

Effectiveness of Reverse Pressure Softening Technique on The Level of Breast Engorgement and Breast Feeding Among Postnatal Mothers in Selected Hospitals Agartala, Tripura.

Mrs. Dipa Sarkar

Email: dipa.s.9774@gmail.com

Miss. Sutapa Paul,

Professor, HOD

Mrs. Chandrama Sarkar

Assistant Professor

Nursing, Tripura College of Nursing, Hapania

ABSTRACT

Breastfeeding is the simplest, healthiest, and least expensive method to meet an infant's nutritional needs. After childbirth, milk secretion causes fullness in the breasts, which may lead to engorgement in about 72–85% of postnatal mothers. Breast engorgement is a painful and uncomfortable condition occurring during the early postpartum period. The present quasi-experimental study titled "Effectiveness of Reverse Pressure Softening Technique on the Level of Breast Engorgement and Breastfeeding among Postnatal Mothers in Selected Hospitals, Agartala, Tripura" aimed to assess the pre- and post-test levels of breast engorgement and breastfeeding among postnatal mothers in experimental and control groups, evaluate the effectiveness of the Reverse Pressure Softening Technique (RPST), and examine the association between breast engorgement and selected sociodemographic variables. The study adopted a non-randomized control group design based on **Wiedenbach's theory**. Using purposive sampling, 30 postnatal mothers were selected—15 in the experimental group and 15 in the control group. Data were collected through interviews for socio-demographic information, the 6-point Breast Engorgement Scale, and the LATCH Breastfeeding Assessment Tool. Reliability of the tools was established with correlation coefficients of 0.84 (Hill & Humenik, 1994) and 0.85–0.91 (Nilgun Altuntas et al., 2014). The RPST intervention was applied to the experimental group only. Results revealed that, in the experimental group, breast engorgement levels improved from 60% moderate and 27% severe (pre-test) to 60% mild and 40% moderate (post-test). Statistical analysis using paired and unpaired t-tests showed significant differences in breast engorgement and breastfeeding scores between groups. ANOVA indicated no significant association between breast engorgement and most sociodemographic variables, except religion and education in the control group. The study concluded that the **Reverse Pressure Softening**

Technique (RPST) is effective in reducing breast engorgement and improving breastfeeding among postnatal mothers.

Key words: Evaluate, Effectiveness, Reverse pressure softening technique, Postnatal mothers, Breast engorgement, Breastfeeding.

Objectives:

1. To assess the pre- test level of breast engorgement & breastfeeding among the postnatal mothers in both experimental & control group.
2. To evaluate the effectiveness of Reverse Pressure Softening Technique on the level of breast engorgement and breast feeding among postnatal mothers in experimental group.
3. To compare the post -test level of breast engorgement & breast feeding among the postnatal mothers in between experimental and control group.
4. To examine the association between the level of breast engorgement among postnatal mothers and their selected socio-demographic variable.

Hypothesis: -

H₁ The mean post test score of the level of breast engorgement is significantly lower than the mean pre- test score in experimental group.

H₂ The mean post-test score of breast feeding is significantly higher than the mean pre-test score in experimental group.

H₃ The mean post test score of level of breast engorgement in experimental group is significantly lower than the mean post test score of control group.

H₄ The mean post-test score of breastfeeding in experimental group is significantly higher than the mean post-test score of control group.

H₅ There is a significant association between the pre-test level of breast engorgement among the postnatal mother and their selected socio - demographic variables in both the experimental and control group.

Assumption

1) Some postnatal mothers may experience with breast engorgement difficulty during breast feeding.

2) Reverse pressure softening technique may improve the breast feeding by reducing breast engorgement.

Delimitation

1) The study was delimited to 30 sample.

2) The study was delimited to postnatal mothers in selected hospitals, Agartala Tripura.

3) The study was delimited to selected Hospitals, Agartala.

Conceptual Framework

"The conceptual framework sets the stage for the presentation of the particular research question that drives the investigation being reported based on the problem statement."

Mc Gahie et al, 2001)

The conceptual frame work used for this study is based on "Ernestine Wiedenbach theory. According to this, theory in the present study nurse or client or Experimental or control group are identification of ministration & Validation frame work are included and at last feed back.

Review of literature:

1.D Indrani, MV Sowmya (2019), Conducted a pre-experimental study on the prevalence of breast engorgement among 90 lactating mothers at Saveetha Hospital and Saveetha Rural Health Centre, Tamil Nadu. Convenient sampling was used with inclusion criteria of mothers experiencing breast engorgement and pain for 2–3 days post vaginal or cesarean delivery. Data were collected using the Six-Point Self-Rated Engorgement Scale (SPES) and Visual Analogue Scale (VAS). Results showed that 65–75% of lactating mothers experienced breast engorgement. The study concluded that breast engorgement remains a major issue among lactating mothers.

2. P. Anubha (2020), conducted a pre-experimental study to assess the effectiveness of a structured teaching programme on knowledge regarding the prevention of breast engorgement among 50 postnatal mothers with caesarean section in a selected government hospital of Dehradun, Uttarakhand. Purposive sampling was used, and data were collected through a self-developed questionnaire. Findings revealed that mothers had inadequate pre-test knowledge, while the post-test mean score (19.48) was significantly higher than the pre-test mean (11.02) with $t = 30.34$ ($df = 49$, $p < 0.05$), showing the programme's effectiveness. No significant association was found between knowledge and demographic variables. The study concluded that structured teaching programmes effectively improve knowledge regarding the prevention of breast engorgement among postnatal mothers.

3.A.H Fatimah, K.E Nouran, B.A Hanan, T.A Hala (January 2024), conducted a quasi-experimental study to evaluate the effect of alternating cold and hot compresses on reducing breast engorgement among 100 lactating mothers at King Abdul-Aziz Hospital, Alahsa City. Participants were purposively selected and divided into two equal groups of 50 (intervention and control). Data were collected through structured interviews using tools such as the Six-Point Engorgement Scale (SPES), Visual Analogue Scale (VAS), LATCH charting scale, and Infant Breastfeeding Assessment Tool (IBFAT). Before the intervention, there was no

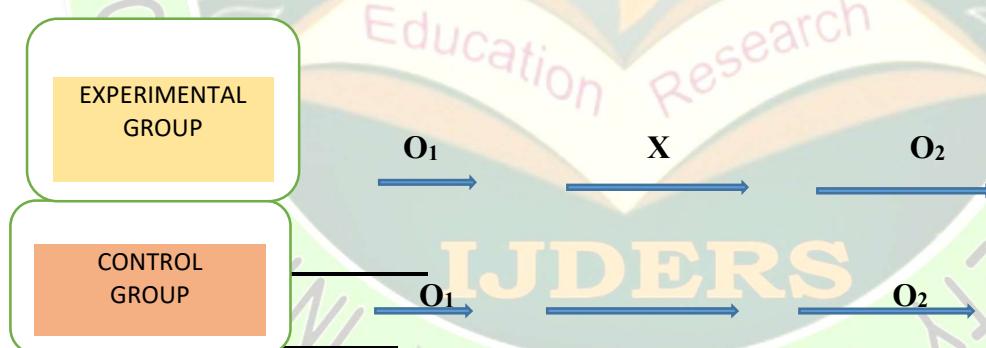
significant difference between groups. However, after intervention, significant improvements were observed in breast engorgement, pain level, attachment, and breastfeeding assessment ($p < 0.001$). The study concluded that alternating hot and cold compresses effectively reduce breast engorgement among lactating mothers.

4.N Amudha, D Prakash (31 Aug 2023), conducted a quasi-experimental, non-randomized pre-test post-test control group study to assess the effect of Gua-Sha therapy on breast engorgement among 60 Indian postnatal mothers. Non-probability purposive sampling was used, and data were collected using the Six-Point Breast Engorgement Scale and Visual Analogue Scale. Gua-Sha therapy was administered for 30 minutes twice daily based on severity, followed by immediate reassessment. Results showed that the mean post-test score in the experimental group was 1.1 (± 0.305), compared to 4.16 (± 2.152) in the control group, with a t -value of 9.869 ($p < 0.05$), indicating significant improvement. The study concluded that Gua-Sha therapy effectively reduces breast engorgement and pain among postnatal mothers and should be encouraged to prevent complications affecting breastfeeding.

Research methodology:

The design adopted for the study was Quasi -experimental non -randomized control group design.

Research Design:(Non - Randomized Control group design)



A. Inclusion Criteria:

1. Postnatal mothers having breast engorgement assessed by observing sign symptoms.
2. Reverse pressure softening technique was applied from 3rd postnatal day with breast engorgement.
3. Mothers who can understand Bengali & English.
4. Postnatal mothers of control group are under the routine treatment of Hospital.

B. Exclusion Criteria:

1. Postnatal mothers who are not willing to participate.

2. Postnatal mothers having abnormal breast condition along with breast engorgement.

Reliability of the Tool: Both the scale is standard scale. Reliability was found ,0.84 by using co-relation co-efficient formula of 6-point breast engorgement scale having in a study done by Hill & Humanik in 1994 and of 0.85 to 0.91 of LATCH on breast Assessment tool in a study Done by Nilgunantnatal in 2014)

Data Collection Method: - From 6/05/2024 to 20/5/2024 during data collection period 30 participants were selected 15 Postnatal mothers from TMC& DR BRAM Teaching Hospital in control group & 15 postnatal mothers were from IGM Hospital in experimental group.

Everyday 3 new experimental mothers were taken for respectively 3 days for pre-test, Intervention, & Post-test. Intervention RPST was given 3 times a day at 8am,10 am, & 12pm. Along with Pre-test & post-test every time. Pre-test & Post-test was done similarly in control group without intervention.

Data Collection Method:

Done by interview method.

Pilot study: In the pilot study result showed that in the pre-test 0% mild breast engorgement ,100% in moderate breast engorgement and 0% in the severe breast engorgement. And in the post-test 80% in the mild breast engorgement, 20 % in the moderate breast engorgement and 0% in the severe breast engorgement. And in the pre or post-test LATCH on breast engorgement, in pre-test score poor-60%, moderate -40%, good- 0% and post-test score- poor-40%, moderate-30%, good-0%.

Result:

Section:1Findings related to the frequency percentage distribution of demographic data among the postnatal mothers. **IJDERS** **n=30**

S. No	Socio Demographic variables	Category	Experimental group		Control Group	
			Frequency	Percentage	Frequency	Percentage
1.	Age	a.16-20. b.21-25. c.26-30 d.31-35	2 8 4 1	13% 53% 27% 7%	3 5 4 3	20% 33% 27% 20%

2.	Religion	a. Hinduism b. Muslim c. Christian d. Buddism e. Others Specify	9 3 2 1 0	60% 20% 13% 7% 0%	9 5 1 0 0	60% 33% 7% 0% 0%
3.	Education	a. Illiterate b. Can read & write. c. Upto Primary School. d. Secondary School e. Upto higher Secondary School f. Graduate and above	0 2 3 0 6 4	0% 13% 20% 0% 40% 27%	0 0 5 0 7 3	0% 0% 33% 0% 47% 20%
4.	Parity	a. Primi Para b. Multipara c. Grand Multipara	12 3 0	80% 20% 0%	7 8 0	47% 53% 0%
5.	Mode of delivery	a. Vaginal delivery b. caesarean delivery. c. others specify.	3 12 0	20% 80% 0%	5 10 0	33% 67% 0%
6.	Initiation of Breast feeding after delivery	a. Within half an hour. b. within 6 hours. c. within 24 hours d. within 48 hours	3 8 4 0	20% 60% 20% 0%	3 10 2 0	53% 47% 0% 0%
7.	Frequency of breast feeding per day	a. Less than 8 times b. 8-10 times. c. 11-13 times.	3 8 4 0	20% 53% 27% 0%	3 10 2 0	20% 67% 13% 0%

		d.14-16 times.				0%
8.	Any Alternative therapy applied for breast engorgement	a. Yes if yes specify i) Hot Compress ii) oil massage b. No	3 2 1 12	7% 67% 33% 80%	4 3 1 11	7% 75% 25% 60%
9.	Any attempt to formula feeding	a. Yes ,if yes than mood of feeding . i) Bottle feeding ii) Spoon Feeding. iii) b. No	4 1 3 11	27% 25% 75% 73%	5 2 3 10	33% 40% 60% 67%
10.	Any attempt to donated breast milk feeding.	Yes	3	20%	2	13%
		No	12	80%	13	87%

Section-2 Table-1 Frequency & Percentage distribution of pre-test and post-test Level of Breast engorgement of 6-point breast engorgement scale among Postnatal mothers in experimental group.

MaximumScore:6
Minimum Score: 1

n=15

Breast engorgement Score	Pre-test		Post-test	
	Frequency	Frequency Percentage	Frequency	Frequency Percentage

No Breast Engorgement 1	0	0%	0	0%
2-3 (Mild Breast Engorgement)	2	13%	9	60%
4-5 (Moderate Breast engorgement)	9	60%	6	40%
6 (Severe Breast Engorgement)	4	27%	0	0%

Table:2 Frequency & Percentage distribution of pre-test and post-test Score of 6-point breast engorgement scale among Postnatal mothers in Control group.

Table-3

Frequency & Percentage distribution of Pre-test & Post test Score of LATCHES on Breast feeding assessment tool among postnatal mothers in experimental group.

n=15

Breast engorgement Score	Pre-test		Post-test	
	Frequency	Frequency Percentage	Frequency	Frequency Percentage
No Breast Engorgement 1	0	0%	4	27%
2-3 (Mild Breast Engorgement)	7	13%	9	60%
4-5 (Moderate Breast Engorgement)	7	60%	2	14%
6 (Severe Breast Engorgement)	1	27%	0	0%

n=15

Breast feeding Assessment Score	Pre-test		Post-test	
	Frequency	Percentage	Frequency	Percentage
Poor (0-3)	6	40%	0	0%
Moderate (4-7)	9	60%	6	40%
Good (8-10)	0	0%	9	60%

Maximum=10
Minimum=0

Table-4

Frequency & Percentage distribution of Pre-test & Post test Score of LATCH on Breast feeding assessment tool among postnatal mothers in control group.

n=15

Breast feeding Assessment Score	Pre-test		Post-test	
	Frequency	Percentage	Frequency	Percentage
Poor (0-3)	4	27%	0	0%
Moderate (4-7)	8	53%	8	53%
Good (8-10)	3	20%	7	47%

SECTION-3

Table-5 Mean, Median, standard deviation, mean difference, Paired “t” of test of Pre – Test and Post- test Score of breast engorgement among experimental group.

n=15

Group	Mean	Median	SD	Mean difference	Calculated Value(Paired "t" test
Pre-test	3.73	4.3	0.39	0.72	16.15*
Post-test	3.01	3.4	1.20		

*Significant at 0.05 level df=14, Table Value=2.15

Table-6 Mean, Median, SD, Mean Difference, Paired "t" of test Pre test & Post-test Score of LATCHES on of Breast-feeding Assessment tool of Experimental Group.

n=15

Group	Mean	Median	SD	Mean difference	Calculated Value(Paired "t" test
Pre-test	4.57	4	1.10	0.73	2.48*
Post-test	5.73	5	1.72		

Significant at 0.05 level ,df= 14 table value=2.15

Section-4

Table-7 Mean, Median, SD, Mean difference, Unpaired "t" test of Post-test and post test score of Breast engorgement among Experimental & Control group.

n=30

Group	Mean	Median	SD	Mean difference	Calculated Value (UnPaired "t" test
Post-test	3.01	2.22	0.36	0.4	2.35*
Post-test	2.61	3	0.61		

*Significant at 0.05 level (df=28, Table Value=2.05)

Section-5

Table-8

Mean, Median, SD, Mean difference ,Unpaired "t" test of Post-test and post test score of LATCH On Breast Feeding tool assessment among Experimental & Control group.

n=30

Group	Mean	Median	SD	Mean difference	Calculated Value(UnPaired "t" test)
Post-test	5.88	5.55	6.19	0.18	1.51(NS)
Post-test	6.06	7.88	3.60		

* Significant at 0.05 level ,(df=28, Table value=2.05)

Table No:13 Reveals that, mean,& SD value of Postnatal score was 5.88

SECTION-6

Table-9

Findings related to the association between Pre-test level of Breast engorgement among Postnatal Mother with their selected Socio- Demographic variables in Experimental group.

Analysis of Variance (ANOVA): Analysis of Variance test was used to calculated and determine significant association between the score of pre-existing knowledge regarding urinary tract infections during pregnancy among antenatal mothers with their selected socio demographic variables.

n=15

SI No	Demographic Variables	Category	Frequency	DF of Between the group	Df of Within group	Mean of sum of Square of		Tabulated "F" value	Calculated "F" Value
						Between group	Within group		
1.	Age	16-20 21-25 26-30 31-35	2 8 4 1	2	14	209.6	203.7	3.74	2.40(NS)
2.	Education	a.Illiterate b.Can read & write. c.Upto PrimarySchool. d.Secondary School e.Upto higher	0 2 3 0 6	2	14	13.4	13.14	3.74	3.04(NS)

		Secondary School f.Graduate and above	4						
3.	Religion	a.Hinduis m b.Muslim c.Christria n d.Buddism e.Others Specify	9 3 2 1 0	2	14	278.74	11.74	3.74	0.95(NS)
4.	Initiation of Breast Feeding After Delivery	a.Within Half an hour. b.Within 6 Hours c.Within 24 hours. d. Within 48 hours.	3 9 3 0	2	14	213.74	2685. 73	3.74	0.08(NS)
5.	Frequency of breast feeding per day	a. Less than 8 times b.8-10 times c.12-13 time. d. 14-16 times	0 8 4 0	2	14	208.74	2897	3.74	0.08(NS)

Note: S- Significant at P- value of < 0.05, NS- Not Significant at P value of < 0.05

Table-10

Findings related to the association between Pre-test level of Breast engorgement among Postnatal Mother with their selected Socio- Demographic variables in Control group.

n=15

Sl no	Demographic variables	Category	Frequency	Df of Between the group	Df of Within the group	Mean of sum of Square of		Tabulated “F” value	Calculated “F” Value
						Between	Within group		
1.	Age	16-20 21-25 26-30 31-35	3 5 4 3	2	14	7.7	8.4	3.74	0.17(NS)
2.	Religion	a.Hinduism b.Muslim c.Christian d.Buddism e.Others Specify	9 5 1 0 0	2	14	25. 93	26.74	3.74	4.62*
3.	Education	a.Illiterature b.Can read & write. c.Upto Primary School. d.Secondary School e.Upto higher Secondary School f.Graduate and above	0 0 5 0 7 3	2	14	10. 77	228.79	3.74	40.52*
4.	Frequency of breast feeding per day	a. Less than 8 times b.8-10 times c.12-13 time. d.14-16 times	3 10 2 0	2	14	8	10	3.74	0.5(NS)

Discussion

The findings of the Study discussion were based on Objectives, hypothesis and Conceptual Frame work,

Objective 1: To assess the pretest level of breast engorgement & breastfeeding among the postnatal mothers in both experimental & control group .

In consistency or problems that is the level of breast engorgement by 6 points breast engorgement Scale and inappropriate breast feeding by LATCH on breast-assessment tool in pre- test in" Identification " of both Experimental & Control group. Also taken consent from Study Participants under "validate with the participants ".

The findings depicted that, in 6-point Breast engorgement scale only 13% mother's having mild breast-engorgement,60% mothers having moderate breast engorgement and 27% postnatal mothers were having severe breast engorgement in pretest in Experimental group. In post-test 60% mothers having mild breast engorgement and 40%, mothers having Were moderate breast engorgement. In 6-point breast engorgement scale 27% post -test score in no breast engorgement. & pre-test 13% or 60% is mild breast engorgement. & pre-test 60% or Post-test 14% is Moderate breast engorgement & pre-test 27% in severe breast engorgement in control group.

In LATCH on Breast feeding assessment tool 40% Postnatal mothers were having poor breast feeding & 60% mothers were under moderate breast feeding in pre -test, whereas 40% Postnatal mother were having moderate breast feeding and 60% mothers were under good breast feeding in post-test. in the Experimental group. In LATCH on breast assessment tool in pre-test 27% in poor breast engorgement. & pre-test or post-test 53%. pre-test 20% & 47% in good breast engorgement in control group.

The present study is supported by the of the following Study:—

K. Rajbir, S Parvesh (July-Dec, 2017), Conducted a study on Effectiveness &- Cabbage leaves application for Breast engorgement in Postnatal mothers at Selected Hospitals, Amritsar, Punjab, the study approach was Quantitative, design was Quasi-experimental. Total Sample taken 63 postnatal mothers among then 33 in Experimental and in control group. Purposive sampling technique was adopted. Storr breast engorgement Scale was used to assess the breast engorgement. The Chilled Cabbage leaves were applied on engorged breast twice a day for 3 subsequent days & The Storr Scale having maximum Score 4 & minimum score 0. Result shows that, the highest mean score 3.63 ± 0.49 was obtained in pre-test whereas the lowest mean score won 0.37 ± 0.61 . Breast –engorgement mean Score of experimental & control group was 3.50. cabbage leaves were application wan bund 3.63 by application of chilled cabbage leaves among postnatal mothers.

Another Study Conducted by J. Joy, SN Kharde (2016) supported these findings where I subject- (0.33%) Complained of slight pain, 9(30%), moderate and 20 (66.67%) Complained of denvere pain in Breast-engorgement assessment Scale. Baby concluded that there was reduction of breast engorgement.

Again, a study Conducted by R. Ruba (Dec, 2009) shows that, the findings of Pre-test mean Score by using breast engorgement Seale were found to be moderately painful in 10 (30%) and severely painful in 20 (70%) Postnatal women.

Objective:2.To evaluate the effectiveness of Reverse Pressure Softening Technique on the level of breast engorgement and breast feeding among postnatal mothers in experimental group.

According to conceptual framework based on modified Wiedenbach theory , the researcher found the effectiveness of RPST among postnatal Mothers through post-test by using the same tool that is 6 point Breast engorgement Scale & LATCH on breast assessment tool through physical examination & observation in Validation" The findings revealed that's the Mean pre-test score was 3.73, median score was 4.3,SD Was 0.39 The post-test mean Score was 3.01, median score 3.4 & SD wan 1.20 The mean difference was 0.72 in 6 point BE scale .Therefore the findings that, the mean post test score scale was significantly lower than the mean pretest score . Paired "t" value was 16.15.it was significant at the level of 0.05, where the table value was 2.15 for degree of freedom 14.

Again for LATCH On Scale the Mean Pre-test Score was 4.57, median Score was 4, SD score was 1.10. The post-test mean score was 5.73, median wan 5 & Score &SD was 1.72. The mean difference wars 0.73 in LATCH In the group Experimental. Therefore, the findings reveals that, the mean post test score of tool was significantly higher than the mean pretest score . Paired "t" test value was 2.48.it was significant at the level 0.05 & table value was 2.15 for degree of freedom 14.

- Hence, the null hypothesis H_01 & H_02 , was rejected & Research Hypothesis H_1 AND H_2 want accepted. Means RPST was effective in both Breast engorgement. & Breastfeeding.

K. Rajbir, S Parvesh (July-Dec, 2017), Conducted a study on Effectiveness &- Cabbage leaves application for Breast engorgement in Postnatal mothers at Selected Hospitals, Amritsar, Punjab, the study approach was Quantitative, design was Quasi-experimental. Total Sample taken 63 postnatal mothers among then 33 in Experimental and in control group. Purposive sampling technique was adopted. Storr breast engorgement Scale was used to assess the breast

engorgement. The Chilled Cabbage leaves were applied on engorged breast twice a day for 3 subsequent days. Results show that, in Experimental group Pre-test Score was 3.63 ± 0.49 and "post-test Scores were 3.13 ± 0.78 in day 1, 1.90 ± 0.76 in day 2 and 0.37 ± 0.61 in Day 3. Paired 't 'test value was 5.39 in Day 1, 18.24 in Day 2 and, 30.67 in Day 3 which found significant at the level of <0.001 Hence, the differences in breast engorgement among postnatal mothers Significant in Experimental group.

Objectives: 3. To compare the post-test level of breast engorgement & breast feeding among the postnatal mothers in between experimental and control group.

According to conceptual framework based on modified, weidenbach theory, the researcher found the effective of RPST among postnatal mothers through post-test only invalidation. The findings revealed that, in Exp. Group part mean score 3.01, median was 2.22, SD mars 0.36; whereas in control group Post test - A Score was 2.61, median was 3& SD 0.61 Mean difference was 0.4 in 6 points BE scale. Therefore, the findings revealed the mean post test score lower the mean post test score & Un paired "t" test value was 2.35. It was Significant at the level 0.05, level ere the table value was 2.05 for degree of freedom 28. Therefore the finding was revealed that the mean post-test score of experimental group was higher than the mean post test score of control group , Again in Experimental group post-test mean Score was 5.88, Median was 5.55, SD was 6.19,Whereas in control group mean Post test 6.06 ,Median 7.88, & SD was 6.30, & Mean Difference 0.18 in LATCH on breast feeding assessment tool .Therefore that findings reveals that the mean post test score of experimental group was higher than the mean pre-test Score of control group .of unpaired "t" test value was 1.51 .it was not significant of the level of 0.05 ,where the table value was 2.05 for df was 28.

Hence, the Null hypothesis H_0 was rejected and Research Hypothesis H_3 & was accepted. & H_4 null hypothesis was accepted & research hypothesis was rejected Means RPST was effective in experimental group only H_3 , t& H_4 was not effective he presents study was supported by the findings of same study of K Rajbir, S Parves in 2017. .

K. Rajbir, S Parves (July-Dec, 2017), Conducted a study on Effectiveness &- Cabbage leaves application for Breast engorgement in Postnatal mothers at Selected Hospitals, Amritsar, Punjab, the study approach was Quantitative, design was Quasi-experimental. Total Sample taken 63 postnatal mothers among then 33 in Experimental and in control group. Purposive sampling technique was adopted. Storrs breast engorgement Scale was used to assess the breast engorgement. The Chilled Cabbage leaves were applied on engorged breast twice a day for 3

subsequent days. Results shows that mean score Experimental group mean was 3.47 ± 0.51 in day 1, 3.53 ± 0.63 in days 2 & 2.83 ± 0.75 in day 3. In another side the score of control group was 2.90 ± 0.6 in day 1, 1.57 ± 0.57 in day 2 & 0.43 ± 0.50 day 3. The 't' test result found was 3.72 in day 1, 12.71 in day 2 & 14.59 in day 3 and all were significant at the level of $P < 0.05$. Hence, there is Significant difference in the level of breast engorgement among postnatal mothers in between experimental & control Group.

Objectives: 4 To examine the association between the level of breast engorgement among postnatal mothers and their selected socio demographic variable.

According to conceptual framework based on modified widenbach theory, where the researcher developed and identified socio-demographic data during pre-test in “identification “to find out the socio demographic characteristics Among Postnatal Mothers “ANOVA “Highlight that there was no significant association between the scores of pre-tests by 6-point breast engorgement scale in the level of breast engorgement, with their selected socio demographic variables .in experimental group. But there was significant association between the pre-test scores of level of breast engorgement scale with their selected socio demographic variables in control group as in education (calculated f value=40.52 tabulated value is 3.74 at 0.05 level significant ,df between the group =7.7 & Within the group 8.4 & the religion Calculated F value is 4.62& tabulated F value is 3.74 at the 0.05 level of significant df between the group is 25.93 & of within the group 26.74 .Therefore the null hypothesis Accepted & research H_0 was accepted & research hypothesis was rejected For experimental group. Means the pre –test level of breast engorgement was not dependent on socio demographic variables in experimental group. but control group null hypothesis H_0 was rejected & Research hypothesis are accepted for. Only 2 socio demographic variables that is religion or educational status in control group. Means pre-test level of breast engorgement was depend on socio demographic variables for education and religion. For left socio demographic variables in control group null hypothesis H_0 was accepted & research hypothesis was rejected means present level of breast engorgement was not depend all other socio –demographic variables in control group.

Conclusion:

The study design was quasi- experimental pre-test & post test control group design with purposive sampling the technique. The size of the Sample was 15 postnatal mothers for experimental group& another 15 postnatal for Control group. Sample were selected based on inclusion and exclusion criteria. The respondents were interviewed by using tools. After the

pre- test then Intervention was done. then post-test was taken by using the Same the tool to followed by Post-test. No Intervention given to the control group. The results were described by using descriptive & inferential statistics.

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