ISSN(O): 2582-7162
ISSN(P): 3139-163X

Original Article

A Descriptive Study to Assess the Knowledge Regarding Clutch Hold Method of Breastfeeding Among Nursing Staff in Obstetric Unit of Selected Hospitals, Kanpur, U.P

Parul Yadav[1], **Jasmi Johnson**[2]

[1]Second year M.Sc. Nursing, Faculty of Nursing, Rama University, Kanpur, Uttar Pradesh

[2]Principal, Head of Department (Obstetrics and Gynaecology Nursing), Faculty of Nursing, Rama University, Kanpur, Uttar Pradesh.

Corresponding Author: Prof. Dr. Jasmi Johnson, Principal, Head of Department (Obstetrics and Gynaecology Nursing), Faculty of Nursing, Rama University, Kanpur, Uttar Pradesh.
Email: jasmi.rcn.mnd@ramauniversity.ac.in

Abstract

The clutch hold method of breastfeeding is an effective positioning technique particularly beneficial for post caesarean mothers, as it reduces pressure on the abdominal incision and enhances maternal comfort. This descriptive study was conducted among 100 nursing staff working in selected hospitals of Kanpur, U.P., to assess their knowledge regarding the clutch hold method of breastfeeding.

A structured knowledge questionnaire was administered, and data were analysed using descriptive and inferential statistics. The findings revealed that 40% of nurses had moderate knowledge, 35% had high knowledge, and 25% had low knowledge regarding the clutch hold method. The mean knowledge score was 13.8 ± 3.2, indicating an overall moderate level of knowledge.

A statistically significant association was found between knowledge level and professional qualification, total years of clinical experience, experience in obstetric units, type of hospital, area of work, previous training on breastfeeding techniques, and source of information ($p < 0.05$). Among these, previous training showed a highly significant association ($p < 0.001$). However, no significant association was found with age, gender, and designation.

The study highlights the importance of strengthening nursing education and structured training programs, particularly focusing on practical exposure and continuous professional development to improve competency in breastfeeding techniques.

Keywords: Clutch Hold Method, Breastfeeding Position, Nursing Staff, Knowledge, Post Caesarean Care, Maternal Comfort, Lactation Support.

How to cite this article: Yadav P, Johnson J. A Descriptive Study to Assess the Knowledge Regarding Clutch Hold Method of Breastfeeding Among Nursing Staff in Obstetric Unit of Selected Hospitals, Kanpur, U.P. SDES-IJIR; 2026; 7-2: 1366-1373

Submitted: 08-March-2026; **Accepted:** 05-April-2026; **Published:** 30-April-2026

Introduction

Breastfeeding is a fundamental aspect of maternal and child health, providing optimal nutrition, immunity, and psychological benefits to the newborn[1], [2]. Proper positioning during breastfeeding is essential to ensure effective feeding, prevent complications, and enhance maternal comfort[3]. Among various breastfeeding techniques, the clutch hold method (also known as the football hold) is especially advantageous for post caesarean mothers, as it reduces pressure on the abdominal incision and promotes comfortable feeding[4], [5].

Nurses play a crucial role in guiding and educating mothers regarding appropriate breastfeeding techniques. Adequate knowledge among nursing staff is essential to promote correct practices and prevent complications such as nipple soreness, improper latch, and feeding difficulties[3],[6]. Their role in early postnatal care significantly influences breastfeeding success and maternal confidence[7].

Despite its clinical importance, awareness and knowledge regarding the clutch hold method among nursing staff may vary across healthcare settings. Lack of standardized training and updated knowledge may affect the quality of breastfeeding support provided to mothers[6]. Therefore, assessing the knowledge level of nursing staff is essential to improve training programs and enhance the quality of care in obstetric units.

Breastfeeding is a crucial component of maternal and neonatal health, providing optimal nutrition, immunity, and emotional bonding between mother and infant[1],[2]. However, post caesarean mothers frequently encounter significant challenges in initiating and maintaining breastfeeding due to postoperative pain, restricted mobility, fatigue, and fear of pressure on the surgical incision[4], [5]. These factors often result in improper positioning, delayed initiation of breastfeeding, and reduced maternal confidence.

Among the various breastfeeding positions, the clutch hold method (football hold) is particularly beneficial for post caesarean mothers, as it minimizes pressure on the abdominal wound, enhances visibility and control over the baby's latch, and promotes greater comfort during feeding[4], [5]. Despite its advantages, this technique is not consistently practiced or adequately taught in many clinical settings[6].

Nursing staff play a pivotal role in supporting, educating, and guiding mothers during the immediate postnatal period. Their knowledge and competency directly influence breastfeeding success, maternal satisfaction, and neonatal well-being[3], [7]. However, in many healthcare settings, nursing staff may have limited exposure to updated breastfeeding techniques or may rely on traditional practices without evidence-based training[6].

Lack of adequate knowledge regarding the clutch hold method can lead to improper guidance, resulting in complications such as nipple trauma, breast engorgement, ineffective feeding, and early cessation of breastfeeding[3], [5]. Furthermore, inadequate support during the early postpartum period may negatively impact the mother's psychological well-being and her confidence in caring for the newborn[2].

The findings of this study will help in developing structured educational programs, in-service training, and evidence-based guidelines for nursing practice. This will not only enhance the competency of nursing staff but also improve the quality of maternal and neonatal care, promote successful breastfeeding practices, and contribute to better health outcomes[6].

Thus, the present study is undertaken to assess the knowledge regarding the clutch hold method of breastfeeding among nursing staff and to emphasize the importance of strengthening nursing education in clinical practice.

Objectives

- To assess the level of knowledge regarding clutch hold method of breastfeeding among nursing staff.

https://doi.org/10.47997/sdes-ijir/7.2.2026:1366-1373

- To determine the association between knowledge level and selected demographic variables.
- To identify the need for training regarding clutch hold method among nursing staff.

Hypothesis

H_1: There is a significant difference in the level of knowledge regarding the clutch hold method of breastfeeding among nursing staff.

H_2: There is a significant association between the level of knowledge regarding the clutch hold method of breastfeeding and selected demographic variables.

Methods and Materials

Research Approach: In the present study**,** descriptive approach was used.

Research Design: The research design used in this study was descriptive research design.

Variables

Dependent Variable:

In this study, dependent variable is the knowledge among obstetric nursing caregivers regarding clutch hold method of breast feeding.

Demographic Variables:

The demographic variables under this study are he demographic variables included in the study are age (in years), gender, professional qualification (GNM, B.Sc. Nursing, Post Basic B.Sc. Nursing, M.Sc. Nursing), total years of clinical experience, years of experience in obstetric units, designation (staff nurse, senior staff nurse, nursing sister), type of hospital (government or private), area of work (labour room, postnatal ward, antenatal ward, NICU), previous training on breastfeeding techniques (yes or no), and source of information regarding breastfeeding (formal education, workshops, in-service education, or self-learning).

Population

The population for this study comprises of obstetric nursing caregivers.

Target Population:

In this study, the target population was Obstetric nursing caregivers working in selected hospitals at Kanpur, UP.

SAMPLE

The sample for the present study comprises of Obstetric nursing caregivers who met the inclusion and exclusion criteria.

SAMPLE SIZE

The sample size for the present study consists of 100 obstetric nursing caregivers from selected hospitals of Kanpur, UP.

SAMPLING TECHNIQUE

In the present study, Convenient sampling technique has been used for selection of Obstetric nursing caregivers.

SAMPLING CRITERIA

Inclusion Criteria:

- Registered nursing staff working in obstetric units, including labour room and postnatal wards.
- Nursing staff who are directly involved in providing care to postnatal mothers.
- Nursing staff who are willing to participate and provide informed consent.

Exclusion Criteria:

- Nursing staff not directly involved in maternal or postnatal care.

https://doi.org/10.47997/sdes-ijir/7.2.2026:1366-1373

- Nursing staff working in non-obstetric departments.
- Nursing staff who are on leave during the period of data collection.

Description of Tool

The tool used for data collection in this study was a **structured self-administered questionnaire** designed to assess the knowledge of nursing staff regarding the clutch hold method of breastfeeding. The tool was prepared after an extensive review of literature and consultation with experts in the field of obstetrics and nursing. The tool consists of two sections.

Data Collection Procedure

Ethical clearance was obtained from the Institutional Ethics Committee, and formal permission was taken from the concerned hospital authorities prior to data collection. Nursing staff who met the inclusion criteria were selected using convenience sampling, and informed consent was obtained after explaining the purpose of the study. A structured self-administered questionnaire was distributed to 100 participants, with clear instructions and adequate time provided for completion. The investigator remained available to clarify doubts without influencing responses. Confidentiality and anonymity were strictly maintained throughout the study. The data were collected over a period of 1–2 weeks, checked for completeness, coded, and analysed using appropriate statistical methods.

Plan for Data Analysis

The collected data were organized, tabulated, and analysed using both **descriptive and inferential statistics. Descriptive statistics** and Inferential **statistics,** specifically the chi-square (χ^2) test, was used to assess the association between knowledge level and selected demographic variables such as years of experience, educational qualification, and prior training. **The level of significance** was set **at $p < 0.05$,** where values less than 0.05 were considered statistically significant.

Results

Section A: **Percentage Distribution of Demographic Variables (N = 100)**

S. No.	Demographic Variable	Categories	Percentage (%)
1	Age (in years)	21–25 years	30%
		26–30 years	35%
		31–35 years	20%
		Above 35 years	15%
2	Gender	Male	20%
		Female	80%
3	Professional Qualification	GNM	40%
		B.Sc. Nursing	30%
		Post Basic B.Sc. Nursing	20%
		M.Sc. Nursing	10%

https://doi.org/10.47997/sdes-ijir/7.2.2026:1366-1373

4	Total Years of Clinical Experience	< 2 years	25%
		2–5 years	40%
		> 5 years	35%
5	Experience in Obstetric Units	< 2 years	30%
		2–5 years	45%
		> 5 years	25%
6	Designation	Staff Nurse	60%
		Senior Staff Nurse	25%
		Nursing Sister	10%
		Others	5%
7	Type of Hospital	Government	55%
		Private	45%
8	Area of Work	Labour Room	30%
		Postnatal Ward	25%
		Antenatal Ward	15%
		NICU	20%
		Others	10%
9	Previous Training on Breastfeeding	Yes	65%
		No	35%
10	Source of Information	Formal Education	35%
		Workshops	25%
		In-service Education	20%
		Self-learning	15%
		Others	5%

https://doi.org/10.47997/sdes-ijir/7.2.2026:1366-1373

Section B:

Knowledge Level Regarding Clutch Hold Method

Knowledge Level	Frequency (n)	Percentage (%)
Low Knowledge	25	25%
Moderate Knowledge	40	40%
High Knowledge	35	35%

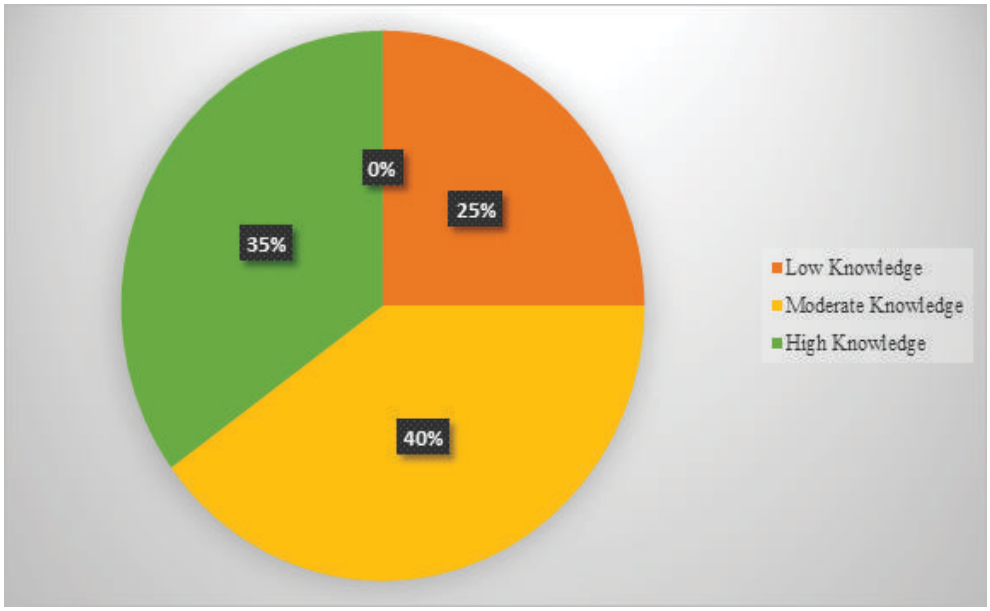

Figure 01: Knowledge Level Regarding Clutch Hold Method

Section C:

Calculation of Mean and Standard Deviation

- Total Score Mean = **13.8**
- Standard Deviation (SD) = **3.2**

Interpretation:

The mean score indicates that overall knowledge level among nursing staff is moderate.

Section D:

Association Between Knowledge Level and Demographic Variables (N = 100)

S. No.	Demographic Variable	χ^2 Value	df	p-value	Significance
1	Age (in years)	5.21	3	0.157	Not Significant
2	Gender	2.10	1	0.147	Not Significant
3	Professional Qualification	9.85	3	0.020	**Significant**
4	Total Years of Clinical Experience	8.42	2	0.015	**Significant**

https://doi.org/10.47997/sdes-ijir/7.2.2026:1366-1373

5	Experience in Obstetric Units	7.90	2	0.019	**Significant**
6	Designation	6.12	3	0.106	Not Significant
7	Type of Hospital	4.25	1	0.039	**Significant**
8	Area of Work	10.50	4	0.033	**Significant**
9	Previous Training on Breastfeeding	12.80	1	0.001	Highly Significant
10	Source of Information	9.30	4	0.025	**Significant**

Interpretation

The table shows that there was a significant association between knowledge level and variables such as professional qualification, total clinical experience, experience in obstetric units, type of hospital, area of work, previous training, and source of information ($p < 0.05$). Previous training showed a highly significant association ($p < 0.001$). However, age, gender, and designation did not show any significant association with knowledge level ($p > 0.05$).

Discussion

The study findings indicated that the majority of nursing staff had a **moderate level of knowledge (40%)**, with a mean score of **13.8 ± 3.2**, reflecting partial awareness and the need for improvement in understanding the clutch hold method of breastfeeding. Significant associations were observed between knowledge level and variables such as professional qualification, clinical experience, obstetric exposure, type of hospital, area of work, previous training, and source of information, with previous training showing a highly significant impact. **H_1 was accepted**, as there was a noticeable variation in knowledge levels among participants. **H_2 was partially accepted**, since not all demographic variables showed significance; age, gender, and designation were not associated with knowledge levels. Overall, the findings emphasize that structured training and clinical exposure are key factors in enhancing nursing competency and improving breastfeeding practices.

Nursing implications

Nursing Practice

Nurses play a vital role in promoting effective breastfeeding practices, especially among post caesarean mothers. They should actively educate and demonstrate the clutch hold method to mothers, ensuring correct positioning and comfortable feeding without pressure on the surgical site. Strengthening breastfeeding support practices through individualized care and timely assistance will enhance maternal confidence, improve breastfeeding outcomes.

Nursing Education

Nursing education plays a crucial role in preparing nurses to provide effective maternal and neonatal care. Breastfeeding techniques, including the clutch hold method, should be incorporated into the nursing curriculum to ensure students gain both theoretical knowledge and practical skillsSuch educational initiatives will promote evidence-based practice, improve the quality of breastfeeding support provided by nurses, and ultimately contribute to better health outcomes for mothers and infants.

Nursing Administration

Nursing administration plays a key role in enhancing the quality of maternal care services. It should ensure the organization of regular in-service training programs and workshops to update nursing

https://doi.org/10.47997/sdes-ijir/7.2.2026:1366-1373

staff on effective breastfeeding techniques, including the clutch hold method.

Nursing Research

Nursing research plays an essential role in generating evidence-based practices to improve maternal and neonatal care. Further studies can be conducted to assess the effectiveness of the clutch hold method on post caesarean mothers in terms of comfort, pain reduction, and breastfeeding success. Comparative and experimental studies with larger sample sizes can provide stronger evidence regarding its benefits.

Conclusion

The majority of nursing personnel exhibited intermediate knowledge (40%), followed by high (35%) and low (25%), with a mean score of 13.8 ± 3.2 showing partial awareness and gaps. Age, gender, and designation did not significantly correlate with knowledge, but professional qualification, clinical experience, field of work, prior training, and information source did. The results emphasize the value of clinical exposure and training, highlighting the necessity of ongoing education programs to enhance nurse competency and breastfeeding success.

Financial support and sponsorship: Nil

Conflicts of interests: The authors declare that they have no conflict of interest with regard to the content of the report.

References

1. World Health Organization. *Infant and young child feeding: Model chapter for textbooks*. Geneva: WHO; 2009.
2. United Nations Children's Fund (UNICEF). *Breastfeeding: A mother's gift for every child*. New York: UNICEF; 2018.
3. Pillitteri A. *Maternal and child health nursing: Care of the childbearing and childrearing family*. 8th ed. Philadelphia: Lippincott Williams & Wilkins; 2018.
4. Lowdermilk DL, Perry SE, Cashion K, Alden KR. *Maternity and women's health care*. 11th ed. St. Louis: Elsevier; 2016.
5. Lawrence RA, Lawrence RM. *Breastfeeding: A guide for the medical profession*. 8th ed. Philadelphia: Elsevier; 2016.
6. Gupta A, Dadhich JP, Suri S. How to improve breastfeeding practices. *Indian Pediatr*. 2010;47(1):49–53.
7. Dennis CL. Breastfeeding initiation and duration: A 1990–2000 literature review. *J Obstet Gynecol Neonatal Nurs*. 2002;31(1):12–32.