

SUMMARY

Breast feeding is important for the health and development of both mother and child ,and provides optimal infant nutrition .Nipple pain and trauma associated with breastfeeding are considered amongst the most significant factors impacting on breastfeeding in the first weeks of motherhood . Treating sore and traumatized nipple quickly and effectively is , therefore, an important factor in establishing successful breastfeeding by maintaining a pleasurable breastfeeding relationship between mother and infant and prevents complications ,such as mastitis or breast abscess.

Aim of the study:

The aim of the study was to evaluate the effect of using pharmacological versus alternative therapy on traumatic nipple for lactating mothers.

Hypotheses:

There was the positive effect of using pharmacological versus alternative therapy on traumatic nipple for lactating mothers.

Research design:

The present study was quasi- experimental design.

Methodology:

a. Setting of the study:

This study was conducted in the antenatal clinic at Benha university Hospital , MCH center at Benha city and antenatal clinic at Maghagha Hospital and MCH center at Maghagha city.

Subjects of the study:

Purposive sample of 200 lactating mothers were recruited for this study according to the following criteria: Lactating mother's with nipple pain diagnosed by doctors , and lactating mother's free from any medical disorder.

Tools for data collection:

Data were collected using the following tools:

- **Part one includes**

Sociodemographic characteristics of the women: (name, age, , marital status , levels of education, occupation ,incidence)

- **Part two includes:**

Visual analogue scale were conducted to assess healing of nipple pain (**adapted from Henderson A.2001**).

- **Part three includes;**

Nipple soreness Rating scale Were conducted to assess soreness healing of the nipple (**Adapted from storr,1988**).

- **Part four includes;**

The nipple trauma score (NTS) Were conduct to assess trauma healing of the nipple (**Adapted from champion etal ,1989**).

b. Pilot study:

The pilot study was applied on a group of 20 women based on statistical percentage to test content applicability and clarity of the tools, which based on the results of the pilot study.

Results:

The main study findings can be summarized as the following:

- The mean age is 25.2 ± 4.9 . More than one third of studied sample are illiterate ,Half of the studied women are not working.
- Regarding to these of lanolin cream the study show that less than three quarter of the studied mother had no pain and nearly one third of studied mother had minor pain, respectively. Toward soreness grade more than half of the studied women had no soreness and less than half of the studied women had tender for first 5 -10 minutes, respectively. In addition to trauma scale , more than three quarter of the studied women had no trauma and less than one quarter of the studied women had Erythema .
- Regarding to the use of tea bag , the study show that nearly half of the studied mother had no pain , less than half of studied mother had minor pain and less than one eight of studied mother had moderate pain, respectively . In addition to soreness grade, almost half of the studied women had no soreness , less than half of the studied women had tender for first 5 -10 minutes and less than one eight of studied mother had tender longer than first 5 -10 minutes, respectively. In addition to trauma scale , almost three quarter of the studied women had no trauma and nearly one third of the studied women had Erythema .
- Regarding to the use of peppermint, the study show that less than three quarter of the studied mother had no pain and nearly one third of studied mother minor pain, respectively. In addition to soreness

grade less than three quarter of the studied women had no soreness and more than one quarter of the studied women had tender for first 5 -10 minutes, respectively. In addition to that trauma scale more than three quarter of the studied women had no trauma and less than one quarter of the studied women had Erythema .

Depending on the results of the present study, the following can conclude that:

- peppermint water is effective in the prevention of nipple trauma, and less nipple pain compared to the application of tea bag or lanolin cream after feeding. So, alternative therapy is nearly as pharmacological therapy .

Depending on the results of the present study, the following recommendations can be suggested:

- Education program are needed to improve mothers' awareness toward traumatic nipples .
- Teaching mothers for positioning and attachment of the baby to the breast for breastfeeding can be prevent the incidence of traumatic nipples .
- Increasing the awareness, regarding usage of alternative therapy as (peppermint – tea) to reduce traumatic nipple.
- Further researches in this field is to generalize the use of alternative therapy.