International Journal of Science and Research (IJSR)
ISSN: 2319-7064
SJIF (2022): 7.942

A Study to Assess the Effectiveness of Breast Feeding Positioning Interventions to Minimize Fatigue Among Primi Postnatal Caesarean Mothers During Breast Feeding at Gauhati Medical College & Hospital, Guwahati, Assam

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Abstract: ***Background: Breastfeeding is an unequalled way of providing ideal food for the healthy growth and development of infants. It is also an integral part of the reproductive process with important implications for the health of mothers. Objective of the study: This study is attempted to determine the effectiveness of breastfeeding positioning interventions to minimize fatigue among primi postnatal caesarean mothers during breast feeding. Material and methods: The study adopted a quantitative research approach and a quasi-experimental research design. A structured interview questionnaire was used for assessing the effectiveness of breast feeding positioning interventions to minimize fatigue among 60 primi postnatal caesarean mothers during breast feeding, selected by using convenient sampling technique in postnatal wards of Gauhati Medical College and Hospital, Guwahati, Assam. Data was analyzed by using descriptive and inferential statistics in the software package named SPSS 20 version. Result of the study: The study revealed that in experimental group pre-test majority 23 (76.7%) of participants had severe fatigue and 7 (23.3%) had moderate fatigue where in post-test majority 16 (53.3%) of participants had severe fatigue, 12 (40%) had moderate fatigue and 2 (6.7%) had mild fatigue. The effectiveness of breast feeding positioning intervention to minimize fatigue among primi postnatal cesarean mothers during breast feeding in experimental group. Findings revealed that mean pre-test score was 55.17±6.428 and in post-test mean score was 46.70±10.99 with mean difference was 8.46. The effectiveness was tested using paired t test with obtained t value is 3.677 was significant at p<0.05 level. Result revealed that breast feeding positioning intervention was effective in minimizing fatigue among primi postnatal cesarean mothers during breast feeding in experimental group. Comparison of post-test level of fatigue among primi postnatal cesarean mothers during breast feeding in experimental and control group. Findings revealed that mean post-test score was 46.70±10.99 and in control group mean post-test score was 54.03±3.469 with mean difference was 7.33. The comparison was tested using unpaired t test with obtained t value is 3.484 was statistically significant at p<0.05 level. Result revealed that breast feeding positioning intervention was effective in minimizing fatigue among primi postnatal cesarean mothers during breast feeding in experimental group as compared to control group. Conclusions: Findings concluded that there was significant differences between the pre–test and post test scores of primi postnatal cesarean mothers who received breastfeeding positioning interventions. Breast feeding positioning interventions has no complication, less cost effective, easily available. The investigator found that breast feeding positioning interventions can be best effective to minimize fatigue during breast feeding in primi postnatal cesarean mother.***

Keywords: Effectiveness, Breast Feeding Positioning Interventions, Fatigue, Primi Postnatal Cesarean Mothers

1. Introduction

A baby nursing at a mother's breast …. is an undeniable affirmation of our rootedness in nature.

(David Suzuki)

Breastfeeding has many health benefits for both the mother and infant. Breast milk contains all the nutrients an infant needs in the first six months of life. Breastfeeding protects against diarrhea and common childhood illnesses such as pneumonia, and may also have longer-term health benefits, such as reducing the risk of overweight and obesity in childhood and adolescence.

Early initiation of breastfeeding refers to initiation of breastfeeding within one hour after birth and ensures that the infant receives the colostrum, or "first milk", which is rich in protective factors.1

2. Background of the study

Health professional recommend that breastfeeding should begin within first hour of a baby's life and continue as often and as much as the baby wants. Breastfeeding has a number of benefits to both mother and baby. An adequate supply of human breast milk is known to satisfy virtually all the nutritional needs of an infant at least for the first six months of life. It is easily digestible and facilitates skin to skin contact and physical warmth between mother and child, which further strengthens the emotional bond between them.2

In India, more than 11 lakh babies die during the first month of life, and 5 lakhs die during 2 to 12 months of age. Neonatal mortality accounts for 40% of under-five deaths and 60% of infant deaths.80-90% of mothers believe that the first milk which is watery and light yellowish in color is a secretion collected over nine months and will be harmful to

the neonate. So, they squeeze the first milk and discard it and initiate breastfeeding only after two to three days.3

3. Need of the study

Breastfeeding confers health benefits for both mothers and their newborns. The American Academy of Pediatrics (AAP) recommends that all women breastfeed for ≥1 year and exclusively breastfeed for ~6months after delivery.4

WHO recommends exclusive breast feeding for infants till they are six month old about 1.4 million deaths of children of children aged below 2 years in settings worldwide especially in low income countries are due to suboptimal breast feeding practices. One fifth of neonatal death can be prevented by initiating exclusive breast feeding as early as possible.

In India rate of malnutrition or wasting are twice as high as the average in sub-saharan African and 10 times higher that latin American. Currently an estimated 25 million children are wasted in India.53 million are underweight and 61 million chronically malnourished. Much of this happens in the prenatal and first two years of a child's life damaging growth, brain development, eventual school performance and adult productivity.5

A study was conducted for 597 mothers to evaluate the influence of certain factors on the duration of exclusive breast feeding during the first 6 months of life. Complete data were obtained until six month. At discharge, one month, 4 month and six months, the frequently of exclusive breast feeding was 97.5%, 83%, and 56% and 19% respectively. A larger duration of exclusive breast feeding was significantly associated with positive maternal attitudes towards breast feeding, adequate family support, appropriate sucking techniques and no nipple problems.6

The researcher has observed during her clinical experience that mothers face fatigue, problems with the infant latching or sucking during breastfeeding in the postnatal period. Researchers felt that there is need of intervention in this field in order to support breastfeeding among postnatal caesarean mother so that she can enjoy her postnatal period. So, the investigator is interested to conduct an experimental study by giving breastfeeding positioning interventions with an aim to reduce fatigue during breastfeeding.

Problem Statement

A Study to Assess the Effectiveness of Breast Feeding Positioning Interventions to Minimize Fatigue Among Primi Postnatal Caesarean Mothers During Breast Feeding at Gauhati Medical College & Hospital, Guwahati, Assam.

Objectives of the study

General objective

To determine the effectiveness of breastfeeding positioning interventions to minimize fatigue among primi postnatal caesarean mothers during breast feeding.

Specific objectives

- To assess the level of fatigue among primi postnatal cesarean mother during breast feeding through pre-test.
- To administer positioning interventions among primi postnatal cesarean mother**.**
- To assess the effectiveness of breast feeding positioning intervention to minimize fatigue among primi postnatal cesarean mother through post test.
- To determine the association between the pre test level of fatigue with selected demographic variables ofprimi postnatal cesarean mother.

Operational definitions

1) **Effectiveness:** Effectiveness is defined as a significant reduction in the fatigue in the primi postnatal cesarean mothers during breast feeding which is measured through M. F. S. C followed by breast feeding positioning interventions and also the post test scores.
2) **Breast feeding positioning interventions:** Breast feeding positioning interventions are the side-lying and cradle positions those are provided to the mother to bring about effective breast feeding and to reduce post natal fatigue in the primi post natal cesarean mothers.
3) **Fatigue:** In this study fatigue refers to multi a dimensional phenomenon that causes a negative uncomfortable feeling and less efficiency than usual.
4) **Primi postnatal cesarean mothers:** In this study primi postnatal cesarean mother refers to mothers who delivered baby for the first time by cesarean section and have fatigue during breastfeeding.

Assumption

- Prime postnatal cesarean mothers have fatigue during 1 to 14 days after delivery, which intervenes with breast-feeding.
- Increased fatigue during breast-feeding causes reduced interest and discontinuation of breast-feeding.
- Comfortable breast feeding positions causes reduced fatigue and brings about interest in feeding.

Hypothesis

H_1: There are significant differences between the pre-test and post test scores of primi postnatal cesarean mothers who received breastfeeding positioning interventions.

H_2: There is significant association between pre–test level of fatigue among primi postnatal cesarean mother and their demographic variables.

Delimtations

The study was delimited to

- The primi postnatal mothers admitted in the wards of GMCH, Guwahati.
- First 2 to 4 days after delivery.
- The sample of 60 primi postnatal mothers.
- Primi postnatal cesarean mother who gave birth to normal full term babies.

4. Research Methodology

A quantitative research approach was used for the present study to assess the effectiveness of breast feeding positioning interventions to minimize fatigue among primi

postnatal caesarean mothers during breast feeding at GMCH, Assam and a quasi -experimental research design**.**

The population of the study consists of Primi postnatal cesarean mother and 60 samples (30 Experimental groups and 30 Control group) were selected by using convenient sampling technique in postnatal wards of GMCH, Assam.

The present study consists of independent, dependent and demographic variables.

- **Independent Variables:** Breastfeeding positioning interventions.
- **Dependent variables:** Fatigue during breast-feeding.
- **Demographic variables:** It consists of age, religion, education, occupation status, monthly income of family, type of family, residential area and source of information.

5. Analysis and Interpretation

Section 1: Distribution of demographic proforma of primi postnatal cesarean mothers in experimental and control group.
Section2: Frequency and percentage distribution of pre-test and post-test level of fatigue among primi postnatal cesarean mothers during breast feeding in experimental and control group.
Section 3: Effectiveness of breast feeding positioning intervention to minimize fatigue among primi postnatal cesarean mother through post test.
Section 4: Association between the pre test level of fatigue in experimental group and their selected demographic variables.
Section 5: Association between the pre test level of fatigue in control group and their selected demographic variables.

Section 1: Distribution of demographic proforma of primi postnatal cesarean mothers in experimental and control group, N=60 (30+30)

Age in years	Experimental Group		Control Group	
	F	%	F	%
a. 18-25 years	17	56.7	16	53.3
b. 26-35 years	13	43.3	14	46.7
c. 36-45years	0	0	0	0
Religion	Experimental Group		Control Group	
	F	%	F	%
a. Hindu	13	43.3	15	50
b. Muslim	15	50	14	46.7
c. Christian	2	6.7	1	3.3
Education	Experimental Group		Control Group	
	F	%	F	%
a. Primary school	0	0	0	0
b. Middle school	7	23.3	9	30
c. High school	14	46.7	14	46.7
d. Intermediate degree	9	30	7	23.3
e. Graduate/ Post graduate degree	0	0	0	0
f. Professional degree	0	0	0	0
Occupational status	Experimental Group		Control Group	
	F	%	F	%
a. House wife	20	66.7	18	60
b. Daily wage	6	20	9	30
c. Service	4	13.3	3	10
Monthly income of family	Experimental Group		Control Group	
	f	%	F	%
a. < Rs 2390	0	0	0	0
b. Rs 2391-7101	4	13.3	4	13.3
c. RS 7102 -11836	15	50	16	53.3
d. Rs 11837 -17755	9	30	8	26.7
e. Rs 17756 -23673	2	6.7	2	6.7
f. Rs 23674 -47347	0	0	0	0
g. > Rs 47348	0	0	0	0
Type of family	Experimental Group		Control Group	
	F	%	F	%
a. Nuclear family	13	43.3	12	40
b. Joint family	17	56.7	18	60
Residential area	Experimental Group		Control Group	
	f	%	F	%
a. Urban area	3	10	5	16.7
b. Rural area	27	90	25	83.3
Source of information	Experimental Group		Control Group	
	f	%	F	%
a. Mass media	11	36.7	9	30
b. Health care personnel	2	6.7	2	6.7
c. Friends	13	43.3	12	40
d. Relatives	4	13.3	7	23.3
d. Others	0	0	0	0

Section 2: Frequency and percentage distribution of pre-test and post-test level of fatigue among primi postnatal cesarean mothers during breast feeding in experimental and control group.

Frequency and percentage distribution of pre-test and post-test level of fatigue among primi postnatal cesarean mothers during breast feeding in experimental and control group, N=60 (30+30)

Level of fatigue	Experimental group				Control group			
	Pre-test		Post-test		Pre-test		Post-test	
	f	%	F	%	f	%	F	%
Mild	0	0	2	6.7	0	0	0	0
Moderate	7	23.3	12	40	4	13.3	6	20
Severe	23	76.7	16	53.3	26	86.7	24	80

Section 3: Effectiveness of breast feeding positioning intervention to minimize fatigue among primi postnatal cesarean mother through post test.

Effectiveness of breast feeding positioning intervention to minimize fatigue among primi postnatal cesarean mothers during breast feeding in experimental group
n=30

Experimental Group	Mean	SD	Mean Difference	t test value	df	p value
Pre-Test	55.17	6.428	8.46	3.677	29	0.001**
Post-test	46.70	10.99				

****p<0.01 level of significance**

Comparison of pre-test and post-test level of fatigue among primi postnatal caesarean mothers during breast feeding in control group, n=30

Comparison Control Group	Mean	SD	Mean Difference	t test value	df	p value
Pre-test	55.53	4.424	1.50	1.437	29	0.161^{NS}
Post-test	54.03	3.469				

***p<0.05 level of significance NS -Non significant.**

Comparison of post-test level of fatigue among primi postnatal cesarean mothers during breast feeding in experimental and control group, n=30

Comparison Post-test	Mean	SD	Mean Difference	t test value	df	p value
Experimental Group	46.70	10.99	7.33	3.484	58	0.001*
Control Group	54.03	3.469				

***p<0.05 level of significance**

Section 4: Association between the pre test level of fatigue in experimental group and their selected demographic variables, **n=30**

Demographic variables	Pre-test level of fatigue		χ^2 value	df	p value
	Moderate	Severe			
Age in years					
a.18-25 years	5	12	0.81	1	0.368^{NS}
b.26-35 years	2	11			
c.36-45 years	--	--			
Religion					
a. Hindu	3	10	0.889	2	0.641^{NS}
b. Muslim	3	12			
c. Christian	1	1			
d. Others	--	--			
Education					
a. Primary school	--	--	0.541	2	0.763^{NS}
b. Middle school	1	6			
c. High school	4	10			
d. Intermediate degree	2	7			
e. Graduate/post graduate	--	--			
f. Professional degree	--	--			
Occupational status					
a. House wife	4	16	0.466	2	0.792^{NS}
b. Daily wage	2	4			
c. Service	1	3			
Monthly income of family					
a. < Rs 2390	--	--	16.58	3	**0.001***
b. Rs 2391 -7101	4	0			
c. RS 7102 -11836	3	12			
d. Rs 11837 -17755	0	9			
e. Rs 17756 -23673	0	2			
f. Rs 23674 -47347	--	--			
g. > Rs 47348	--	--			
Type of family					
a. Nuclear family	2	11	0.81	1	0.368^{NS}
b. Joint family	5	12			
Residential area					
a. Urban area	1	2	0.186	1	0.666^{NS}
b. Rural area	6	21			
Source of information					
a. Mass media	4	7	2.871	3	0.412^{NS}
b. Health care personnel	0	2			
c. Friends	3	10			
d. Relatives	0	4			

***p<0.05 level of significance NS -Non significant**

Section 5: Association between pre-test level of fatigue with selected demographic variables of primi postnatal cesarean mother in control group, n=30

Demographic variables	Pre-test level of fatigue		χ^2 value	df	p value
	Moderate	Severe			
Age in years					
a.18-25 years	3	13	0.871	1	0.351^{NS}
b.26-35 years	1	13			
c.36-45 years	--	--			
Religion					
a. Hindu	3	12	1.195	2	0.550^{NS}
b. Muslim	1	13			
c. Christian	0	1			

d. Others	--	--			
Education					
a. Primary school	--	--	0.055	2	0.973^{NS}
b. Middle school	1	8			
c. High school	2	12			
d. Intermediate degree	1	6			
e. Graduate/post graduate	--	--			
f. Professional degree	--	--			
Occupational status					
a. House wife	3	15	2.596	2	0.273^{NS}
b. Daily wage	0	9			
c. Service	1	2			
Monthly income of family					
a. < Rs 2390	--	--	2.416	3	0.491^{NS}
b. Rs 2391 -7101	1	3			
c. RS 7102 -11836	3	13			
d. Rs 11837 -17755	0	8			
e. Rs 17756 -23673	0	2			
f. Rs 23674 -47347	--	--			
g. > Rs 47348	--	--			
Type of family					
a. Nuclear family	2	10	0.192	1	0.661^{NS}
b. Joint family	2	16			
Residential area					
a. Urban area	0	5	0.923	1	0.337^{NS}
b. Rural area	4	21			
Source of information					
a. Mass media	2	7	2.115	3	0.549^{NS}
b. Health care personnel	0	2			
c. Friends	2	10			
d. Relatives	0	7			

***p<0.05 level of significance NS -Non significant**

6. Discussions

Objective1. To assess the level of fatigue among primi postnatal cesarean mother during breast feeding through pre-test. In the present study it was found that in experimental group pre–test majority 23 (76.7%) had severe fatigue and 7 (23.3%) had moderate fatigue whereas in post-test majority 16 (53.3%) of participants had severe fatigue, 12 (40%) had moderate fatigue and 2 (6.7%) had mild fatigue. In control group, pre-test majority 26 (86.7%) had severe fatigue and 4 (13.3%) had moderate fatigue whereas in post-test majority 24 (80%) had severe fatigue and 6 (20%) had moderate fatigue.

Findings of the present study were supported by Phillips KF et al (2020) effect of postpartum fatigue on exclusive breastfeeding rates. Quasi experimental design was adopted by using Visual Analogue Scale. They have found that 92 (58.6%) had moderate fatigue and 16 (10.2%) had severe level of fatigue.[7]

Objective 2. To assess the effectiveness of breast feeding positioning intervention to minimize fatigue among primi postnatal cesarean mother through post test.
The present study showed that in experimental group mean post-test score was 46.70 (SD=10.99) and in control group mean post-test score was 54.03 (SD =3.469) with mean difference was 7.33. The comparison was tested using unpaired t test with obtained t value is 3.484 was statistically significant at p<0.05 level. Result revealed that breast feeding positioning intervention was effective in minimizing fatigue among primi postnatal cesarean mothers during breast feeding in experimental group as compared to control group.

The finding study was supported by Nisman WA et al (2017) on how do breastfeeding pillows influence mother fatigue and mother and baby response during breastfeeding? The mean difference between the pretest and posttest MBA scores in the intervention group was higher (1.93) than in the control group (0.53). The mean value difference between pretest and posttest fatigue in the intervention group was higher (5.16) than the control group (1.93) p value (p=0.002). The decrease in fatigue in the intervention group was higher than the control group.[8]

Objective 3. To determine the association between the pre test level of fatigue with selected demographic variables of primi postnatal cesarean mother. In the present study, while determining the association between the pre test level of fatigue with selected demographic variables result of chi square shows that there is no significant association between pre-test level of fatigue among primi postnatal cesarean mother with selected demographic variables other than monthly income of family in experimental group (x2=16.58, df=3, p value=0.001) at 0.05 level of significance.

The present study was supported by G Rashmi (2007) on the effectiveness of breastfeeding positioning interventions to minimize fatigue among primi postnatal mothers during breastfeeding in a selected hospital at Bangalore. The present study showed that demographic variables such as age, education, occupational, religion, type of family,

residential area, income, age at menarche, age at marriage were statistically non significant other than sources of information was found to be significant at 5%.[9]

7. Implication of the study

The findings of the study have implication in various areas of nursing practice, nursing education, nursing administration and nursing research.

Nursing practice

- The professional nurses working in the hospital settings finds opportunity to teach the patients regarding breast feeding positioning interventions to reduce the fatigue during feeding and improve the breastfeeding duration and rate by increasing the comfort.
- Nurses have the primary responsibility for people's health teaching individually and in the entire group. Nurses working in the hospital and the community health centers can provide timely information regarding breastfeeding to primi postnatal mothers to get them interested and knowledge in breastfeeding and their by promoting exclusive breast feeding till 6 months from birth.

Nursing education

- The nurses and the student nurses can educate the breast feeding mothers of the community regarding the various positions used in breastfeeding and how to use them to ease their fatigue and improve the breastfeeding comfort. The study reveals that the mothers have fatigue during breastfeeding.
- As a nurse educator there are opportunities for the nursing professionals to educate breastfeeding mothers regarding breast feeding, different positions used in feeding, their advantages and ways of reducing fatigue during breastfeeding by using combinations of these positions there by promoting comfort and increasing the incidence of exclusive breastfeeding rates.

Nursing administration

- Nursing administrators are the people at service and education level. So they can be inculcated and reinforce better health teaching for exclusive breastfeeding in hospital or institutional setup and in nursing education. The nursing administrators should concentrate on the proper selection, placement and effective utilization of the nurses in all areas giving opportunity for creating interest and enhance ability in educating breast-feeding mothers

Nursing research

- This study facilitates the nurse researcher to develop insight into the development of teaching materials on breastfeeding positions and practices to postnatal breastfeeding mothers towards promotion of breastfeeding and prevention of discontinuity of breastfeeding.
- Nurses should conduct further research studies to develop different approaches in teaching regarding breastfeeding and conceptual framework for educating the subjects and nursing students to a large extent.

8. Limitations

1) The study was limited to first 4 days after delivery.
2) The study was limited to 60 samples due to time bound which cannot be generalization for the whole population.
3) The study was restricted to only one hospital.
4) The study was restricted to selected nursing intervention on reduction of level of fatigue during breastfeeding.
5) Sampling technique was convenient sampling technique.

9. Recommendations

1) A comparative study between primipara and multipara mothers can be done.
2) A study can be done on the effectiveness of breastfeeding counseling provided by midwifes during antenatal period.
3) A comparative study can be conducted on the breastfeeding practices among Urban, rural population.
4) A study can be conducted to assess the knowledge, attitude and practices regarding breastfeeding among primi postnatal mothers.

10. Conclusion

The investigator had conducted the study to assess the effectiveness of breast feeding positioning interventions to minimize fatigue among primi postnatal caesarean mothers during breast feeding at Gauhati Medical College & Hospital, Guwahati, Assam. After conducting the study, on reducing the level of fatigue among primi postnatal cesarean mothers in experimental group had reduced the fatigue level after breast feeding positioning nursing interventions. The findings of the study are consistent with the literature and have strong support from some of the studies. So, these selected nursing interventions can be done by nurses in their day to day caring the postnatal cesarean mothers.

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