



ASSESS THE KNOWLEDGE ON LACTATIONAL AMENORRHEA AS A CONTRACEPTIVE METHOD AMONG MOTHERS OF INFANTS AGED 0-6 MONTHS RECEIVING MCH SERVICES IN A SELECTED URBAN HEALTH CENTRE AT CHENNAI.

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ABSTRACT

Lactation is a natural defense against pregnancy. As long as a mother is nursing, she is delaying the return of fertility. The natural mechanism triggered by breastfeeding interrupts ovulation and the menstrual cycle. The World Health Organization (WHO) recommends starting breastfeeding as soon as possible following delivery. Even though breastfeeding is a natural event, most mothers feel the need of reliable counseling and family and support. The main aim of the study is to assess the knowledge on lactational amenorrhea as a contraceptive method among mothers of infants aged 0-6 months receiving MCH Services in a selected urban health centre at Chennai. Descriptive research design was adapted for this study. Sample Size :50 Mothers of infants aged 0-6 months who are all meet the inclusion criteria is a sample were selected by using Convenient sampling technique. The study results revealed that regarding knowledge on lactational amenorrhea as a contraceptive method among mothers of infants aged 0-6 months 25(50%) had inadequate knowledge, were as 12(24%) had moderately adequate knowledge, 13 (26%) had adequate knowledge The present study concludes that the mothers have a poor knowledge toward Lactational amenorrhea method as a Contraceptive method. Our findings also showed that the level of knowledge on exclusive breast feeding was low among Indian mothers. Thus, it is important to provide education to mothers on benefits of LAM as a natural contraception

KEY WORDS: knowledge, lactational amenorrhea, contraceptive. Exclusive breastfeeding



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INTRODUCTION

Breastfeeding is an inexpensive, natural source of nature's perfectly defined food for infants. In addition to optimal nutrition, breastfeeding provides infants with natural immunity to childhood diseases through antibodies in the mother's milk, thereby increasing health and decreasing mortality. If both are in good health, breastfeeding can provide an important bonding experience between mother and child. But breastfeeding has another benefit as well: suppressing ovulation and delaying the return of menstruation, which effectively acts as a natural contraceptive to increase child spacing¹. Exclusive breastfeeding is a very active component of culture in many countries, where it is often used to lengthen the time between births of successive children². The Lactational Amenorrhea Method (LAM), first defined during the August 1988 Bellagio Consensus Conference in Italy, is a modern contraceptive method based on the natural period of infertility after the birth of a child that results from specific breastfeeding practices. Lactation is a natural defense against pregnancy³. As long as a mother is nursing, she is delaying the return of fertility. The natural mechanism triggered by breastfeeding interrupts ovulation and the menstrual cycle⁴. According to family planning researchers, breastfeeding, as a traditional method to increase the interval between births, provides protection from pregnancy to a larger number of women than all other contraceptive methods⁵. Many investigations of the efficacy of the Lactational amenorrhea method (LAM) have shown that this is an efficient and reliable method when specific criteria are met. Three criteria define LAM: a) feeding exclusively or almost exclusively with mother's milk; b) postpartum amenorrhea; c) infant younger than six months. The risk of pregnancy in the first six months of a breastfeeding mother who meets the LAM criteria is 2%⁷. The World Health Organization (WHO) recommends starting breastfeeding as soon as possible following delivery. Even though breastfeeding is a natural event, most mothers feel the need of reliable counseling and family and support. Therefore, in addition to pediatricians and obstetricians, mother child health center personnel as well as physicians and nurses working in primary care should be knowledgeable on breastfeeding, its benefits, its contraceptive use and its techniques⁴. According to secondary analysis of data from the 2008-09 Madagascar Demographic and Health Survey (DHS), LAM use in Madagascar was 8.1 percent among women less than 6 months postpartum. Between 6 and 12 months postpartum, modern Family Planning use was very low at 18.1 percent. In 2003, Cochrane Reviews published a systematic review of the existing peer-reviewed literature on LAM, which was updated in 2008. This study's investigators did not identify any further efficacy or effectiveness studies after the updated Cochrane review was published. This review included 14 studies, which include those most commonly cited works that serve as the foundational science supporting the efficacy of LAM as a modern contraceptive method. In general, the evidence in the literature suggests that failure to understand the three

LAM Criteria contributes to decreased protection from pregnancy among women reporting LAM as their FP method⁹. Our aim is to assess the knowledge on lactational amenorrhea as a contraceptive method among mothers of infants aged 0-6 months receiving Maternal Child Health Services in a selected urban health centre in Chennai.

METHODOLOGY

Research design

Descriptive research was adapted for this study.

Population

Mothers of infants aged 0-6 months who are all attending the MCH clinic in a selected urban health centre in Chennai.

Sample

Mothers of infants aged 0-6 months who are all meet the inclusion criteria is a sample.

Sample size

50

Sampling technique

Convenient sampling technique.

Duration of the study

Study period is 1 month duration from February -10 to March -10 (2016)

Criteria for sample selection

Inclusion Criteria

1. Mothers who were willing to participate.
2. Exclusive breast feeding Mothers.
3. Mothers who had single child with the age group between 0-6 months.

Exclusion Criteria

1. Mothers who had infants above 6 months.
2. Mothers of infants with aged 0-6 months who adapted any contraceptive device.
3. Mothers who had regular menstrual cycle.

Data collection procedure

A research approach used for the study was non-experimental descriptive design. The study was conducted at MCH clinic in Urban Health Centre with 50 samples who met the inclusion criteria after obtaining informed consent from the samples. Explain the study in detail and demographic variables and knowledge regarding lactational amenorrhea was assessed by interview method by using structured multiple choice questions. Data were analyzed by descriptive and inferential statistics method.

RESULTS

Data collected from 50 subjects were organized in master sheets. Demographic data was analyzed using frequency and percentage. & also Knowledge score was analyzed by computing frequency and percentage. Out

of 50 samples 18(36%) mothers of infants 0-6 months were in the age group of 18- 21 years. Regarding religion 27(54%) mothers were Hindus, 17(34%) mothers were belongs to Muslims & another 6(22%) mothers were belongs to Christians. Mothers educational status revealed that out of 50 samples 20 (40%) had High school education & 16 (32%) mothers had higher secondar education & 14(28%) had primary education. Regarding Mothers occupation out of 50 samples 43 (86%) were house wives. Regarding Mode of delivery out of 50 sample 32 (64%) mothers had Normal delivery. Regarding knowledge on lactational amenorrhoea as a contraceptive method among mothers of infants aged 0-6 months study results revealed that 25(50%) of them had inadequate knowledge, were as 12(24%) had moderately adequate knowledge, 13 (26%) had adequate knowledge. Chi-square test revealed that there is no significant association between the demographic variables and level of knowledge among mothers of infant with 0-6 months.

DISCUSSION

Breastfeeding plays an important role in the suppression of ovulation. Current study results revealed that 25(41.6%) of mothers had in adequate knowledge were as 12(20%) had moderately adequate knowledge, 13 (21.6%) had adequate knowledge. Ensure that education and counseling on the benefits of EBF, LAM, and other FP methods are systematically integrated into all health contacts with pregnant women (through Antenatal care Packages) and at delivery for those who give birth in health Institutions. Identify opportunities

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outside the home to engage women and others in the community to promote exclusive breastfeeding (EBF) for the health of the baby simultaneously can improve infant nutrition and support the healthy timing and spacing of pregnancies.

CONCLUSION

The present study concludes that the mothers have a poor knowledge toward Lactational amenorrhoea method as a Contraceptive method. Our findings also show that the level of knowledge on exclusive breast feeding was low among Indian mothers. Thus, it is important to provide education to mothers on benefits of LAM as a natural contraception. Special attention should therefore be focused on breastfeeding mothers regarding their ignorant of an ideal contraceptive method during lactation. Therefore it is essential that improving women knowledge on proper guidelines of LAM could be of a great help in reducing high incidence of unintended pregnancies

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CONFLICT OF INTEREST

Conflict of interest declared none.