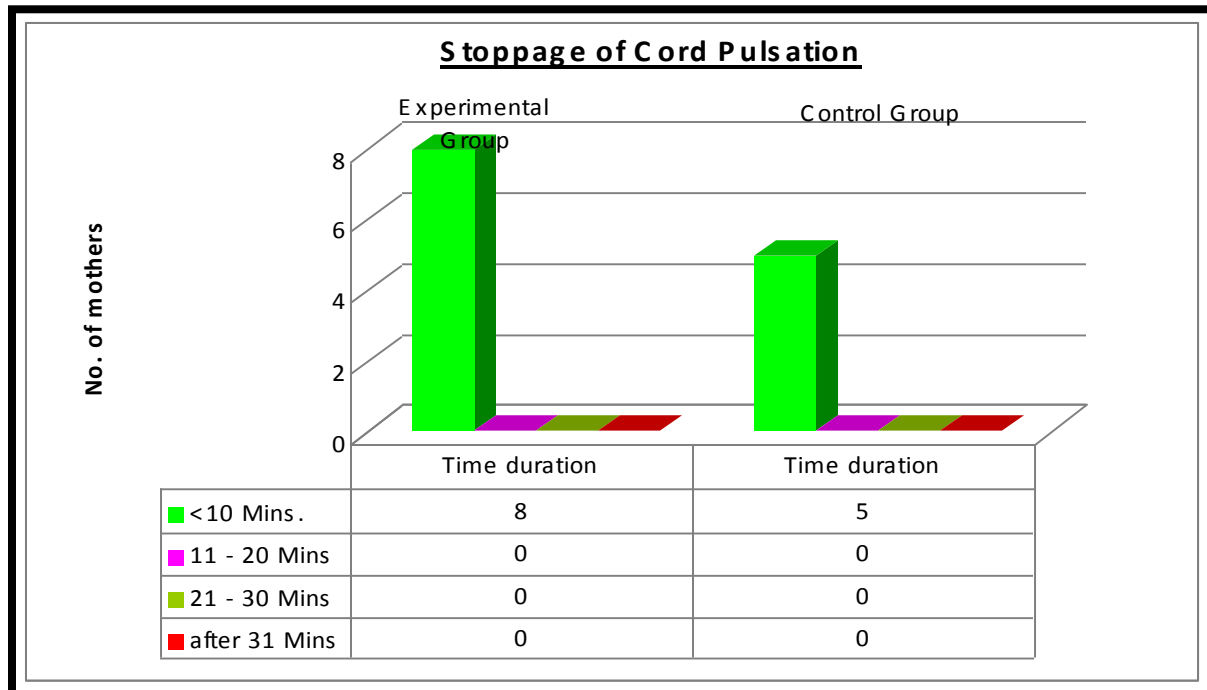
Table III:-comparison between experimental group and control group in relation to time duration of placental separation. N=13

	Experimental	Control	Proportion cal	Table value	P value
Proportion	0.75	0.2	4.23	1.96	0.0000051

Proportion calculation is greater than table value. So there is positively significant difference in time duration of signs of placental separation between experimental group and control group. Time duration is less in experimental group than in control group.

Stoppage of Cord Pulsation:

N=13

**Figure****Bar diagram showing duration of stoppage of pulsation of cord:**

Stoppage of pulsation of cord within 10 minutes was seen in all the 8 mothers in experimental group and all the 5 mothers in control group.

Table No IV:-Comparison Between Experimental Group And Control Group In Relation To Duration Of Stoppage Of Cord Pulsation.

N=13

	Experimental	Control	Proportion cal	Table value	P value
Proportion	1	1	0	1.96	0.3989422

As proportion calculation value is 0, there is no significant difference between time duration of stoppage of cord pulsation between experimental group and control group.

Time duration for placenta and membrane separated and seen at perineum:

N=13

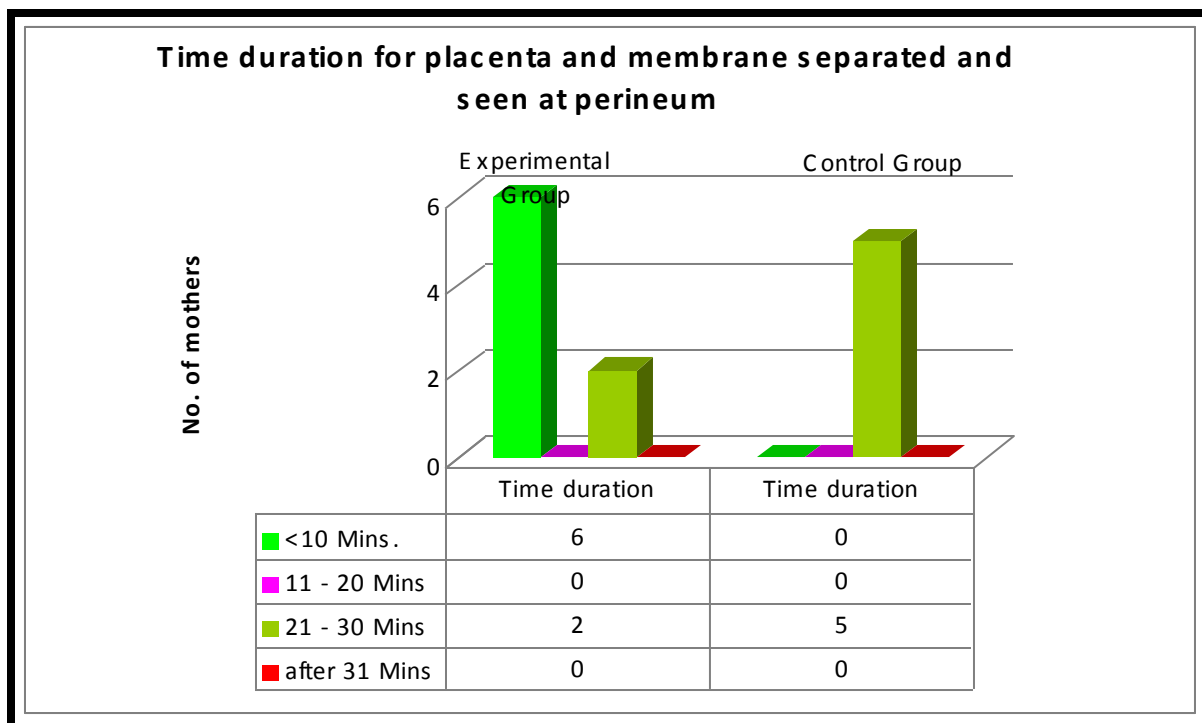


Figure:-Bar diagram showing duration of placenta and membrane separation and seen at perineum

Placenta and membrane separated and seen at perineum within 10 minutes in 6 mothers in experimental group.

It took 21-30 minutes for 2 mothers in experimental group and 5 mothers in control group.

As P value is very small,(0.0000519417)as compared to table value.

In experimental group time require was significantly less than in control.

Duration Of Time Of Placenta For Expulsion By Twisting Movements:-

N=13

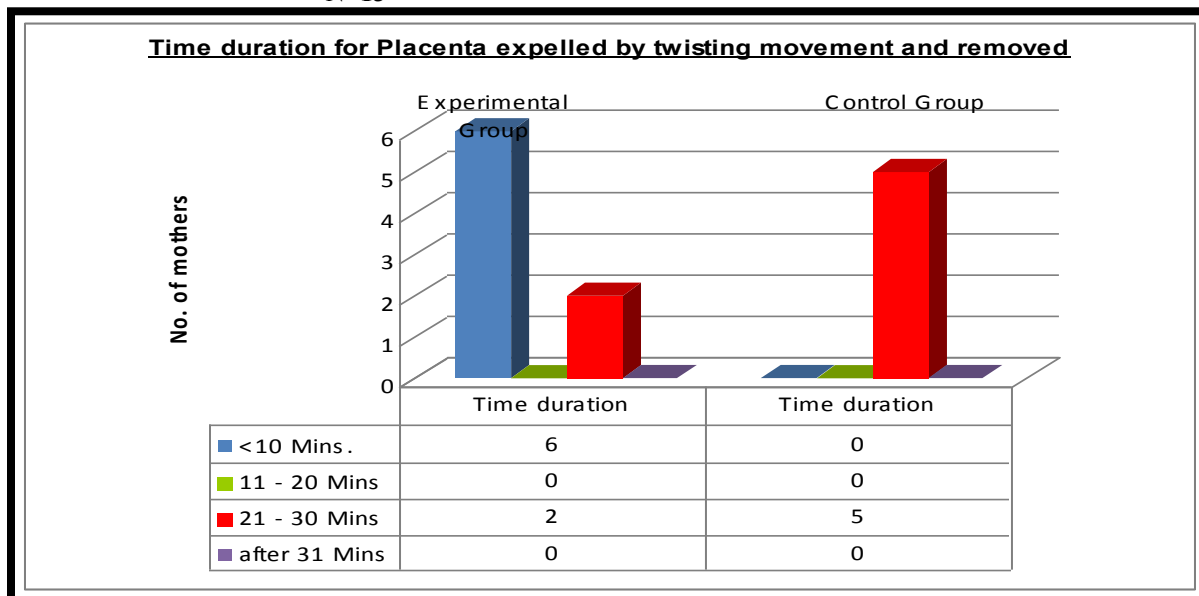


Figure:-bar diagram showing duration of time of placenta for expulsion by twisting movements

Placenta is expelled by twisting movements within 10 minutes in 6 women in experimental group .Placenta is expelled by twisting movements within 21-30 minutes in 2 women in experimental group and 5 women in control group.

Table:-proportion calculation for time duration of placentaand membranes expelled by twisting movement betweenexperimental group and control group.

N=13

	Experimental	Control	Proportion calculation	Table value	P value
Proportion	0.75	0.2	4.23	1.96	0.000051947

P value is very small,(0.0000519417) as compared with proportion calculation. In experimental group time required was significantly less than in control group

First Stage of Labour 7hrs 1min-9 Hours:

Was completed within 7hrs 1min -9 hours in 14 women.Duration of signs of placental separation: N=14

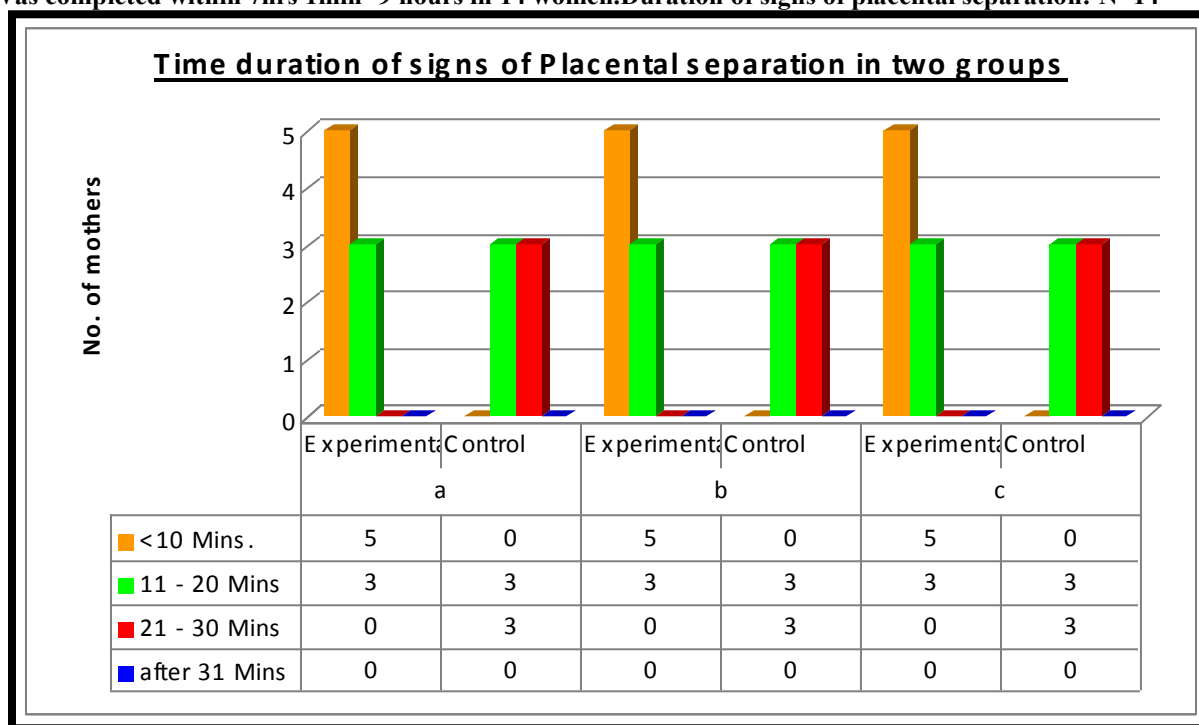


Figure Bar Diagram Showing Duration Of Placental Separation

a-Indicates apparent lengthening of cord

b-Indicates Sudden gush of blood

c-Indicates feeling of firm uterus per abdomen.

Signs of placental separation, gush of blood, feeling of firm uterus per abdomen within 10 minutes was seen in 5 mothers in experimental group.

Signs of placental separation, gush of blood, feeling of firm uterus per abdomen within 11-20 minutes was seen in 3 mothers in experimental group and 3 mothers in control group.

It took 21-30 minutes for three mothers in control group to show above signs.

Table no-vi:-Comparison of Time Duration Of Placental Separation Between Experimental Group And Control Group. N=14

	Experimental	Control	Portion calculation	Table value	P value
Proportion	0.625	0.2	4.230	1.96	0.0000519

P value is very small (0.0000519) Proportion calculation value is 4.230, which is greater than table value. Thus in experimental group the time required is significantly less than in control group.

Stoppage of Cord Pulsation: N =14

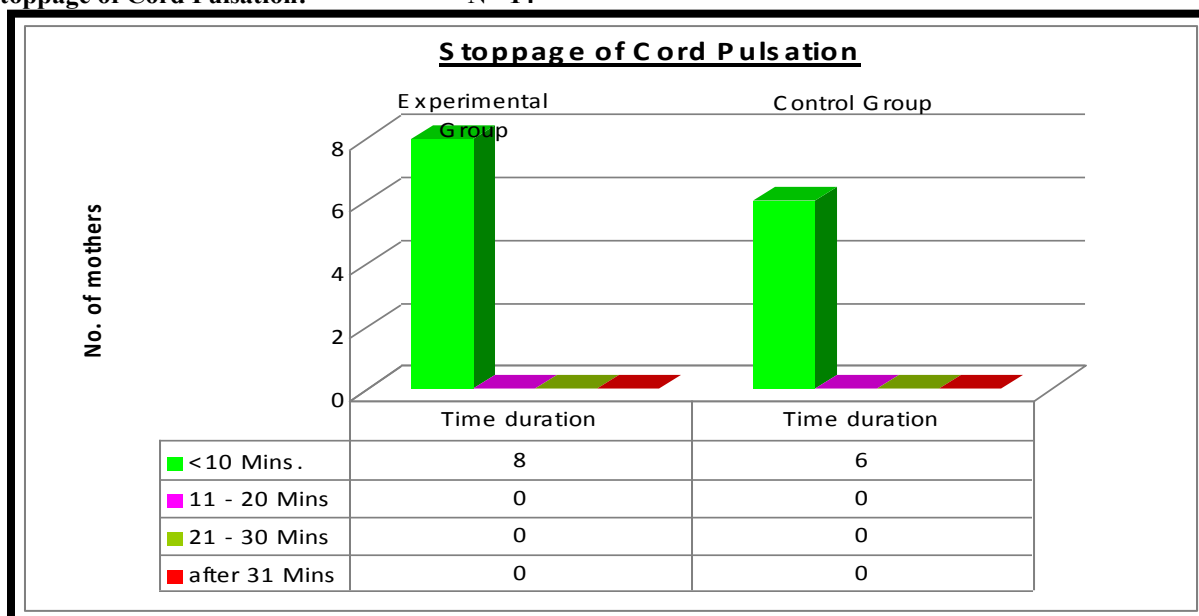


Figure:-Bar Diagram Showing Time Duration Of Stoppage Of Cord Pulsation

The pulsation of cord stopped within 10 minutes in all the 8 mothers in experimental group and all the 6 mothers in control group.

There is no significant difference in time duration for stoppage of cord pulsation, between experimental group and control group, as proportion calculation

Placenta and membrane separated and seen at perineum:

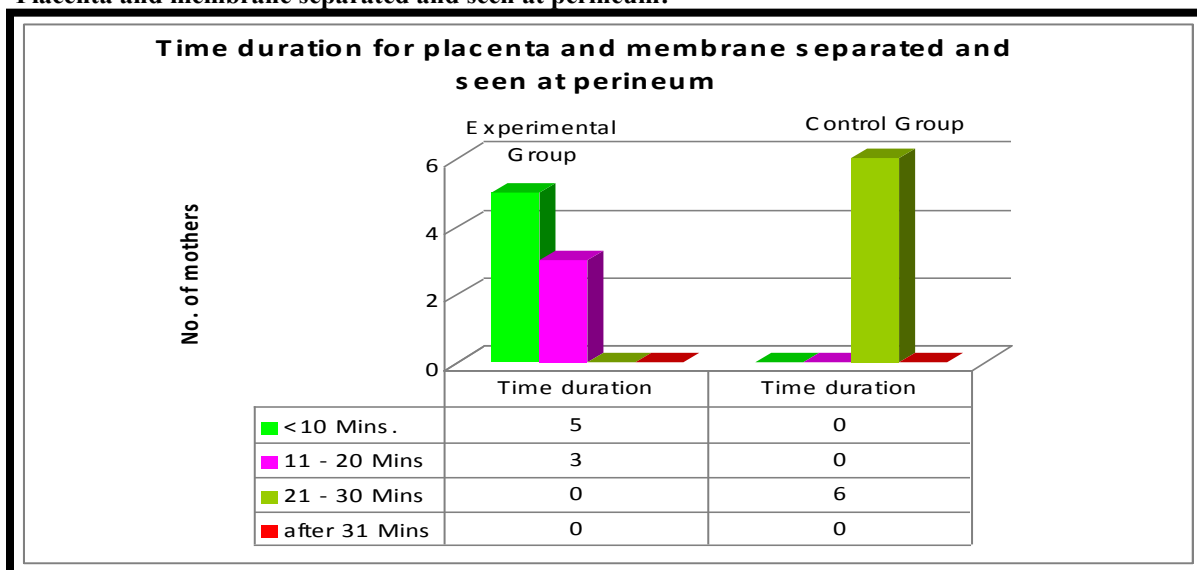


Figure:-Bar Diagram Showing Time Duration For Separation Of Placenta And Membrane And Seen At Perineum

The placenta and membrane were separated and seen at perineum within 10 minutes in 5 mothers in experimental group.

The placenta and membrane were separated and seen at perineum within 11-20 minutes in 3 mothers in experimental group.

The placenta and membrane were separated and seen at Perineum within 21-30 minutes in 6 mothers in control group.

Table no-vii:-comparison of time duration of experimental and control group in relation to placenta and membrane separated and seen at perineum. N=14

	Experimental	Control	Proportion calculation	Table value	P value
Proportion	0.625	0.2	4.23	1.96	0.0000519

As proportion calculation value is more than table value, time required is less in experimental group than in control group.

Placenta expelled by twisting movement and removed:-
N=14

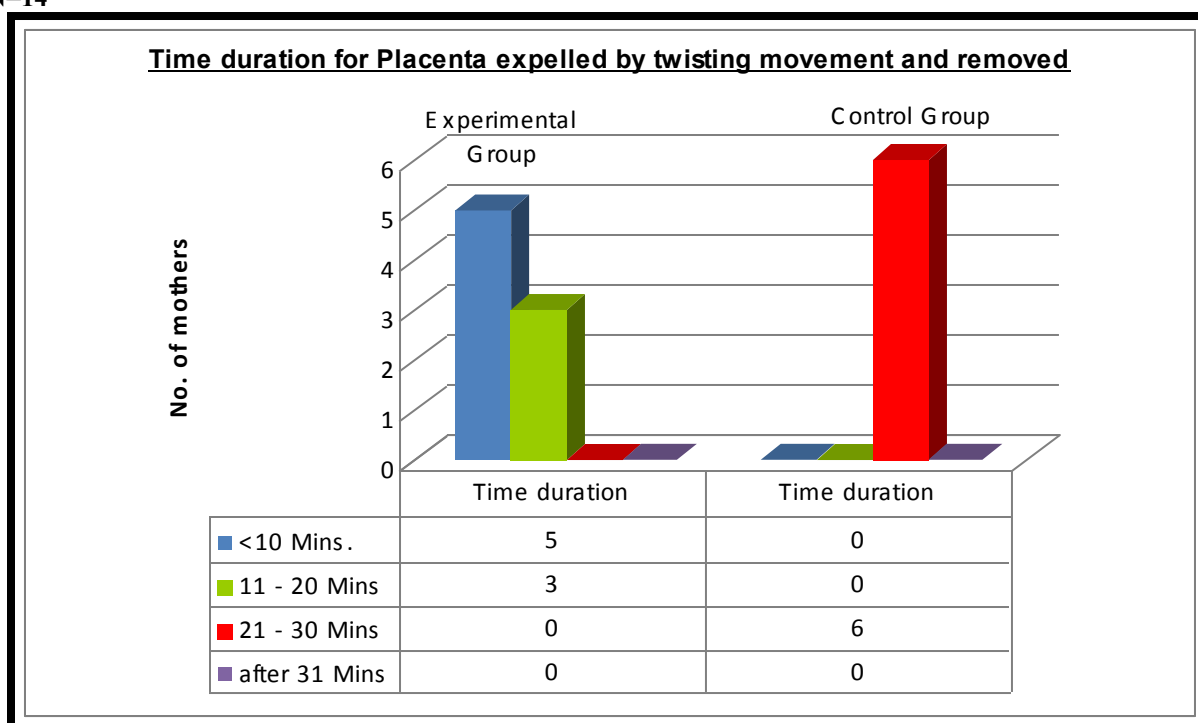


Figure:-Bar Diagram Showing Duration of Time Required For Placenta To Be Expelled By Twisting Movements And Removed

Placenta expelled and removed by twisting movement within 10 minutes in 5 mothers in experimental group.

Placenta expelled and removed by twisting movement within 11-20 minutes in 3 mothers in experimental group.

Placenta expelled and removed by twisting movement within 21-30 minutes in 6 mothers in control group.

Table:- Comparison Of Time Duration Of Placental Expulsion And Removal By Twisting Movement Between Experimental Group And Control Group N=14

	Experimental	Control	Proportion calculation	Table value	P value
Proportion	0.625	0.2	4.23	1.96	0.0000519

P value is 0.0000519, i.e. very small. Proportion calculation is 4.23 greater than table value.
In experimental group time require was significantly less than in control group

First stage of labour between 9hrs 1min- 11 hrs:

The first stage of labour was completed within 9hrs 1min-11 hrs by 16 mothers.

Signs of placental separation:

N=16

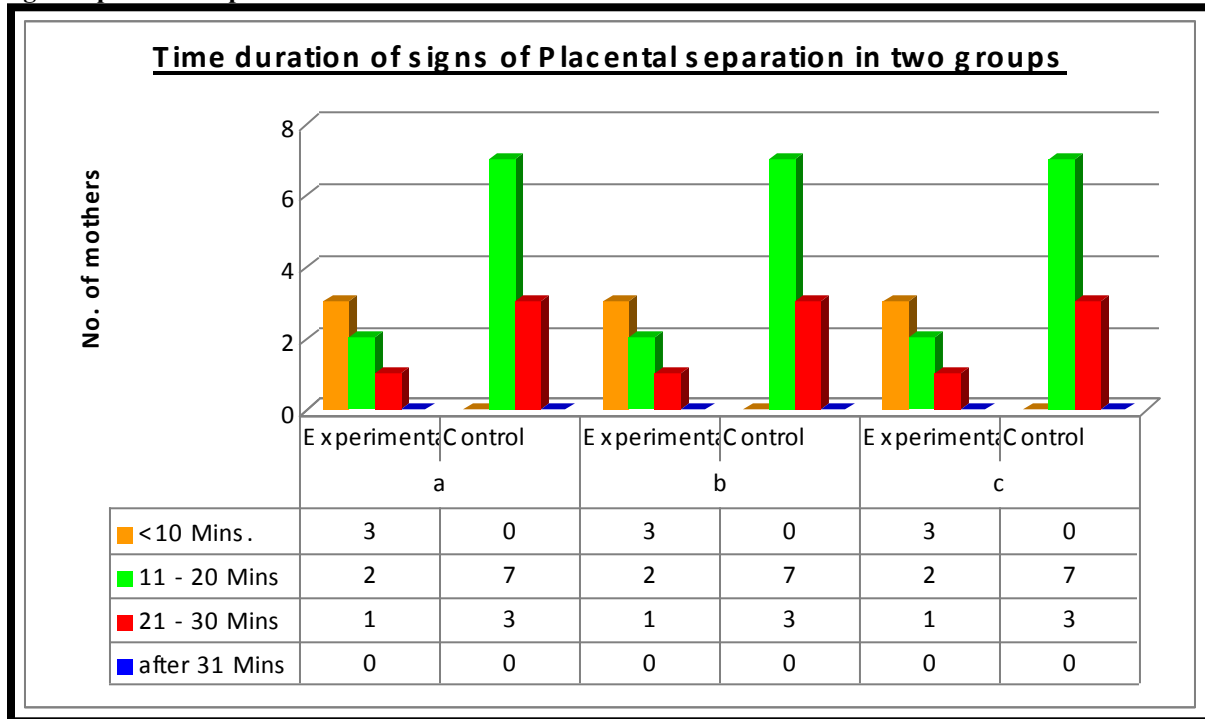


Figure No-Xv:- The Bar Diagram Showing Duration of Third Stage Of Labour.

Signs of placental separation, gush of blood, feeling of firm uterus per abdomen within 10 minute was seen in 3 mothers in experimental group.

Signs of placental separation, within 11-20 minutes was seen in 2 mothers in experimental group and 7mothers in control group.

It took 21-30 minutes for 1 mother in experimental group and for 3 mothers in control group to show above signs.

Table:-Comparison Between Experimental Group And Control Group In Relation To Time Duration For Third Stage Of Labour. N=16

	Experimental	Control	Proportion calculation	Table value	P value
Proportion	0.54	0.32	5.34	1.96	0.0000256

P value 0.00000256 that is very small. Proportion calculation is 5.34 which is more than table value. Thus in experimental group time required was significantly less than in control group.

Stoppage of cord pulsation: N= 16

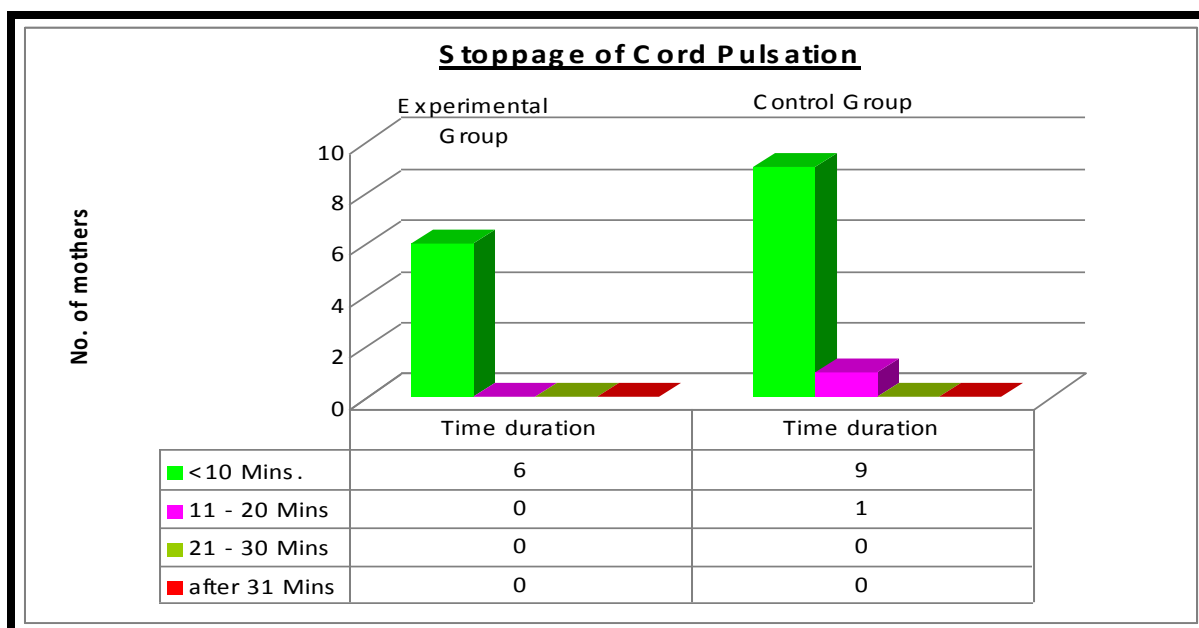


Figure:- Bar Diagram Showing Time Duration For Stoppage Of Pulsation.

The pulsation of cord stopped within 10 minutes for 6 mothers in experimental group and 9 mothers in control group. Only one mother in control group took 11-20 minutes.

Table No-X:- Comparison Between Experimental Group And Control Group In Relation To Time Duration For Stoppage Of Cord Pulsation. N=16

	Experimental	Control	Proportion calculation	Table value	P value
Proportion	1	1	0	1.96	0.398942

No significant difference

Proportion calculation is zero. There is no significant difference in time duration of stoppage of cord pulsation between experimental group and control group.

Separation of Placenta And Membrane And Seen At Perineum: N=16

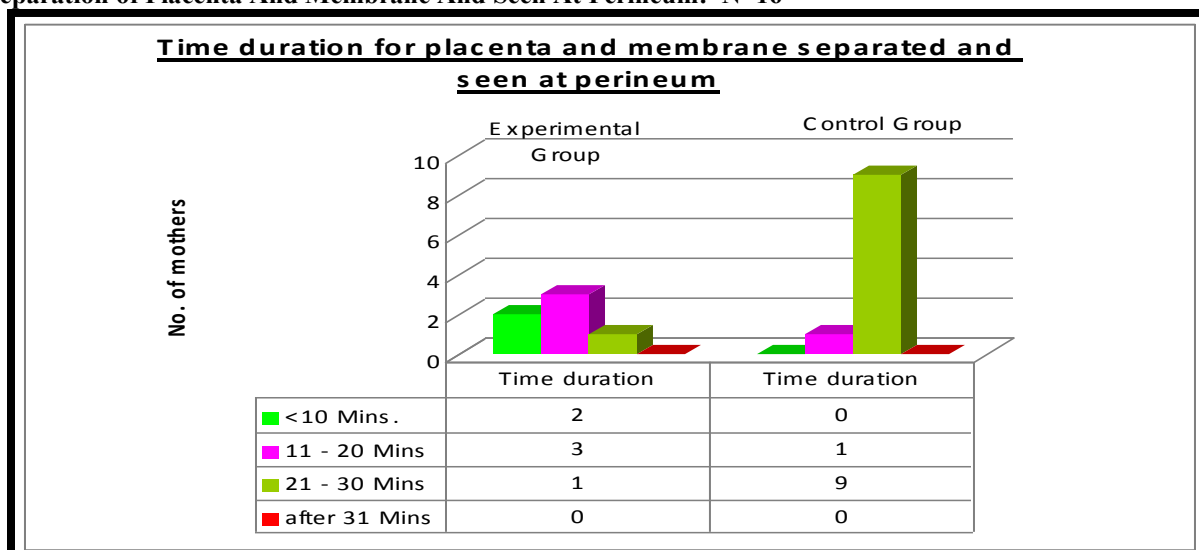


Figure No –Xvii:-Bar Diagram Showing Time Duration for Separation Of Placenta And Membrane And Seen At Perineum.

The placenta and membrane were separated and seen at perineum within 10 minutes in 2 mothers in experimental group.

The placenta and membrane were separated and seen at perineum within 11-20 minutes in 3 mothers in experimental group and one mother in control group.

The placenta and membrane were separated and seen at perineum within 21-30 minutes in 1 mother in experimental group and 9 mothers in control group.

Table No –Xi:- Comparison Between Experimental Group And Control Group In Relation To Time Duration For Placenta And Membrane To Be Separated And Seen At Perineum. **N=16**

	Experimental	Control	Proportion calculation	Table value	P value
Proportion	0.58	0.2	4.56	1.96	0.0000122

P value is 0.0000122 very small. Proportion value is 4.56 which is greater than table value.

In experimental group time require was significantly less than in control group.

Placenta To Be Expelled By Twisting Movements And Removed:

N=16

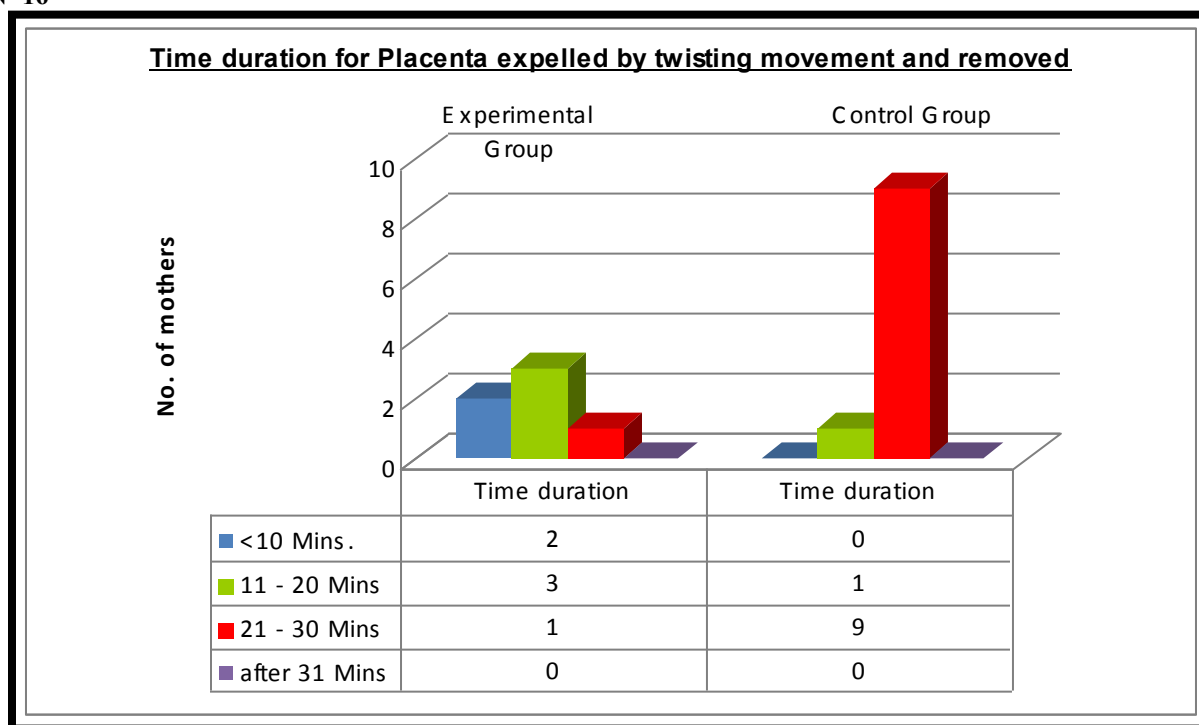


Figure No Xviii:- Bar Diagram Showing Duration of Time Required For Placenta To Be Expelled By Twisting Movements And Removed.

Placenta expelled and removed by twisting movement within 10 minutes in 2 mothers in experimental group.

Placenta expelled and removed by twisting movement within 11-20 minutes in 3 mothers in experimental group. One mother in control group.

Placenta expelled and removed by twisting movement within 21-30 minutes in 1 mother in experimental group and 9 mothers in control group.

Table No Xii:- Comparison Between Experimental Group And Control Group In Relation To Time Duration Of Placental Removal and Expulsion By Twisting Movement. **N=16**

	Experimental	Control	Proportion calculation	Table value	P value
Proportion	0.58	0.2	4.56	1.96	0.0000122

P value is 0.0000122, Proportion calculation is 4.56 which is significantly greater than table value.

In experimental group time require was significantly less than in control group.

Duration of First Stage of Labour Between 11 Hrs1min -13 Hrs Signs of placental separation:
N=17

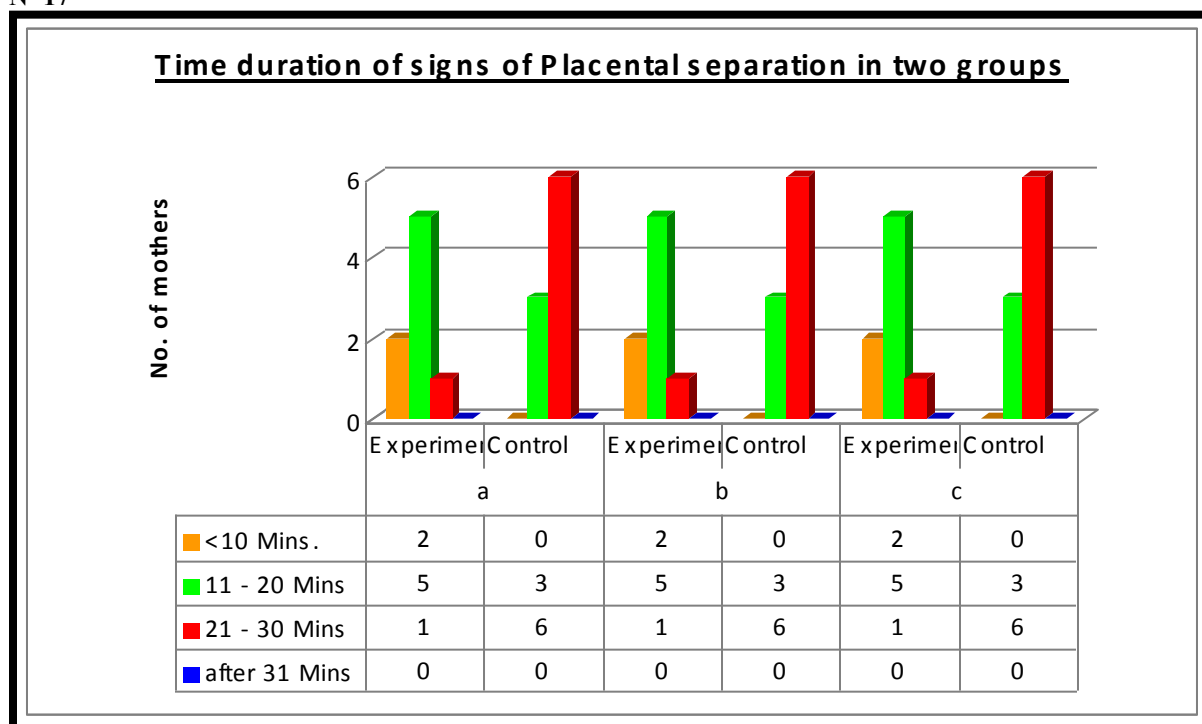


Figure No Xix:-The Bar Diagram Showing Duration Of Signs Of Placental Separation,In Mothers Who Completed First Stage Within 11-13hrs

Signs of placental separation, like gush of blood, feeling of firm uterus per abdomen within 10 minutes was seen in 2 mothers in experimental group.

Signs of placental separation like, gush of blood, feeling of firm uterus per abdomen within 11-20 minutes was seen in 5 mothers in experimental group and 3 mothers in control group.

Table No Xiii:-Comparison Between Experimental Group And Control Group In Relation To Time Duration Of Signs Of Placental Separation.

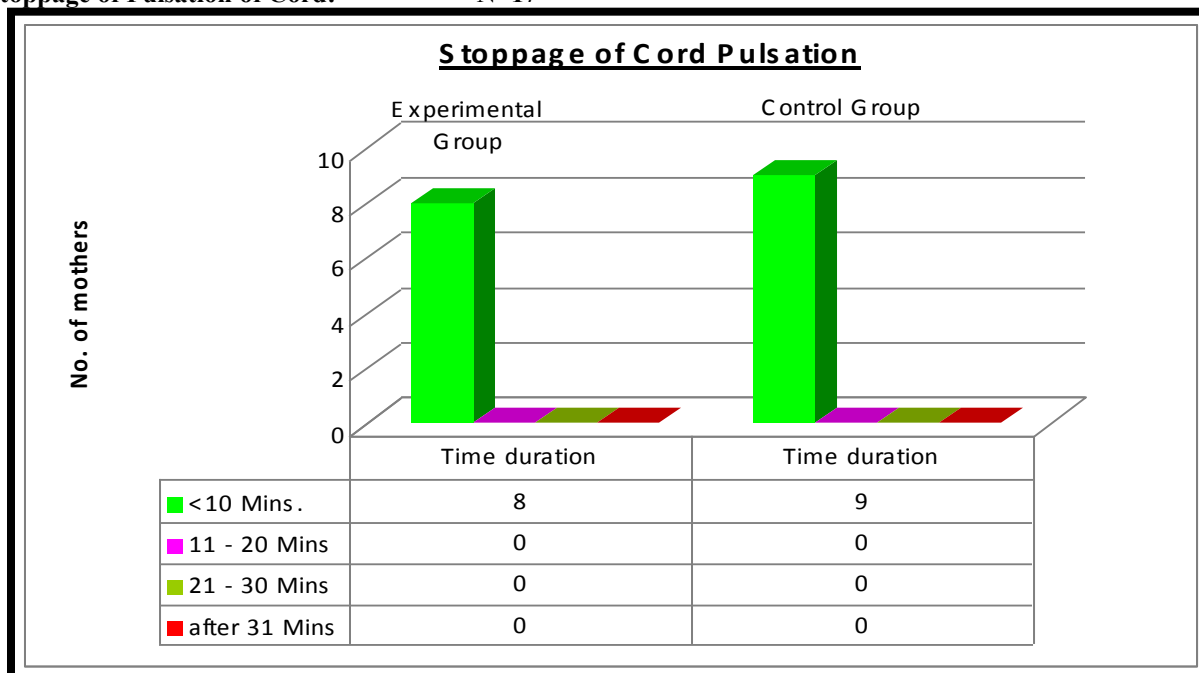
N=17

	Experimental	Control	Proportion calculation	Table value	P value
Proportion	0.875	0.333333	8.94	1.96	1.76 E-18

P value is very small. Proportion calculation is 8.94 that is greater than table value. Thus in experimental group time required is significantly less than in control group.

Stoppage of Pulsation of Cord:

N=17

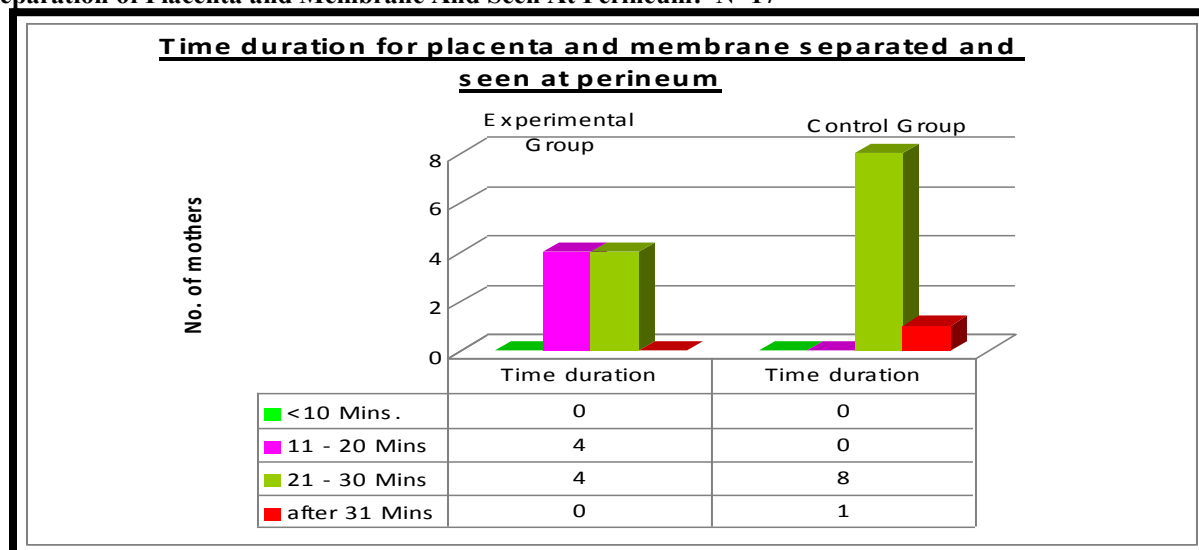
**Figure Xx:-** Bar diagram showing time duration for stoppage of pulsation of cord.

The pulsation of cord stopped within 10 minutes for all the 8 mothers in experimental group and 9 mothers in control group.

Table No-Xiv:- comparison between experimental group and control group in relation to time duration of stoppage of Cord Pulsation. N=17

	Experimental	Control	Proportion calculation	Table value	P value
Proportion	1	1	0	1.96	0.398942

Proportion calculation is Zero. Thus there is no significant difference in time duration of cord pulsation between experimental group and control group.

Separation of Placenta and Membrane And Seen At Perineum: N=17**Figure Xxi:-** Bar Diagram Showing Time Duration For Separation Of Placenta And Membrane And Seen At Perineum.

The placenta and membrane were separated and seen at perineum within 11-20 minutes in 4 mothers in experimental group and no mother in control group.

The placenta and membrane were separated and seen at perineum within 21-30 minutes in 4 mother in experimental group and 8 mothers in control group

Table No Xv:-Comparison Between Experimental And Control Group In Relation To Time Duration Required For Placenta And Membranes To Be Separated And Seen At Perineum. N=17

	Experimental	Control	Proportion calculation	Table value	P value
Proportion	0.5	0.125	5.34	1.96	0.00000025

Proportion calculation value is 5.34. which is greater than table value. In experimental group time require was significantly less than in control group

Placenta to be expelled by twisting movements and removed:

N=17

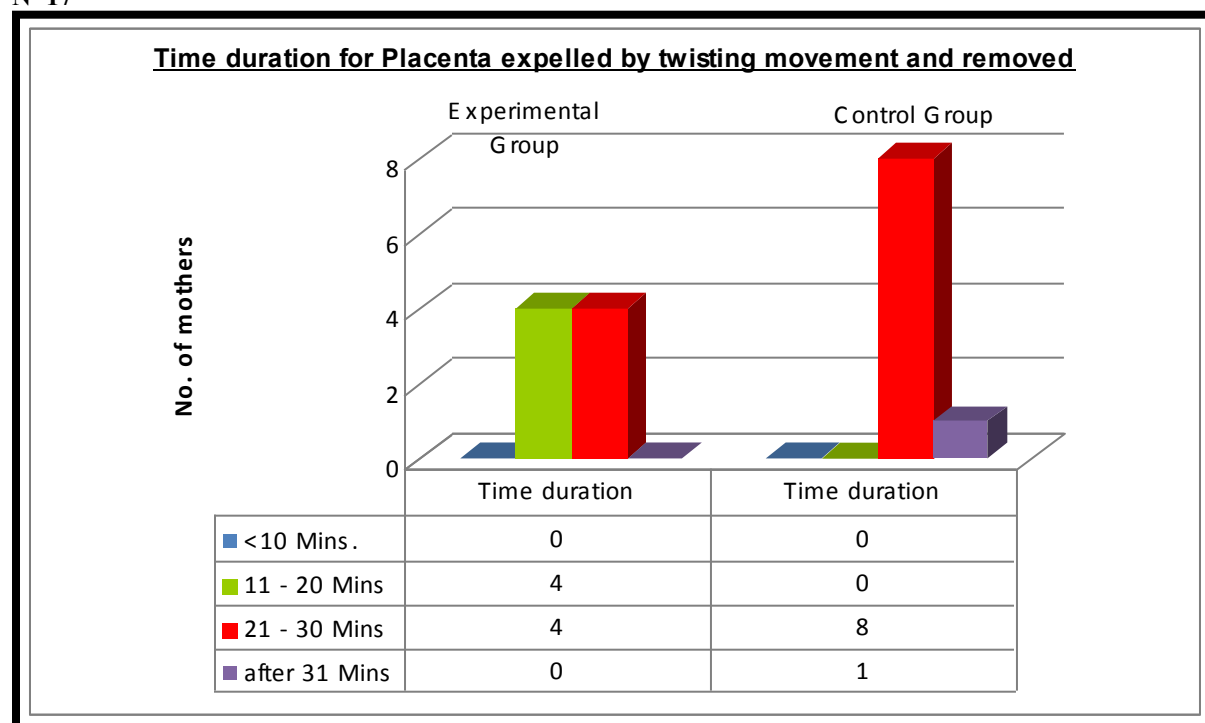


Figure Xxii:- Bar Diagram Showing Duration of Time Required For Placenta To Be Expelled By Twisting Movements And Removed.

Placenta expelled and removed by twisting movement within 11-20 minutes in 4 mothers in experimental group and no. mother from control group.

Placenta expelled and removed by twisting movement within 21-30 minutes in 4 mothers in experimental group and 8 mothers in control group

Table No Xvi:-Comparison Between Experimental Group And Control Group In Relation To Time Duration For Placental Expulsion And Removal By Twisting Movement. N=17

	Experimental	Control	Proportion calculation	Table value	P value
Proportion	0.5	0.125	5.34	1.96	0.00000025

Proportion value is 5.34. P value is 0.00000256, which is very small as compared to table value. In experimental group time required was significantly less than in control group.

Completion Of Third Stage Of Labour: N=60

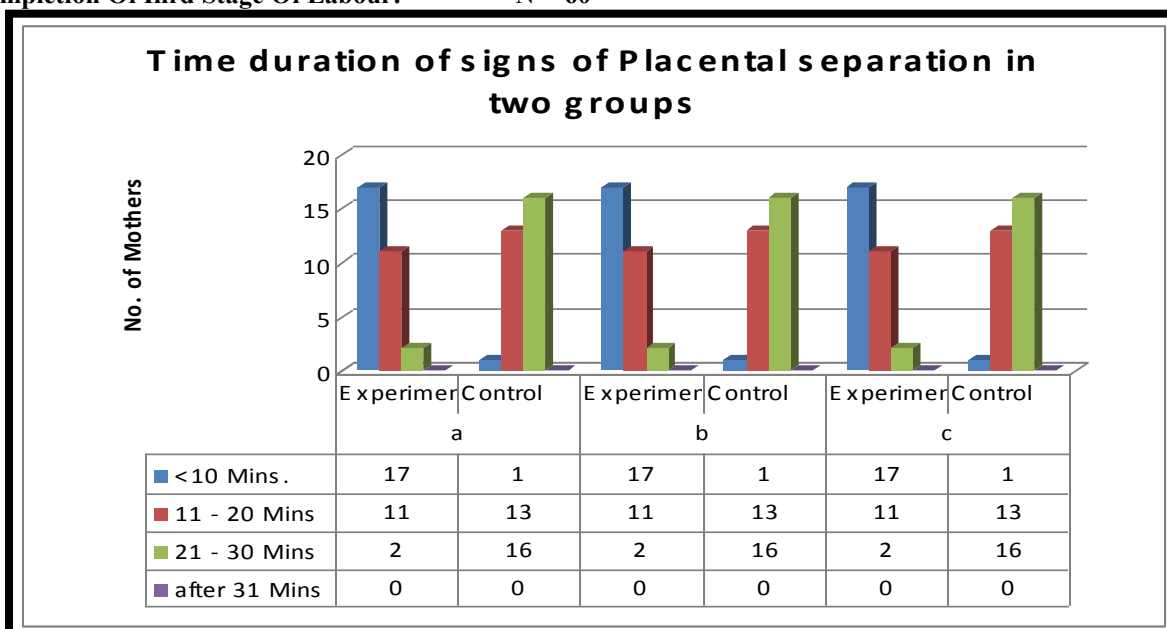


Figure Xxiii:-Bar Diagram Showing Time Duration For Signs Of Placental Separation For All 60 Mothers

Signs of placental separation within 10 minutes were seen in 17 mothers from experimental group and 1 mother from Control group. It required 11-20 minutes for 11 mothers from experimental group and 13 mothers from control group to show signs of placental separation. 16 mothers from control group required 21-30 minutes. Only 2 mothers from experimental group required 21-30 minutes. Calculated P value is 0.0078. Better results are seen in experimental group.

Stoppage of cord pulsation: N=60

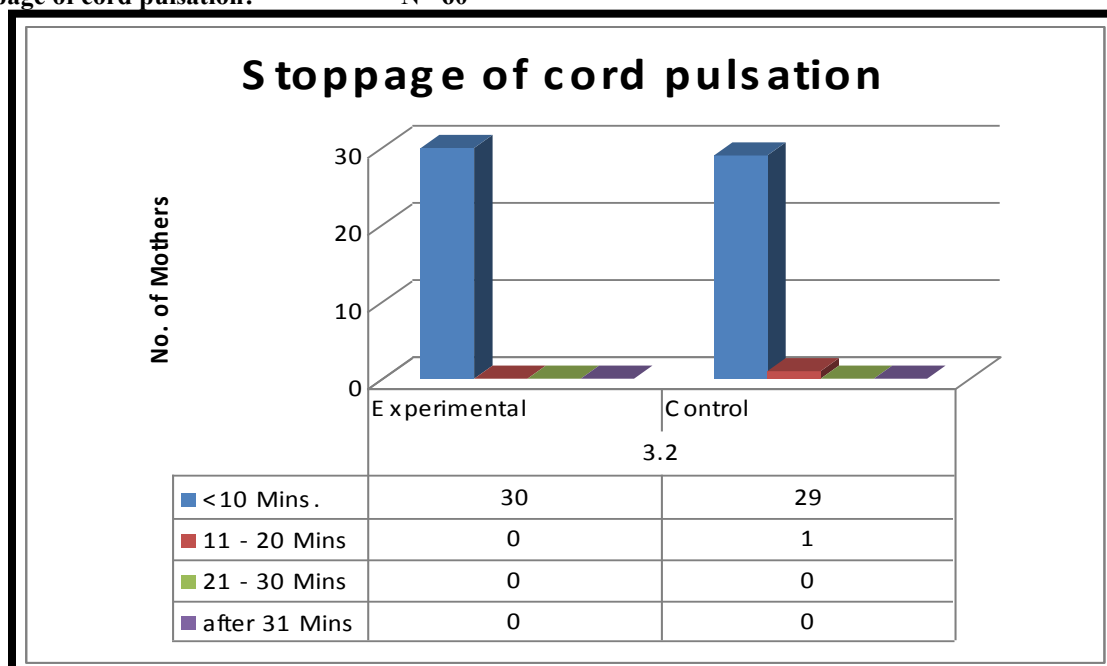


Figure Xxiv:-Bar diagram showing stoppage of cord pulsation

Stoppage of cord pulsation was seen in all 30 mothers from experimental group and 29 mothers from control group. Calculated P value is 0.8. There is equal effect in both the groups

Placenta and membrane separated and seen at perineum: N=60

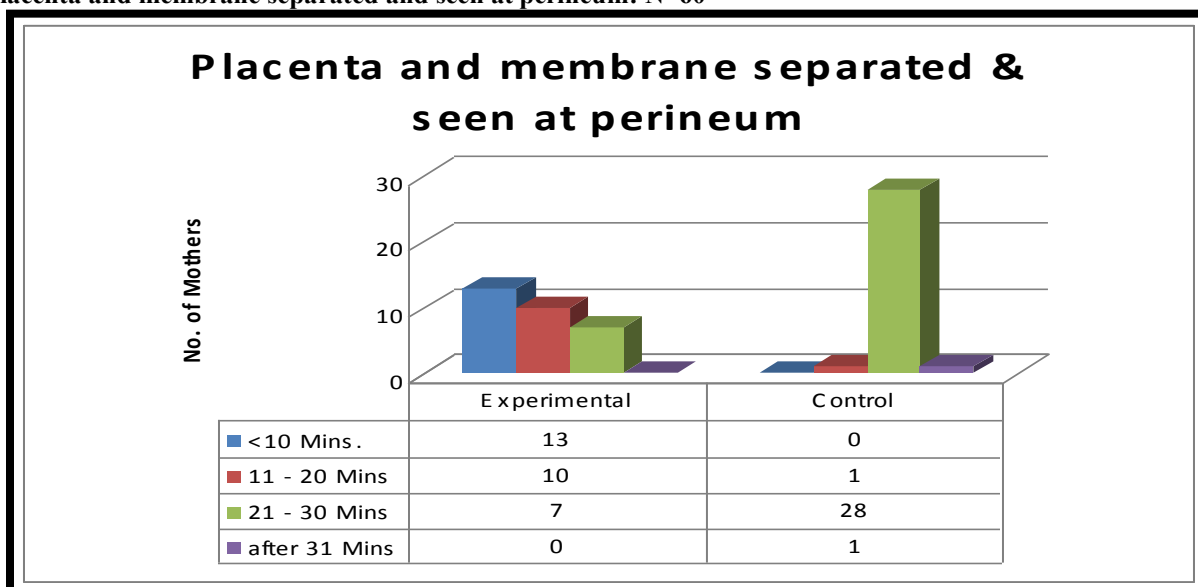


Figure XXV:- Bar diagram showing time duration of placenta and membrane separated and seen at perineum.

Placenta and membrane seen at perineum and removed by twisting movement within 10 minutes for 13 mothers in experimental group and within 21-30 minutes for 28 mothers in control group. The calculated P value is 0.0016. Thus better results (less time duration) are seen in experimental group.

Section IV:

Total amount of blood loss during third stage of labor: N=60

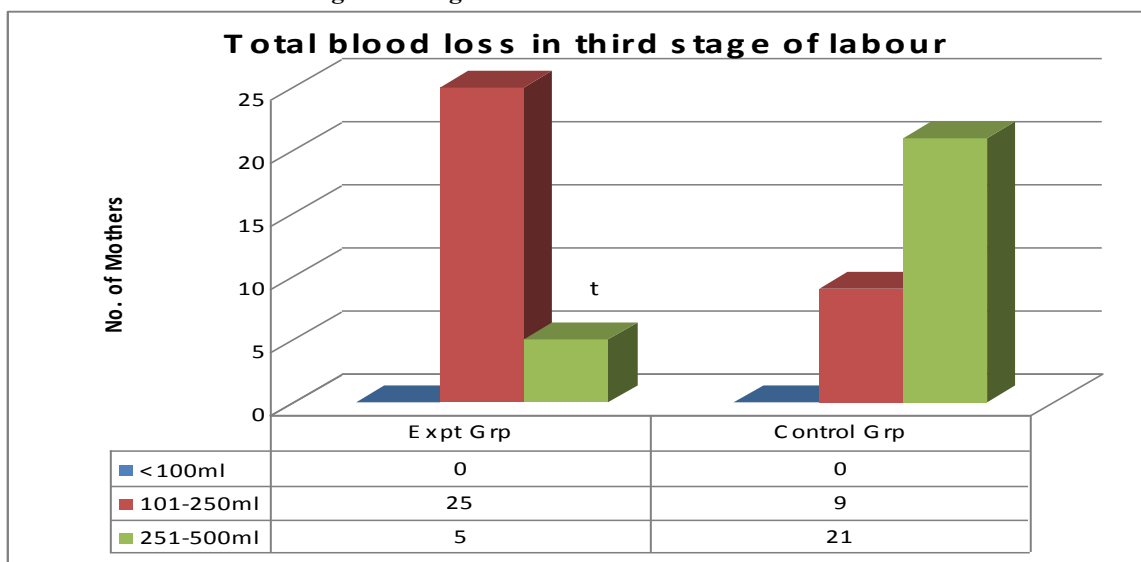


Figure XXVI:- Bar diagram showing amount of total blood loss during third stage of labour.

The amount blood loss is between 101-250 ml is seen in 25 mothers in experimental group and the amount of blood loss between 251-500 ml is seen in 21 mothers from control group. The figures indicate more mothers in experimental group has less blood loss while, more mothers in control group has more blood loss.

No mother had blood loss <100ml either in control group or in experimental group.

Table No Xviii:-comparison between experimental group and control group in relation to duration of third stage of labour and amount of blood loss.

N=60

P=<0.05

S=Significant

NS=Not Significant

The data presented in table XXI indicates that the table value of 'Z' test is 1.96 at 5% level of significance. Since the calculated value of 'z' is greater than the table value 1.96, there is significant difference between experimental group and control group in duration of third stage of labour and amount of blood loss.

Therefore H_0 is rejected and H_1 and H_2 is accepted. i.e. there is a significant difference in duration of third stage of

Sr no	characteristics	Experimental Group	Control Group	Z cal	P Value	Level of Significance
1	Completion of third stage of labour	0.7667	0.033	5.012	0.0016	S
2	Amount of Blood loss	0.8333	0.3	3.64	0.005	s

labour between experimental group and control group of mothers with immediate breast feeding.

Also there is significant difference in amount of blood loss between experimental group and control group of mothers with immediate breast feeding.

Discussion:-

This chapter entails a summary of the study major findings with the conclusion drawn, limitation and implication for nursing practice, education, nursing administration and nursing research. It also gives an account of suggestions and recommendations for future research in the field of Midwifery Nursing Practice.

The function of final sections of research is to discuss, interpret and identify the limitations and generalization relevant to the investigation thereby furthering nursing research..

Nursing Education:

Education is the key to the development of excellence in nursing practice. Education faces tremendous challenges in keeping pace with the change in nursing practice to maintain its high quality. Nurses with higher education and up to date knowledge will deliver cost effective and quality care.

Therefore, in order to ensure nursing student assist the mothers to breast feed baby immediately or within one hour of life. Students should be taught about holistic care. There are different non-pharmacological measures, which can be used by the nurses effectively and independently. So the students should be taught in detail about the all non-pharmacological measures to reduce the blood loss and prevent post partum hemorrhage.

Nursing Administration:

Our rapidly and changing an expending world makes it necessary for us as nurses to increase our knowledge and skill concerning many aspects of MCH care. We must not only keep abreast of scientific and technological advances

in health field of developed countries, but also device ways for more creative use of our existing knowledge and resources, so that the best possible nursing care be provided to mothers as well as babies in developing countries.

The study has important implication for the Nursing administration. The over all nursing responsibility of quality nursing care is on the nurse administrator. The nurse administrator should accept the new trends in health care that is immediate breast feeding than oxytocin. Administrator should motivate the staff nurses to learn new methods to reduce incidence of PPH.

Administrator should be aware of recent research findings, through professional conferences and in-service education facility.

Nursing Research:

No profession can exists without research to develop it's body of knowledge to test it's strategies ,to ensure that it's action makes a difference. The health care environment today is dynamic and more demanding. There is a need to promote research based practice and the use of evaluation methods to measure outcome and document the quality and cost effective care as nursing moves towards an independent professional practice mode.

Research has vital and significant role in nursing. Nurses must take up extensive research in the field of immediate breast feeding.

Emphasis should also be laid on publication of findings of research in Journals to disseminate the research based evidence for nurse practitioner. It also can be presented at various nursing forums so that more number of nurses become aware of the therapy and feel the need to include this therapy in their routine patient care.

Community Education:

Nursing staff working in the community as community health nurse ,health worker,Dais etc. Can help and educate antenatal mothers from community about how to reduce the blood loss and they should be aware of new methods for treating more blood loss or PPH.

Conclusion:-

The present experimental study was undertaken to assess the effectiveness of immediate breast feeding on duration of third stage of labour and the blood loss during the same.

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