

# A Study to Assess the Effectiveness of Cold Cabbage Leaves Vs Hot Water Application on Breast Engorgement among Postnatal Mothers in Selected Hospital, Chennai

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**Abstract:** *The experience of transformation into motherhood is a privilege reserved exclusively for women. A powerful experience of nurturing available to many women is that of nursing their children and the experience of breast feeding is an important part of their motherhood. Objectives: To assess and compare the efficacy of hot water application and cold cabbage leaves compresses in the treatment of breast engorgement. Methods/approach: Quantitative research approach, quasi experimental two group pre test; post test design. the data collected by questionnaire. Results: The overall paired 't' test value was significant at the level of  $p < 0.001$ . This shows that there was significant improvement in both cabbage leaf application and hot water application. Conclusion: Cold cabbage leaves as well as alternate hot water compresses both can be used in the treatment of breast engorgement. Hot water compresses are more effective in decreasing pain than cold cabbage leaves in relieving pain due to breast engorgement.*

**Keywords:** Cabbage Leaf, Hot water, Postnatal Mother & Breast Engorgement

## 1. Introduction

Breast engorgement occurs in the mammary glands due to expansion and pressure exerted by the synthesis and storage of breast milk. Engorgement usually happens when the breasts switch from colostrum to mature milk (often referred to as when the milk "comes in"). However, engorgement can also happen later if lactating women miss several nursing and not enough milk is expressed from the breasts. It can be exacerbated by insufficient breastfeeding and/or blocked milk ducts. When engorged the breasts may swell, throb, and cause mild to extreme pain.

## 2. Need for the Study

AIIMS (2014) had conducted study to assess and compare the efficacy of cold cabbage leaves and hot application in the treatment of breast engorgement. The study comprises of total 60 mothers 30 in experimental group and 30 in the control group. The control group received cold cabbage leaf for relieving breast engorgement. Both the treatment i.e., hot applications were effective in decreasing breast engorgement and pain in postnatal mothers [ $p < 0.001$ ]. Cold cabbage leaves and hot application were both effective in decreasing breast engorgement [ $p = 0.07$ ].

In addition with the review of literature and research own experience while being posted in clinical setting motivated the research to use cold cabbage leaves and hot water application for relieving breast engorgement. The researcher is also interested in comparing the effectiveness of cold cabbage leaves and hot water application hence particular problem was selected by researcher.

**Statement of the problem:** A study to assess the effectiveness of cold cabbage leaves Vs hot water application on breast engorgement among postnatal mothers in selected hospital ,Chennai.

### Objectives:

- 1) To assess the level of pain score of postnatal mother both experimental and control group.
- 2) To determine the effectiveness of cold cabbage leaves application on breast engorgement among postnatal mothers.
- 3) To determine the effectiveness of hot water application on breast engorgement among postnatal mothers
- 4) To compare the effectiveness of cold cabbage leaves and hot application on breast engorgement among postnatal mothers.
- 5) To association between level of the pre test level engorgement score with selected demographic variables among postnatal mothers.

### Hypotheses

There is a significant reduction in the level of breast engorgement score after receiving hot water Vs cold cabbage leave compression among postnatal mothers experimental group than control group.

## 3. Methods and Materials Used

The research approach used in the study was quantitative approach by using true-experimental research design. The study was conducted at selected hospital with 30 samples. Out of which 15 samples in experimental group and 15 samples in control group and the samples were selected by using Probability Purposive Sampling Technique. The tool used for the study was demographic variable and numerical

pain assessment scale to collect the data. Explained the study to the samples and got the consent from the samples.

Demographic variables and breast engagement level were assessed for both experimental and control group. Cold cabbage leaves application was given twice a day for 3 days for experimental group and control group received Hot water application Post test was done by using the same Six Point Breast Engagement assessment scale at the end of the 3<sup>rd</sup> day. The data were analyzed by using descriptive and inferential statistics.

**Inclusion criteria:**

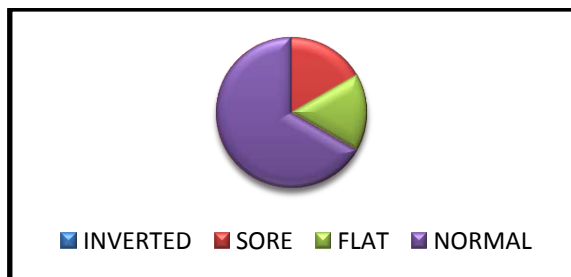
- Postnatal mothers with breast engorgement.
- Willingness to participate in the study.

**Exclusion criteria**

- Mothers with allergy to sulfa drugs and cabbage
- Mothers with soft breasts; mothers receiving lactation suppressants
- Mothers with infection in the breasts, breast abscess, mastitis, broken skin of breasts, bleeding or cracked nipples.

**Data collection tools**

Part I: Demographic data: It contains age, religion, types of nipples, Educational Status, Technique of Feeding.



**Figure 4:** frequency and percentage distribution for types of nipple

**Part II: Six Point Breast Engorgement**

Scale	Breast changes	Patient value
1.	Soft no changes in the breast	
2	Slight changes in the breast	
3	Firm, no tender breast	
4	Firm, beginning tenderness in breast	
5	Firm, tender	
6	Very firm, very harder	

**4. Results**

In the study out of 30 postnatal mothers have curable breast engorgement by giving both cabbage leaf application and hot water application The overall study was effective and curable. There was no significant association between the occupation, age, type of family, types of breast feeding. The overall paired ‘t’ test value was significant at the level of p<0.001. This shows that there was significant improvement in both cold cabbage leaf application and hot water application.

**5. Conclusion**

The study findings revealed there was significant improvement in both cabbage leaf application and hot water application among postnatal mother. The study concludes that both the hot water application and cold cabbage leave application is used for relieving the breast engorgement the need of pharmacological intervention. The hot water is cheap than the availability cold cabbage leaves for immediate treatment of breast engorgement.

**6. Recommendations**

- 1) Nurse should give periodic education to the postnatal mothers related to breast engorgement complication and management.
- 2) Nurses should provide the people in the community, with the pamphlets, leaflets, booklets about breast engorgement and the people in the community aware of the disease.
- 3) Nurses should educate the mothers to consult the physician for the treatment rather than proving home management to the children.

**References**

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