

# Breast Crawl: A Healthy Motherhood

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## Abstract

**Problem statement:** "Assessment of Nursing practices regarding Breast crawl for early initiation of Breast feeding at Labour unit of selected hospitals in a city."

## Objectives

- To assess the Nursing practices regarding Breast crawl
- To find the correlation between nursing practices on breast crawl and early initiation of breast feeding.

## Key Words

Breast Crawl, Staff Nurses, Breast Feeding

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## Introduction

CDC's national mPINC survey assesses maternity care practices that affect how babies are fed. About every 2 years, all maternity care hospitals in the United States and US territories are invited to participate. In 2018, 2,045 hospitals participated and were asked about early postpartum care practices, feeding practices, education and support of mothers and caregivers, staff and provider responsibilities and training, and hospital policies and procedures. These policies and practices are organized into six main areas of care called subdomains that are scored and comprise each state's total mPINC score. Data can be used to monitor and improve evidence-based maternity care practices and policies. The national total mPINC score was 79 out of 100 and state total mPINC scores ranged from 68 to 96.

Every new-born, when placed on her mother's abdomen, soon after birth, has the ability to find her mother's breast all on her own and to decide when to take the first breast feed. This is called the 'Breast Crawl'. It was first described in 1987 at the Karolinska Institute in Sweden (Windstorm et al, 1987).<sup>1</sup>

Breast crawl helps uterine contraction and faster expulsion of the placenta, reduces maternal blood

loss and prevents anaemia. Prolactin (PRL) and oxytocin (OT) play the main roles in milk production and secretion in puerperal women. Prolactin is essential for the initiation and maintenance of lactation. Prolactin secretion in breast feeding women is maintained physiologically by suckling and there is much evidence from in vivo studies that suckling per se is the most powerful natural stimulus for Prolactin release.<sup>2</sup>

## Background of Study:

Initiation of breast-feeding within hour of birth is very crucial. Except human other mammalian species start immediate breast feeding of their new-born. Human delays the breast feeding from hours to days. It is also known that even human babies can start breast feeding on their own like the young ones of the animals. Every new-born, when placed on her mother's abdomen, soon after birth, it has the capability to find her mother's breast all on her own & to decide when to take the first breast feed this is known as breast crawl. These advantages not only protect mother's health in several ways, also benefits whole family, emotionally and economically.

## Research approach

Quantitative Research Approach

## Research design

Quantitative Non experimental Correlational Research design was used for the study.

## Setting of the study

In selected Hospitals, ensure the availability of required samples.

## Sample

The sample for the present study was comprised of 100 Staff Nurses from different hospitals.

## Sampling technique

Non-Probability convenient sampling technique was used in the study to collect subjects.

## Development and description of tool

The tools for the study are

- Section I: Demographic data
- Section II: Observational Checklist

## Ethical consideration

Prior to data collection

- Formal permission was obtained from authorities
- Informed consent was taken from samples before study

## Period of data collection

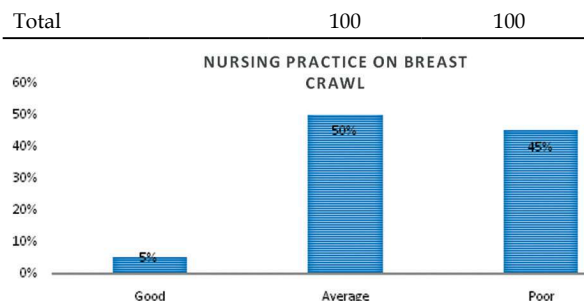
The data collection period was from 22nd December 2021 to 22nd Jan 2022

## Plan for statistical analysis

The data will be entered into the master sheet. Keeping the objectives of the main study in view, the descriptive and inferential statistics are done.

**Table 1:** By overall analysis frequency and percentage distribution of the samples according Breast Crawl Practice among staff nurses.

Grading	Score	Frequency {f}	Percentage %
Good	21-30	05	5%
Average	11-20	50	50%
Poor	1-10	45	45%



**Fig. 1:** Distribution of the subjects according to practices for breast crawl.

Figure 1: Shows the distribution of subjects according Practice of Breast Crawl. Majority of 50% of subject has Average Practice of Breast Crawl, 45% of subject has Poor Practice of Breast Crawl and 5% has Good practice for breast crawl

**Table 2:** By overall analysis frequency and percentage distribution of the samples according initiation of breast feeding after breast crawl

Initiation of Breast Feeding Time	Frequency {f}	Percentage
Within Half an Hour	9	9%
Half Hour to One Hour	16	16%
More than one Hour	75	75%
Total	100	

**Fig. 2:** Distribution of the subjects according to initiation of breast feeding after breast crawl.

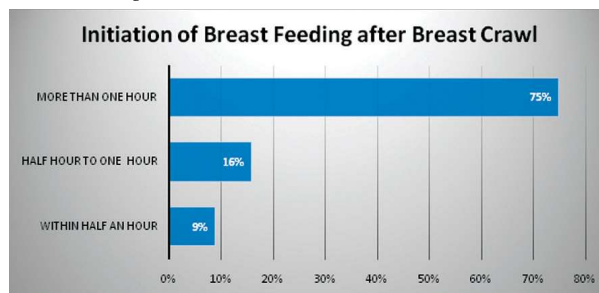


Figure 2: shows the distribution of subjects according to initiation of breast feeding after breast crawl. Majority of 75% of subject has more than one hour, 16% of subject has half an hour to one hour and 9% has within half an hour.

## Conclusion

After the details analysis, and based on the findings of this study the following conclusion can be drawn:

## References

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