

# Importance of Lactational Amenorrhoea among Primigravidae Mother in Selected Communities

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## Abstract

The Lactational Amenorrhoea (LAM) is a new introductory method of family planning methods that simultaneously promotes child spacing and breastfeeding, with its optimal nutrition and disease preventive benefits for the infant.

**Keywords:** Family • Breastfeeding

## Introduction

Lactational Amenorrhoea, is so called it's because on the use of lactational infertility for protection from pregnancy and indicates the time for the introduction of a complementary family planning method. This procedure is recommended for six months postpartum for women who are either fully or nearly fully breastfeeding and amenorrhoeic, and relies on the maintenance of appropriate breastfeeding practices which prolongs lactational infertility, with the concomitant delay in menses return.

The aim of the study was to determine the effectiveness of structured teaching programme on knowledge regarding importance of lactational amenorrhoea. An evaluative approach was adopted and a pre experimental design was used for the study. Primigravidae mother from konankunte community, Bangalore were the samples and the sample size was 50. The primigravidae mother was selected by purposive sampling technique. Findings of the study revealed that the overall post-test mean score was 30.52 (87.20%) with standard deviation 10.33 and the respondents knowledge were significantly higher than, the overall mean pre-test knowledge scores 3.80 (10.85%) with standard deviation 10.46 and computed paired 't' value 28.52 is higher than table value 3.312 at  $P < 0.001$  level. Hence the structured teaching programme on importance of lactational amenorrhoea was effective and statistically significant. The study reveals that there is no significant association between selected demographic variables

like age, education, religion, duration of married life, type family, occupation, monthly income, previous knowledge and source of knowledge in relation with pre-test knowledge scores of primigravidae mother at  $P > 0.05$ . Data was analysed using descriptive and inferential statistics.

Breastfeeding is a natural resource that can make a major contribution to health and family planning goals. Today, there is renewed interest in breastfeeding and promotion efforts have resulted in the inclusion of breastfeeding content into the training curriculum and clinical experiences of health professionals. Research into the multiplicity of benefits of breastfeeding has also resulted in confirming the contraceptive effect of certain patterns of breastfeeding. The Lactational Amenorrhoea Method (LAM) covered later in this module is an effective family planning method that relies on breastfeeding. The lactation amenorrhoea method has been shown to be 98% effective in typical use. This is as effective as oral contraceptives and more effective than condoms. Women should keep in mind, however, that the first postpartum ovulation can occur at any time and may not be preceded by a "warning" period.

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