

A Study to Assess the Effectiveness of Planned Teaching Programmed on Knowledge Regarding Early Initiation of Breast Feeding by Breast Crawl Method Among Staff Nurses Working in OBG Unit at Selected Hospital of Bagalkot

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Abstract- Background of the study: Allowing a newborn baby to naturally crawl onto the mother's chest immediately after birth and use instinctive behaviors to locate the nipple and begin feeding is known as the breast crawl method. This approach promotes early initiation of breastfeeding through a natural, self-directed process and supports immediate skin-to-skin contact, which improves breastfeeding outcomes and neonatal stability.^[1] Breast milk helps protect infants against sickness and disease, particularly diarrhea, respiratory infections, and sudden infant death syndrome (SIDS), with even greater protection for preterm infants.^[2] Suboptimal breastfeeding practices are associated with a significant proportion of neonatal infectious deaths, diarrheal deaths, acute respiratory infection deaths, and overall disease burden among children under five years in developing countries. Early initiation of breastfeeding and exclusive breastfeeding for the first six months of life can prevent a substantial percentage of newborn and under-five deaths.^[3]

Methodology: A total of 50 staff nurses working in OBG unit at Shanti Multispecialty Hospital, Bagalkot were selected using Simple random sampling technique. Data was collected through a structured knowledge-based questionnaire developed by the researcher and analyzed using descriptive and inferential statistics.

Result: The calculated knowledge t value ($t_{49}=5.215$, $P < 0.05\%$), hence planned teaching programme proved to be effective.

Conclusion: The research study concludes that staff nurses had poor knowledge regarding early initiation of breast feeding by breast crawl method. Planned teaching programme was highly effective in improving knowledge of staff nurses regarding early initiation of

breast feeding by breast crawl method among staff nurses working in OBG unit at selected hospital at Bagalkot.

Key words: Breast feeding, effectiveness, planned teaching programme, knowledge breast feeding, breast crawl method.

I.INTRODUCTION

Motherhood is a unique and universal experience that carries significant responsibility for nurturing and protecting the newborn. Breast milk is considered the optimal and natural source of nutrition for infants. Breast feeding is the most effective way to provide ideal nourishment immediately after delivery and supports healthy growth and development.^[4] Early initiation of breastfeeding also promotes maternal–infant bonding and emotional attachment.^[5]

A five-part sequence of instinctive behaviors during the breast crawl was described by neonatologist Marshall Klaus. These behaviors include salivating and mouthing of the hands, moving toward the breast, head bobbing movements, and coordinated leg and arm movements that help the newborn progress toward self-attachment.^[6] This natural process may positively influence newborn health and nutrition and contribute to improved long-term child survival and sustainable societal development through optimal breastfeeding practices.^[7]

Breastfeeding is vital for both infant and maternal health, providing optimal nutrition and immune protection^[8]. Colostrum, the first milk after birth, is rich in antibodies and bioactive factors that strengthen a newborn's immune system^[9]. Exclusive breastfeeding for the first six months promotes growth, prevents infections, and supports long-term health^[10].

When placed on the mother's abdomen immediately after birth, newborns have the innate ability to locate the breast and decide when to begin breastfeeding^[11]. Early skin-to-skin contact not only facilitates mother-child bonding but also stimulates uterine contraction, reduces postpartum bleeding, and promotes placenta expulsion^[12]. Initiating breastfeeding within the first hour, often called the "Golden Hour," is a critical practice that supports long-term health and development^[13]. The first 30 minutes after birth are the baby's most active phase, making it the ideal time for the infant to begin nursing^[14].

II.MATERIAL AND METHODS

Study design: The Quasi experimental, i.e. one group pre-test and post-test design was adopted for the present study. The sample includes 50 staff nurses working in OBG unit at Shanti Multispecialty Hospital, Bagalkot. Simple random technique was used to select the hospitals, and convenient sampling technique was used to select the samples for the study.

Setting of the study: The study was conducted in OBG unit in Shanti multispecialty hospital Navanagar Bagalkot. Hospital located in Bagalkot district in Karnataka. Shanti multispecialty hospital situated 6km from the researcher's institution, Shanti Institute of Nursing Sciences, Bagalkot.

Participants: Sample consists of 50 staff nurses who are working in OBG unit at Shanti Multispecialty Hospital, Navanagar, Bagalkot.

Sampling Technique: Simple random technique was used to select the hospital, and convenient sampling technique was used to select the samples for the study. The sample size was 50 Staff nurses.

SAMPLE SIZE ESTIMATION:

$$\text{Sample size} = Z \text{ value}^2 * SD^2 / d^2$$

Where, Z – is the critical value at 5% level of significant, SD- is the Standard deviation, d- is the margin of error.

III.CRITERIA FOR SAMPLE SELECTION

Inclusion Criteria:

- Participants who are willing to participate in the and provide consent.
- Available at the time of data collection

Exclusion Criteria:

- Those who refuse to provide informed consent.
- Who are not able to co-operative throughout the period of study.

STATISTICAL ANALYSIS: Information was analyzed using SPSS (Statistical package for the social science). Data were entered in an MS excel sheet and the transferred to SPSS. Data was organized and explained using descriptive and inferential analysis to find out the association between variables.

EHICAL CLEARANCE: A certified of ethical permission was obtained from the ethical committee of the Department of Community Health Nursing, BES College of Nursing, Bagalkot, Karnataka, India.

IV.DESCRPTION OF DATA COLLECTION INSTRUMENT

PART I: It consists of 5 items regarding the socio demographic information of subjects such as Age, Religion, Gender, Educational qualification, Monthly family income, Working experience, marital status, any continuing nursing education.

Part 2: Data was collected by means of self report method with the use of structure knowledge questionnaire, it consists of 16 items related to early initiation of breast feeding by breast crawl method. These items were open-ended multiple-choice questions. Each correct answer is assigned a score of one and wrong answer scores of zero total score is 16.

Part 2 was divided into 2 sections

Section 1: 5 items related with introduction of breast feeding. The maximum possible score is 5 and possible least score is 0.

Section 2: 11 items related with interventional procedure of breast feeding by breast crawl method. The maximum possible score is 11 and possible least score is 0.

Data collection Procedure: The main study was conducted on 50 staff nurses working in Shanti Multispecialty Hospital Navanagar, Bagalkot. For the main study obtained permission from the Dean of Shanti Multispecialty Hospital Navanagar,

Bagalkot. Ethical consideration was cleared consent was obtained from participants. The study was conducted from 03/08/2024 to 10/08/2024 data was collected by researcher in two phases as follows:

First Phase: A pre-test was carried out with designated group of 50 staff nurses, utilizing a self administer structured questionnaire with open-ended questions. A planned teaching module focused on the early initiation of breast feeding through the breast crawl method was implemented.

Second Phase: A post-test was carried out one week later using the same self administered structured open-ended questionnaire to assess the effectiveness of the planned teaching programme.

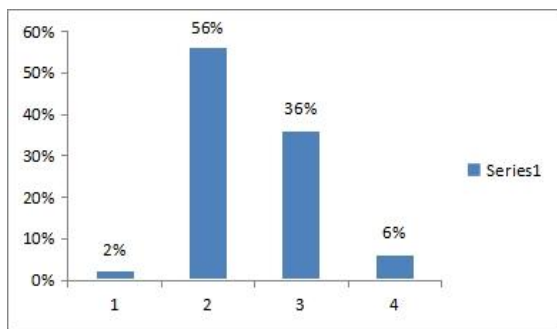
V.RESULT

Table 1: Frequency and percentage distribution of pre-test and post-test knowledge score of staff nurses on early initiation of breast feeding by breast crawl method.

SL No	Knowledge	Score	Pre-test Frequency	Percentage	Post-test Frequency	Percentage
1	Very poor	0-4	1	2%	0	0%
2	Poor	5-8	28	56%	14	28%
3	Average	9-12	18	36%	25	50%
4	Good	13-16	3	6%	11	22%
	Total		50	100%	50	100%

The mean pre post test score of staff nurses was 8.24 which increased to 10.44 in post-test.

PRE-TEST



POST-TEST

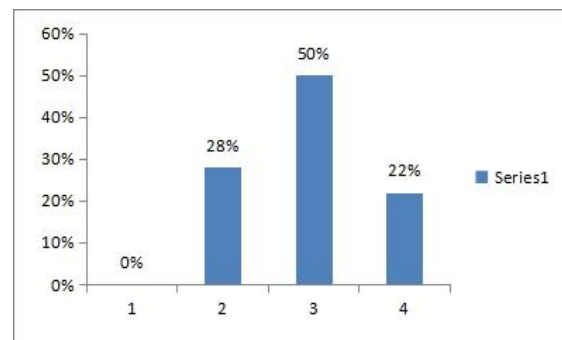


Table 2: Mean, Standard deviation, t value and inference of pre-test and post- test knowledge score of staff nurses on early initiation of breast feeding by breast crawl method (N=50).

Knowledge Score	Mean	Mean difference	Standard deviation	T value	df	Inference
Pre-test	8.24	2.20	5.215	2.98	49	Significant (S)
Post-test	10.44					

The above table shows the comparison of mean pre-test and post-test knowledge score the mean pre-test knowledge score was 8.24 while in the post-test was 10.44 the difference was found to be statistically significant. Showing a higher mean knowledge score in the post-test thus the intervention was very helpful improving the mean post-test knowledge score.

Table 3: Association between knowledge score of Staff using their research variables

S.No	Socio-demographic variables	DF	Chi-Square	Table value	P-value	Association
1	Age (years)	1	0.20	3.841	0.05	N/S
2	Gender	1	0.50	3.841	0.05	N/S
3	Educational Qualification	1	1.50	3.841	0.05	N/S
4	Marital Status	1	0.30	3.841	0.05	N/S
5	Years of Experience	1	0.80	3.841	0.05	N/S
6	Attended CNE	1	2.50	3.841	0.05	N/S
7	Income	1	0.40	3.841	0.05	N/S
8	Religion	1	0.10	3.841	0.05	N/S

The result shows, there was no association between staff’s knowledge score and their socio-demographic variables such as age, gender, educational qualification, marital status, year of experience, monthly income, religion and continuous nursing education.

VI.DISCUSSION

The present study to assess the effectiveness of planned teaching programme on knowledge regarding early initiation of breast feeding by breast crawl method among 50 staff nurses. The study finding revealed that planned teaching programme was improving the knowledge of staff nurses on early initiation of breast feeding by breast crawl method.

The quasi-experimental study was conducted by Varsha Tiwari, PratibhaKhosla et al, KiranmaiTella, et al and P. Christen on effective of planned teaching programme on early initiation of breast feeding by breast crawl method among 50 staff nurses which had significant improvement in level of knowledge at $p < 0.000$ another objective was to find out the association between pre-test knowledge of staff nurses with selected demographic variables. [15]

One hundred nursing students from New Civil Hospital in Surat participated in a similar study that used a quasi-experimental pre-test and post-test approach. A structured questionnaire and an attitude scale were used to gather data both before and after the intervention. Lectures, seminars, demonstrations, and audiovisual aids were all part of the intended curriculum. Descriptive and inferential statistics were used to analyze the data. Participants' knowledge and attitude scores significantly improved after the session, according to the study. Only 20% of participants had strong knowledge according to pre-test results, but the percentage

increased to 93.33% after the intervention. The study shows that staff nurses' knowledge and attitudes on early SSC and quick breastfeeding initiation following caesarean birth can be successfully improved by a systematic educational intervention. [16]

In order to achieve the goal of ascertaining the efficacy of a planned education program among staff nurses on early initiation of breastfeeding, the related study was conducted using an evaluative research approach. For the study, one group pretest, post-test, and pre-experimental design were used. Forty staff nurses from Vydehi Hospital compose the study's sample. A self-administered structured questionnaire and the purposeful sample technique were employed to gather information about staff nurses' practice knowledge. The results showed that staff nurses' mean post-test knowledge score (18.22) was substantially higher than their pretest knowledge score (6.52) ($t = 23.5$), and their mean post-test knowledge on practice score (9.1) was significantly higher ($t = 21.6$) than the pretest knowledge on practice score (4.8). The study concludes that the planned teaching programme is an effective strategy, where by the staff nurses can improve their knowledge and knowledge on practice regarding early initiation of breast-feeding and also put into practice for the future. [17]

VII.CONCLUSION

The research study revealed that planned teaching programme is effective in improving knowledge staff nurses working in OBG unit at selected Hospital of Bagalkot.

VIII.RECOMMENDATIONS

Based on the findings of the study the below recommendation are made for further study the

similar study can be conducted in large scale with large sample size knowledge of staff nurses, control group, primi gravida mothers, nursing students the study can be conducted among different groups in hospital and community. present study. Independent variable was planned teaching programme on early initiation of breast feeding by breast crawl method and the Dependent variables Knowledge of staff nurses

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