



## International Journal of Allied Medical Sciences and Clinical Research (IJAMSCR)

IJAMSCR | Volume 7 | Issue 3 | Jul - Sep - 2019  
www.ijamscr.com

ISSN:2347-6567

Research article

Medical research

### Assess the effectiveness of peppermint water on nipple crack among post natal mothers in Saveetha Medical College and Hospital, Thandalam

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#### ABSTRACT

Nipple damage in breastfeeding mothers are common causes of premature breast feeding cessation. Sore nipple associated with breast feeding are common problems with an incidence ranging from 11% to 96% and may leads to premature weaning. This frequency occurs from suction trauma to the nipple secondary to incorrect positioning at the breast. Nipple crack (nipple trauma) is a condition that can occur in breastfeeding women as a result of a number of possible causes and incorrect attachment to the breast and healing may be difficult because of repeated trauma from the infant's sucking. so the present study is done to assess the effectiveness of peppermint water on nipple crack among postnatal mother Saveetha college of nursing. Quantitative approach descriptive design was adapted to conduct this study.60 sample were selected this study (30 experimental group and 30 control group). The data was collected using the nipple trauma checklist after application of nipple crack in experimental group to assess the effect of peppermint water on nipple crack among postnatal mother. Result is Out of 30 sample in the experimental group is mother have 24 (80%) no crack, 4 (13.333%) mild crack, 2 (6.67%) moderate crack. out of 30 In control group mother have (0%), no crack, (0%) mild crack, 20(66.67%) moderate crack, 10 (33.33%) severe crack. conclusion of the study peppermint water reduction of nipple crack among postnatal mother.

**Keywords:** Postnatal mother, Nipple crack, Peppermint water.

#### INTRODUCTION

The postnatal period begins soon after the birth of a baby and extends up to six weeks. Breast feeding is universal practice. Global rate of exclusive breast feeding according to who is 37%[1]. Nipple damage in breastfeeding mothers are common causes of premature breast feeding cessation. Sore nipple associated with breast feeding are common problems with an incidence ranging from 11% to 96% and may leads to

premature weaning this frequency occurs from suction trauma to the nipple secondary to incorrect positioning at the breast [2]

Position of the baby's body is important for good attachment and successful breastfeeding. Most difficulties can be avoided altogether if good attachment positioning are achieved at the first and early feed [3]. Nipple crack (nipple trauma) is a condition that can occur in breastfeeding women as a result of a number of possible causes and incorrect attachment to the breast and

healing may be difficult because of repeated trauma from the infant's sucking. Developing a cracked nipple can result in soreness, dryness or irritation, or bleeding of, one or nipple crack during breastfeeding. The mother with a cracked nipple can have severe nipple pain is a disincentive for continued breast feeding. [4]

## OBJECTIVE

- To assess the pretest level of nipple crack among postnatal mothers in both experimental and control group.
- To determine the effectiveness of peppermint water on nipple crack among postnatal mothers.
- To associate between selected demographic variable with post-test level of nipple crack among postnatal mother in experimental group.

## MATERIAL AND METHODS

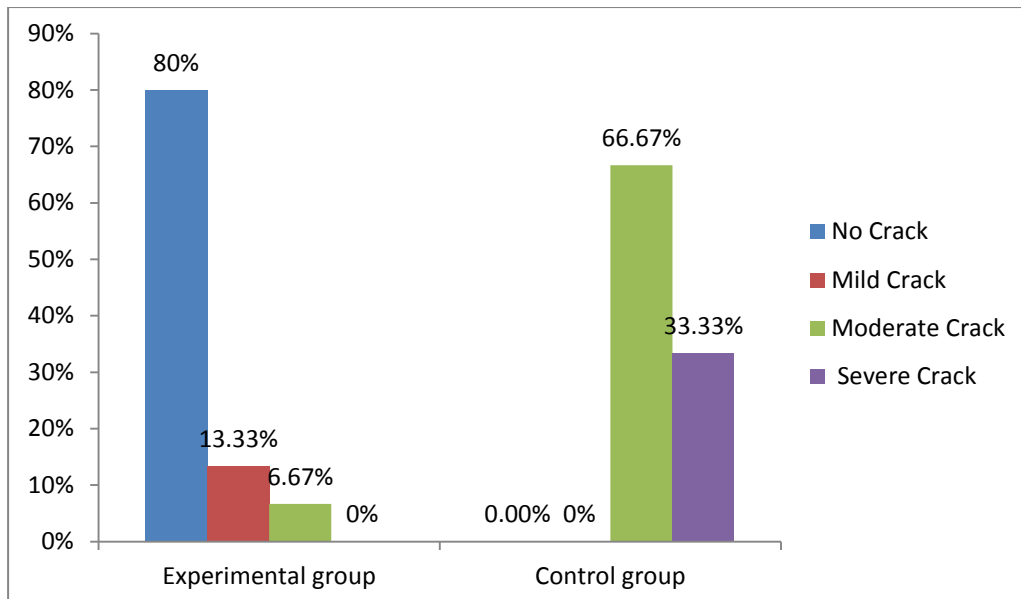
Quantitative approach was used in this study. A descriptive design was chosen to assess the effectiveness of peppermint water on nipple crack among postnatal mother. The study was conducted in saveetha medical college and hospital in postnatal ward. The setting was chosen on the basis of feasibility in terms of availability of adequate sample and cooperation extended by management and health care team members. Target population of the study is all nipple crack in obstetrical ward and obstetrical OPD who meet inclusion criteria were selected as the sample for the study. The sample size 60(30 experimental group and 30 control group). Non probability sampling technique is used by investigator. Inclusion criteria are postnatal mother with nipple crack, postnatal mother who having symptoms manifested in mild crack, moderate crack, severe crack and

postnatal mother who are able to understand Tamil and English. Data was collected using demographic profile level and effectiveness of peppermint water on nipple crack among postnatal mother. The use of nipple trauma check list to use for before not applied peppermint water on nipple crack and after application of peppermint water on nipple crack. The project has been approved by the ethics committee of institution, informed consent was obtained from the participant initiation the study.

## RESULT AND DISCUSSION

Out of 30 sample in the experimental group is mother have 24 (80%) no crack, 4 (13.333%) mild crack, 2 (6.67%) moderate crack. Out of 30 In control group mother have (0%), no crack, (0%) mild crack, 20(66.67%) moderate crack, 10 (33.33%) severe crack. In unpaired t-test for significant.(Table1) there was significant association between the age, parity, religion, occupation, educational status, mode of delivery, duration of feeding, frequency of feeding, postnatal days and reduction of nipple crack among postnatal mother. The study concluded that there was significant reduction in nipple crack after application of peppermint water on nipple crack in experimental group.

Table: 2 show mean and standard deviation on effectiveness of peppermint water on nipple crack on postnatal mother. In experimental group, pretest value are mean (12.6), SD (2.31) and unpaired test (0.7637). In control group mean (13.06), SD (1.98), post-test value experimental group mean (12.16), SD (2.150) in control group mean (1.26), SD (2.63) and paired test (22.1126). The calculated unpaired t value of  $t=22.1126$  was found to be statistically significant at  $p>0.05$  level.



**Figure 1:** Distribution of level of nipple crack among post-natal mother posttest for experimental and control group

**Table2:** Frequency and percentage distribution of demographic variable among postnatal mother with nipple crack in experimental group and control group.

S.no	Demographic variable	Experimental Group		Control Group	
		Frequency	Percentage	Frequency	Percentage
1	Age				
	a) 18-23 years	8	26.666%	11	36.666%
	b) 24-29years	17	56.666%	13	43.333%
	c) 30-35years	5	16.666%	6	20%
2	Parity				
	a) Primi mother	22	73.333%	20	66.666%
	b) Multi mother	8	26.666%	10	33.333%
3	Religion				
	a) Hindu	20	66.666%	18	60%
	b) Christian	8	26.666%	9	30%
	c) Muslim	2	6.666%	3	10%
4	Education status				
	a) Illiterate	1	3.333%	8	26.666%
	b) School education	12	40%	14	46.666%
	c) Graduate	17	56.666%	8	26.666%
5	Occupation				
	a) Worker	10	33.333%	10	33.333%
	b) House wife	20	66.666%	20	66.666%
6	Mode of delivery				
	a) Normal vaginal delivery	10	33.333%	13	43.333%
	b) Caesarian delivery	20	66.666%	17	56.666%
7	Frequency of feeding				
	a) Every hourly	15	50%	14	46.666%
	b) Every second hourly	8	26.666%	11	36.666%
	c) Every third fourth hourly	7	23.333%	5	16.666%
8	Duration of feeding				
	a) Less than 3-5mins	5	16.666%	5	16.666%

	b)	6-8mis	17	56.666%	15	50%
	c)	9-10mis	8	26.666%	10	33.333%
9	Day of postnatal					
	a)	1-5days	16	53.333%	10	33.333%
	b)	6-10 days	12	40%	12	40%
	c)	11-15 days	2	6.666%	8	26.666%

Table 1: Shows that majority of 30 samples in experimental group 17 (56.6%) belongs to age 24-29 years, 22 (73.333%) were primi mother, 20 (66.67%) were Hindu, 17 (56.666%) were graduated, 20 (66.666%) were house wife, 20 (66.666%) were caesarian section, 15 (50%) were every hourly of feeding, 17 (56.666%) were duration of 6-8 minutes feeding, 16 (53.333%) 1-5th postnatal day. 30 samples control group 13

(43.333%) belong to age 24 -29 years, 20 (66.666%) were primi mother, 18 (60%) were in Hindu , 14 (46.666%) were school education ,20 (66.666% were house wife, 17 (56.666%) were caesarian section, 14 (46.666%) were every hourly feeding, 15 (50%) were 6-8 minutes feeding, 12 (40%) were number of days 6th – 10th postnatal day.

**Table 2:** Effectiveness of peppermint water on nipple crack among postnatal mother in experimental group

Group	Mean difference	Standard deviation	T value	P value
Experimental group	0.433	0.5039	0.7637	0.4482
Control group	11.866	1.775	22.1126	0.0001

## DISCUSSION

The finding of the study reveals that effect of peppermint water in postnatal mothers 24 (80%) No crack, 4 (13.333%) mild crack, 2 (6.67%) moderate crack. out of 30 In control group mother have (0%), no crack, (0%) mild crack, 20(66.67%) moderate crack, 10 (33.33%) severe crack.(FIGURE 1)

Another similar study by **Hala.a thabet et. al., (2019)** conducted study on prevention of nipple crack with peppermint water versus breast milk in lactating primiparous women, experimental research design is used 150 primiparous participate this study.3 experimental group is using 1group is peppermint water application in areola, 2group expressed breast milk and 3 group is clean and dry nipple only in maternity and child health hospital and azazia maternity hospital Jeddah. Result of the study is in the application of peppermint water was found to be effective method to prevent nipple crack. Conclusion of the study peppermint water is more effective than expressed breast milk in breastfeeding lactating women.[5]

Another similar study by **Elsaida Gouda Naser et.al.,(2016)** conducted study on effect of peppermint water prevention of nipple trauma in lactating primiparous women,100 primiparpous participate this study, the study conducted in

maternal and childhood hospital at zagazig hospital. randomized to receive the peppermint water(group I women)OR EBM(group II) .fifty women each .all mothers were given a standardized breastfeeding education with face-to-face demonstration before starting breastfeeding each women was followed for up to two visit or telephone call within 14 days, and tools used to collect the data. The result of the study is significant .and conclusion of the study peppermint water is effective in the prevention of nipple trauma compared in the expressed breast milk after feeding.[6]

Another similar study by **Mohammad Reza Rashidi et. al., (2007)** conducted study ‘effect of peppermint water on prevention of nipple crack among primiparous mother. The aim the study peppermint water prevention of nipple crack .The sample size is 160 and the randomized control method is used. Result the areola crack 9% compared to women using EMB (27%;  $p < 0.01$ ) not use of peppermint water (related risk 3.6 95% CI: 2.9, 4.3) the nipple pain in the peppermint water group was lower than the EBM group (Or 5.6, 95% CI: 2.2, 14.6:  $p < 0.005$ ).Conclusion of the study the peppermint effective in the prevention of nipple crack.[7]

## CONCLUSION

The conclusion of the study that was significant of peppermint water reduction on

nipple crack among postnatal mothers in experimental group.

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**How to cite this article:** Prof.Dr.S.KalaBarathi, Ms.M.Vaitheeswari. Assess the effectiveness of peppermint water on nipple crack among post natal mothers in Saveetha Medical College and Hospital, Thandalam. Int J of Allied Med Sci and Clin Res 2019; 7(3): 871-875.

**Source of Support:** Nil. **Conflict of Interest:** None declared.