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An Effectiveness of Instructional Module on Breastfeeding-Related Breast Complications Among Primi Mothers

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ABSTRACT

Breastfeeding is an essential part of maternal and child health because it provides complete nutrition to newborn babies and supports their healthy growth and development. However, primi mothers (first-time mothers) may experience various breastfeeding-related breast complications due to a lack of knowledge, improper breastfeeding techniques, and inadequate breast care. Common complications include breast engorgement, cracked or sore nipples, blocked milk ducts, nipple inversion, and mastitis. These problems may cause pain, discomfort, difficulty in breastfeeding, and early discontinuation of breastfeeding. An instructional module is an effective educational approach to improving mothers' knowledge and practices regarding the prevention and management of these complications. It provides systematic information about proper breastfeeding positions, correct latching techniques, breast hygiene, nipple care, frequent feeding, breast massage when appropriate, and early identification of warning signs. It also helps mothers understand the importance of exclusive breastfeeding and seeking timely medical assistance when complications occur. The effectiveness of an instructional module can be evaluated by assessing mothers' knowledge and practices before and after the educational intervention. Health education, practical demonstrations, counselling, and regular guidance by healthcare professionals can increase mothers' confidence and encourage healthy breastfeeding practices. Therefore, instructional modules can play an important role in preventing breastfeeding-related complications, improving maternal awareness, and promoting successful breastfeeding experiences among primi mothers.