

**“A STUDY TO ASSES THE EFFECTIVENESS OF BREAST FEEDING DURING HEEL PRICK ON PAIN REDUCTION AMONG NEONATES IN SELECTED HOSPITAL KOLAR.”**



**By**

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**Project Report Submitted To**

***Sri Devaraj Urs College of Nursing, Tamaka, Kolar as a part of  
curriculum requirement for the Degree of Basic B.Sc. (N)***

***IN***

***OBG NURSING SPECIALITY***

**Under the guidance of,**

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**HOD of OBG Nursing**

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**Tamaka, Kolar.**

**2019**

## **DECLARATION BY THE CANDIDATES**

We hereby declare that this project “**A study to assess the effectiveness of breastfeeding during heel prick on pain reduction among neonates in selected hospital, Kolar.**” is bonafide and genuine research work carried out by OBG Nursing research group students under the guidance of **Prof. Silvia Surekha.J** HOD of OBG Nursing, Sri Devaraj Urs College of Nursing, Tamaka, Kolar-563101.

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### **CERTIFICATE BY THE GUIDE**

This is to certify that the project entitled, “**A study to assess the effectiveness of breastfeeding during heel prick on pain reduction among neonates in selected hospital, Kolar.**” is a bonafide research work done by **Ms.Akhila R, Mr.Alfaz pasha, Ms.Anumol P Joy, Ms.Blessy Ponnachan, Ms.Jemmy Joy, Ms.Mansi P David, Ms.Monisha R, Ms.Rosmy Roy, Ms.Sibimol B, Ms.Sreelakshmi P S, Ms.Subimol M S, Ms.Tejashree B S.** in partial fulfillment of the requirement for the Degree of Basic B.Sc. (N) in OBG Nursing.

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### **ENDORSEMENT BY THE HOD AND PRINCIPAL**

This is to certify that the research project entitled “**A study to assess the effectiveness of breastfeeding during heel prick on pain reduction among neonates in selected hospital, Kolar.**” is a bonafide research work done by Ms.Akhila R, Mr.Alfaz pasha, Ms.Anumol P Joy, Ms.Blessy Ponnachan, Ms.Jemmy Joy, Ms.Mansi P David, Ms.Monisha R, Ms.Rosmy Roy, Ms.Sibimol B, Ms.Sreelakshmi P S, Ms.Subimol M S, Ms.Tejashree B S under the guidance of **Prof. Silvia Surekh.J HOD of OBG Nursing** , Sri Devaraj Urs College of Nursing, Tamaka, Kolar in partial fulfillment of the requirement for the Basic B.Sc.(N) in OBG Nursing.

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***“Gratitude makes sense of our past,  
Brings peace for today, and creates a vision for tomorrow”***

***- Melody Beattie.***

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## **ABSTRACT**

### **STATEMENT OF THE PROBLEM**

“A study to assess the effectiveness of breast feeding during heel prick on pain reduction among term neonates in a selected Hospital, Kolar”.

### **OBJECTIVES OF THE STUDY**

1. To assess the level of pain perceived by the neonates during heel prick procedure after giving breast feeding.
2. To assess the level of pain perceived by the neonates during heel prick procedure without giving breast feeding.
3. To determine the effectiveness of breast feeding in reducing pain among term neonates due to needle prick.

### **METHODS**

The research approach adopted for the study was evaluating research approach and the research design was quasi-experimental two group's post- test only design. The study sample consisted of 60 term neonates (30 experimental and 30 control) in the labour ward of RLJH&RC, Kolar. The samples were selected by non-probability purposive sampling technique and the written informed concerned was obtained from the mothers of term neonates before collecting the data.

### **FINDINGS OF THE STUDY**

1. **GESTATIONAL AGE:** In the experimental group majority (60%) of neonates were in the gestational age of 38 to 39 weeks and only (3%) of neonates were in the gestational age of 40-41 weeks where as in the control group also majority term neonates (83%) were in the gestational age of 38-39 weeks and only 17% of them were in 40-41 weeks of gestation.
2. **GENDER:** In experimental group majority of term neonates (57%) were male babies and only (43%) were female babies where as in control group majority (63%) of neonates were male babies and only (37%) were female babies.

3. **BIRTH WEIGHT:** In experimental group most (77%) of the term neonates had a birth weight of 2.5-3.4kg and only (10%) of them had a weight of 3.5-5kg. where as in the group majority (47%) were also had a weight of 2.5-3.4kg and only (16%) were had 3.5-5kg.
4. **MODE OF DELIVERY:** Regarding mode of delivery majority (80%) of term neonates were delivered by cesarean delivery and only (20%) were by vaginal delivery in experimental group, where as in control group most (87%) of term neonates were delivered by cesarean delivery and only (13%) were by vaginal delivery.
5. **APGAR SCORE:** Both in experimental and control group all term neonates (100%) had Apgar score of (7-10) at 5<sup>th</sup> min.
6. **LEVEL OF PAIN:** In experimental group most (60%) of term neonates had no pain, (20%) had minor pain and (20%) no pain. where as in control group majority (63%) had severe pain and only (37%) had moderate pain and none of them had no pain.
7. **AREA WISE PAIN SCORE:** In experimental group the maximum mean pain score was 0.83 in the area of limb movements and the maximum mean pain score was 0.5 in the area of vocal expression. Where as in the control group the maximum mean pain score was 3.06 in the area of facial expression and minimum pain score was 1.83 in the area of limb movements.
8. **Comparison of pain scores:** In the experimental group the overall pain scores among 30 term neonates revealed that most (60%) had minor pain and minimum of them 6(20%) had no pain and moderate pain. Where as in control group the overall pain scores among 30 term neonates maximum 19(63%) had severe pain and minimum of them 11(37%) had moderate pain.

From these comparison findings the study clearly showed that the breast feeding is more effective in reducing pain during heel prick among the term neonates.



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