



eISSN: 3108-074X
Volume: 2
Issue: 1
January - June 2026

Nursing Innovators Journal

Chief-editor: Dr. Meena Ganapathy
Editor: Prof. Laishangbam Bijayalakshmi Devi



Publisher: MKSSS Smt. Bakul Tambat
Institute of Nursing Education
www.nijbtine.org



NURSING INNOVATORS JOURNAL

 nijbtine.org

EDITORIAL BOARD

CHIEF EDITOR

Dr. Meena Ganapathy
Principal cum Professor,
MKSSS BTINE,
Karvenagar, Pune

EDITOR

Prof. L. Bijayalakshmi Devi
Professor,
MKSSS BTINE,
Karvenagar, Pune

ASSOCIATE EDITOR

Mrs. Shailaja M J Mathews
Assistant Professor,
MKSSS BTINE,
Karvenagar, Pune

Dr. Rajrani Sharma
PhD, MSN/ED, RN
Professor of Nursing, Lone Star
College, Texas, (USA)

Mrs. Sylvia Vinay
M.Sc. Nursing (Mental Health
Nursing) Research Nurse Manager,
Manchester Foundation University
Trust, United Kingdom

Mrs. Priyanka Kakulde
M.Sc. Nursing (Obstetrics and
Gynaecology),
Senior Clinical Research Nurse,
Manchester M13 9WU, UK

Ms Betsy Joy
M.Sc. Nursing (Oncology),
Nurse Educator, Jaber Al Ahmad
Hospital, Kuwait

For more information,
visit: <http://mksssbtime.ac.in/>

VOLUME 2 ISSUE 1

JANUARY - JUNE 2026

SR. NO.	CONTENT	PAGE NO.
1.	Editorial note	01
2.	Florence Nightingale and the ICN Theme of 2026: Our Nurses. Our Future. Empowered Nurses Save Lives.(Special edition)	02
3.	Knowledge and perception regarding stroke prevention among the high-risk patients in tertiary care hospital: A cross-sectional study.	09
4.	Artificial intelligence readiness among nursing students: A cross-sectional study.	15
5.	Effect of lactation practice on breastfeeding techniques and the level of maternal satisfaction among post-cesarean primipara mothers.	19
6.	From bedside to safer care: Impact of an Integrated Digital Safety System on patient awareness.	29
7.	Exploration and description of sports-specific cognitive and somatic anxiety in collegiate women aged 18–25 years.	33
8.	Efficacy of music therapy on alleviating level of pain among pediatric cancer patients receiving chemotherapy.	46
9.	Level of mindfulness among nursing students and faculty in nursing educational institutes: A comparative study.	59
10.	Prevalence of anemia among women in selected urban area.	66

Aim of NIJ

To publish high-quality original research articles in the field of nursing that are novel and innovative in their findings that make substantial theoretical and practical advances in the nursing profession.

PROCESSING
CHARGES AND
DOI CHARGES
APPLICABLE

CONTACT US:

editor.nij@mksssbtime.in
info.nij@mksssbtime.in
nij.itsupport@mksssbtime.in
Contact No. 7498738745

The Nursing Innovators Journal (NIJ) publishes authors' views, which do not necessarily reflect the editorial board's or affiliated institutions' official stance.



From the Editor's desk. "Charting New Horizons in Nursing Research and Practice"

It is with great pleasure to present the January-June issue 2026 of the Nursing Innovators Journal (NIJ), an open-access, double-blinded, peer-reviewed international journal.

As an open-access e-journal, we are committed to providing quality nursing research content that drives innovation in the nursing profession. Each article has gone through rigorous editorial review, including a plagiarism scan, an AI detection scan, double-blinded peer reviews, and final editing. In this issue, we also commemorate International Nurses Day 2026 by recognizing the enduring legacy of Florence Nightingale and aligning with the global vision of empowering nurses to lead transformative changes in healthcare.

This January-June 2026 Volume 2, Issue 1, highlights the contemporary priorities in the field of nursing practice, education, patient safety, community health, and AI in nursing practice. Themes such as stroke prevention, breastfeeding promotion, anaemia awareness, pain management, mindfulness, patient safety, sports-related anxiety, and artificial intelligence readiness reflect the expanding scope of nursing research in addressing emerging healthcare challenges. Together, these contributions underscore the nursing profession's commitment to innovation, compassionate care, health promotion, and the advancement of quality healthcare delivery across diverse populations.

In this era of rapid technological advancement, rising global health emergencies, economic crisis, climate-related health risks, and growing mental health concerns, researchers must be prepared to undertake issues that are forward-looking, informed, resilient, and innovative, and health care practices adaptable to the changing landscape. Nurse research needs to chart a new horizon of care that is adaptive, evolving in scope, and humane in approach. Finding the right balance within this kaleidoscope of human needs is the fundamental question that nurse researchers must seek to answer. It is time to chart a new horizon.

NIJ and its editorial board are committed to providing genuine content for the readers that is based on authentic and original research and academic expertise. We ensure this commitment through our double-blinded peer-reviewed process and stringent SOP editorial process to bring out issues of high-quality academic research based on methodological rigor and its findings for the profession and public at large.

The views and opinions expressed in the published articles are solely those of the authors and do not necessarily reflect the views of the editor, editorial board, publisher, or affiliated institutions. The journal assumes no responsibility for any consequences arising from the use of the published content. On behalf of the editorial team, I extend our sincere appreciation to all contributors and readers for their continued support.

Warm regards,

Prof. Laishangbam Bijayalakshmi Devi

Editor, Nursing Innovators Journal, MKSSSBTINE, Pune

Effect of lactation practice on breastfeeding techniques and the level of maternal satisfaction among post-cesarean primipara mothers.

Ms. Mayuri Nijampurkar¹, Mrs. Ujwala Jadhav²

Student scholar¹ and Assistant Professor², Obstetrical and Gynecological Department.
MKSSS, Smt. Bakul Tambat Institute of Nursing Education, Pune, MUHS, Nashik, India

Email: mayuri.nijampurkar@mksssbttine.in

Abstract: *Introduction:* Breastfeeding is essential for infant and maternal health, yet post-cesarean primipara mothers often face difficulties due to pain, limited mobility, and lack of experience. Structured lactation practices can improve breastfeeding techniques and maternal satisfaction. This study evaluates the effect of lactation practices on breastfeeding techniques and maternal satisfaction among post-cesarean primipara mothers in selected hospitals. *Methodology:* A quantitative quasi-experimental pre-test and post-test control group design was adopted for the study. The research was conducted in selected maternity hospitals among post-cesarean primipara mothers. Using non-probability purposive sampling, 55 mothers were selected, with 30 in the experimental group and 25 in the control group. Data were collected to evaluate breastfeeding techniques and maternal satisfaction before and after lactation practice. *Result:* The findings showed that both groups had similar and poor breastfeeding techniques and low maternal satisfaction at pretest. After the lactation practice intervention, the experimental group demonstrated significant improvement in breastfeeding techniques and maternal satisfaction compared to the control group. Statistical analysis confirmed the effectiveness of lactation practice, with significant associations found between breastfeeding techniques and selected demographic variables. *Discussion:* The discussion highlights that structured lactation practice had a positive influence on breastfeeding techniques and maternal satisfaction among post-cesarean primipara mothers. The homogeneity of groups before intervention supports the reliability of outcomes. Improved post-intervention scores in the experimental group emphasise the importance of timely lactation support. These findings reinforce the role of nurses in promoting effective breastfeeding and enhancing maternal satisfaction through evidence-based lactation practices.

Keywords: Lactation practice, Breastfeeding technique, Maternal satisfaction, Post-cesarean, Primipara Mothers.

I. Introduction:

Breastfeeding is a natural physiological process and the optimal method of infant feeding, providing complete nutrition and immunological protection for the first six months of life, as recommended by the World Health Organization. It promotes healthy growth, strengthens mother-infant bonding, and offers significant health benefits for both, including reduced risk of infections and chronic diseases in infants and lower risk of postpartum complications and certain cancers in mothers. However, evidence from studies indicates that cesarean section delivery is associated with delayed initiation of breastfeeding, reduced colostrum feeding, and shorter breastfeeding duration. Factors such as maternal education, planned versus emergency cesarean section, primiparity, unplanned pregnancy, physical discomfort, and psychosocial barriers influence breastfeeding practices. Therefore, identifying modifiable factors and strengthening antenatal counselling and postnatal support are essential to improve early initiation and continuation of breastfeeding, particularly among mothers undergoing cesarean section.¹⁻⁵

II. Methodology:

The study design consists of a quantitative research study approach with a quantitative quasi-experimental pre-test and post-test control group design. The study population consists of the postnatal cesarean primipara mothers in a selected hospital in the city, who have given their consent for the study voluntarily. A nonprobability purposive sampling technique was adopted. The sample population consisted of 55 mothers, with 30 in the experimental group and 25 in the control group. The tool was prepared by using 3 sections: demographic, which included age, height, weight, mother's educational status, working status of the mother, LSCS type, post-operative day, birth weight of the present baby, monthly income, and family support for breastfeeding after cesarean. The Bristol Breastfeeding Assessment Tool was used to observe the breastfeeding techniques, and a self-structured maternal satisfaction scale on lactation practice was

used to identify the level of maternal satisfaction. The inclusion criteria were that participants should be post-caesarean mothers who are willing to participate and give consent for the study, primigravida mothers will be included in the study, Mothers who have undergone elective or emergency cesarean section without complication during and after surgery, mothers who are on the 1st post-op day of the cesarean section are admitted into the PNC ward, mothers whose baby is rooming in. those mother who are having postnatal complications that affect breastfeeding abilities and mothers who participated in antenatal childbirth classes.

III. Results:

The study analysis of baseline characteristics was done through descriptive statistics. It indicates that in the control and experimental groups, the majority of participants, 72-80%, belong to the 21–30-year age group, 64-76.7% belong to the 151-170 cm height, and 40-73.3% belong to the 56 to 75 kg weight. 40-50% are belonged secondary education of the mother, 73.3-88% are belonged to housewife, 63.3-70% are belonged to emergency LSCS, 100% are belonged to POD-1st, 84-93.3% are belonged to 2500-3500kg birth weight of baby, 53.3-80% are belonged to 15000 to 30000 Rs. for monthly income, and 40% are belonged to mothers who supported by their mothers in breastfeeding.

1: Breastfeeding techniques among post-caesarean primipara mothers in the experimental and control groups

Breastfeeding	Experimental		Control	
	Pretest		Pretest	
	Freq	%	Freq	%
Not successful	22	73.3%	21	84.0%
Moderately successful	8	26.7%	4	16.0%
Highly successful	0	0.0%	0	0.0%

In pretest, in experimental group, 73.3% of the post-caesarean primipara mothers were not successful and 26.7% of them were moderately successful in breastfeeding technique. In pretest, in control group, 84% of the post-caesarean primipara mothers were not successful and 16% of them were moderately successful in breastfeeding technique.

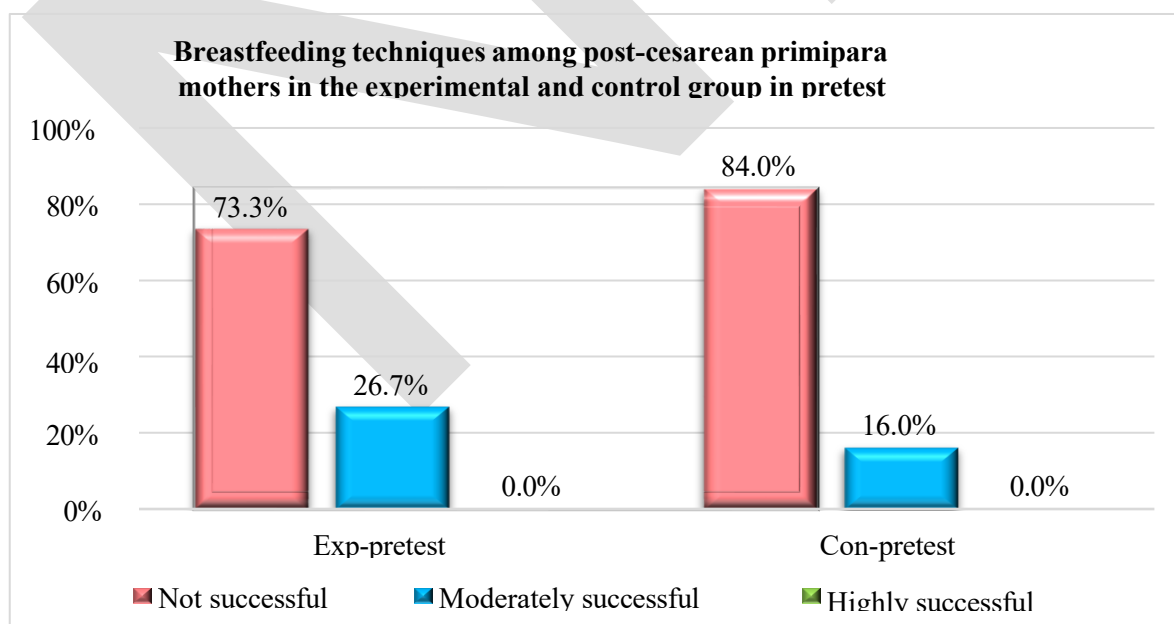


Fig 1: Breastfeeding techniques among post-caesarean primipara mothers in the experimental and control group in pretest

N=55

In the experimental group, in the pretest, 70% of the post-caesarean primipara mothers were not satisfied, and 30% of them were moderately satisfied. In the control group, in the pretest, 76% of the post-caesarean primipara mothers were not satisfied, and 24% of them were moderately satisfied.



N=30

21

In pretest, in the experimental group, 73.3% of the post-caesarean primipara mothers were not successful, and 26.7% of them were moderately successful in breastfeeding technique. In posttest, in the experimental group, 56.7% of the post-caesarean primipara mothers were moderately successful, and 43.3% of them were moderately successful in breastfeeding technique. In pretest, in the control group, 84% of the post-caesarean primipara mothers were not successful, and 16% of them were moderately successful in breastfeeding technique. In posttest, in the control group, 32% of the post-caesarean primipara mothers were not successful, 56% of them were moderately successful, and 12% of them were highly successful in breastfeeding technique. This indicates that there is remarkable improvement in the breastfeeding technique after lactation practice.

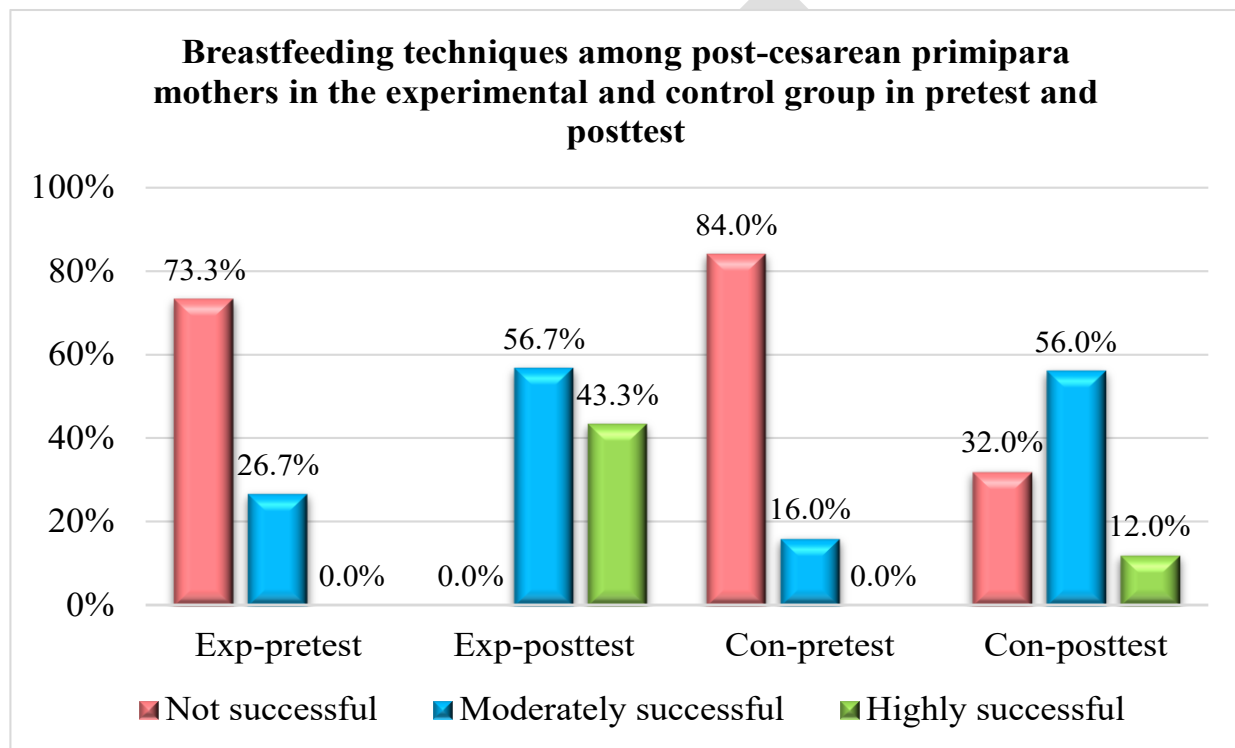


Fig 3: Breastfeeding techniques among post-caesarean primipara mothers in the experimental and control group in pretest and posttest

Table 4: Paired t-test for the effect of lactation practice on breastfeeding techniques among post-caesarean primipara mothers in experimental group

	N=30				
	Mean	SD	t	df	p-value
Pretest	2.2	1.2	20.0	29	0.000
Posttest	5.6	1.1			

The researcher applied a paired t-test for the effect of lactation practice on breastfeeding techniques among post-caesarean primipara mothers in experimental groups. The average breastfeeding technique score was 2.2 in the pretest, which increased to 5.6 in the posttest. The t-value for this test was 20 with 29 degrees of freedom. The corresponding p-value was small (less than 0.05), the null hypothesis is rejected. The lactation practice is significantly effective in improving the breastfeeding technique among post- caesarean primipara mothers.

Fig 4: Average breastfeeding technique score among post-cesarean primipara mothers in the experimental group in pretest and posttest

Table 5: Effect of lactation practice on the level of maternal satisfaction among post-caesarean primipara mothers in experimental and control groups

Mothers in experimental and control groups									N=55
Maternal satisfaction	Experimental				Control				
	Pretest		Posttest		Pretest		Posttest		
	Freq	%	Freq	%	Freq	%	Freq	%	
Not Satisfied	21	70.0%	0	0.0%	19	76.0%	9	36.0%	
Moderately Satisfied	9	30.0%	10	33.3%	6	24.0%	14	56.0%	
Highly Satisfied	0	0.0%	20	66.7%	0	0.0%	2	8.0%	

In the experimental group, in pretest, 70% of the post-caesarean primipara mothers were not satisfied and 30% of them were moderately satisfied. In posttest, 33.3% of the post-caesarean primipara mothers were moderately satisfied and 66.7% of them were highly satisfied. In control group, in pretest, 76% of the post-caesarean primipara mothers were not satisfied and 24% of them were moderately satisfied. In posttest, 36% of the post-caesarean primipara mothers were not satisfied and 56% of them were moderately satisfied. This indicates that there is remarkable improvement in the maternal satisfaction after lactation practice.



N=30

Researcher applied paired t-test for the effect of lactation practice on maternal satisfaction among post-caesarean primipara mothers in experimental groups. Average on maternal satisfaction score was 24.6 in pretest which increased to 55.7 in the post test. T-value for this test was 29 with 29 degrees of freedom. The corresponding p-value was small (less than 0.05), the null hypothesis is rejected. It is evident that the lactation practice is significantly effective in improving the on maternal satisfaction among post- caesarean primipara mothers.

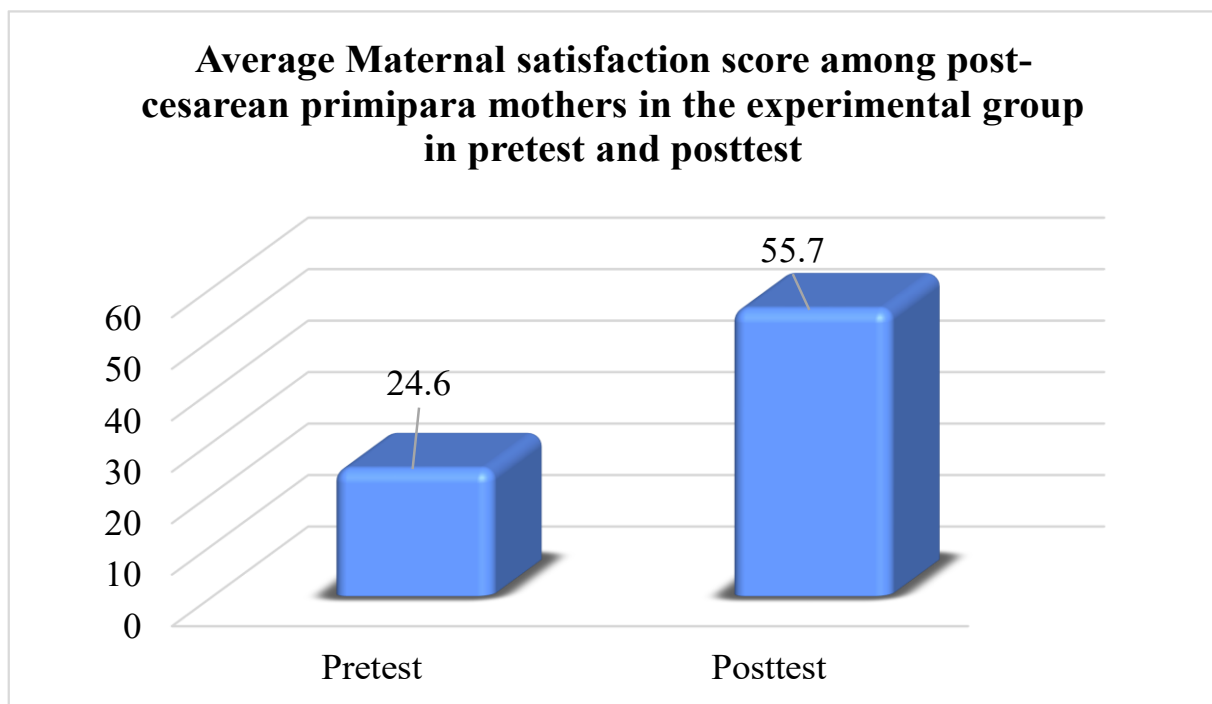


Fig 6: Average maternal satisfaction score among post-caesarean primipara mothers in the experimental group in pretest and posttest

Table 7: Comparison of the effect of lactation practice on breastfeeding techniques among post-caesarean primipara mothers between the experimental and control groups

N=55					
Group	Mean	SD	t	df	p-value
Experimental	3.4	0.9	5.9	53	0.000
Control	2.1	0.7			

Researcher applied Two sample t-test for the comparison of the effect of lactation practice on breastfeeding techniques among post-caesarean primipara mothers in the experimental and control groups. The average change in the breastfeeding technique score was 3.4 in the experimental group, which was to 2.1 in the post-test. The t-value for this test was 5.9 with 53 degrees of freedom. The corresponding p-value was small (less than 0.05), and the null hypothesis is rejected. The average change in the breastfeeding technique score in the experimental group was significantly higher than that in the control group. The lactation practice is significantly effective in improving the breastfeeding technique among post- caesarean primipara mothers.



N=55

Researcher applied Two sample t-test for the comparison of the effect of lactation practice on maternal satisfaction among post-caesarean primipara mothers in the experimental and control groups. The average change in maternal satisfaction score was 31.1 in the experimental group, which was to 15 in the post-test. The t-value for this test was 7.4 with 53 degrees of freedom. The corresponding p-value was small (less than 0.05), the null hypothesis is rejected. The average change in maternal satisfaction score in the experimental group was significantly higher than that in the control group. The lactation practice is significantly effective in improving the maternal satisfaction among post- caesarean primipara mothers.

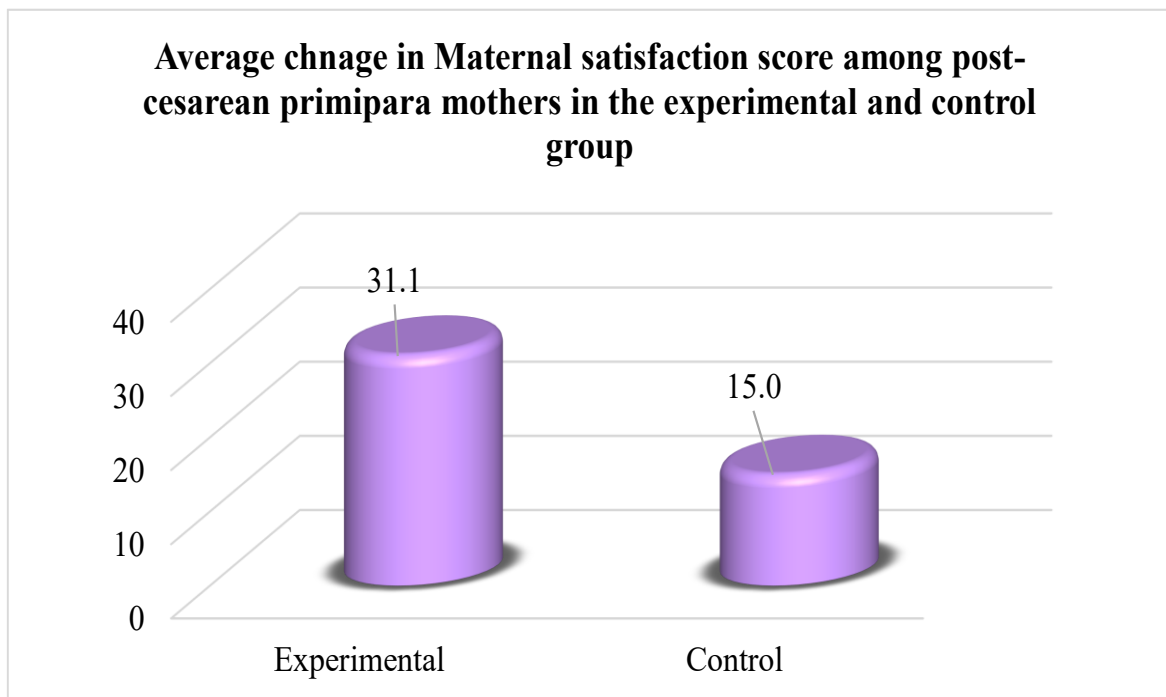


Fig 8: Average change in maternal satisfaction score among post cesarean primipara mothers in the experimental and control group

Also, Fisher's exact test for the association of breastfeeding techniques with selected background variables among post-caesarean primipara mothers, in that p-values corresponding to weight and monthly income were small (less than 0.05), the demographic variables weight and monthly income were found to have a significant association with the breastfeeding technique among post-caesarean primipara mothers. Again, Fisher's exact test for the association of maternal satisfaction with selected background variables among post-caesarean primipara mothers, in that p-values corresponding to height, weight, mother's education and LSCS type were small (less than 0.05), the demographic variables height, weight, mother's education and LSCS type were found to have significant association with the maternal satisfaction among post-caesarean primipara mothers.

IV. Discussion:

The purpose of the present study is to find out the effect of lactation practice on the breastfeeding technique and the level of maternal satisfaction among post-caesarean primipara mothers in the selected hospital of the city. It was clear from the study findings that the lactation practice was effective in improving breastfeeding techniques and increasing the level of maternal satisfaction among post-caesarean primipara mothers.

Aktürk NB, Kolcu M. (2023) conducted a study on the effect of postnatal breastfeeding education given to women on breastfeeding self-efficacy and breastfeeding success. This study aimed to examine the impact of postnatal breastfeeding education on breastfeeding self-efficacy and success among women who had either a normal vaginal delivery or a cesarean section. A pretest-posttest randomized controlled quasi-experimental design was used, with 76 participants in total 38 in the intervention group and 38 in the control group. These women gave birth at a women's and children's diseases training and research hospital. Data were gathered using an introductory information form, a breastfeeding knowledge assessment form, the LATCH scale, and a postnatal breastfeeding self-efficacy scale. The results revealed that, after the educational intervention, the women in the intervention group showed statistically significant improvements in their breastfeeding knowledge, LATCH scores, and self-efficacy compared to the control group ($p < 0.05$). The study concluded that postnatal breastfeeding education effectively enhances breastfeeding knowledge, increases breastfeeding success, and boosts self-efficacy in breastfeeding.⁶

V. Summary and conclusion:

The study found that the experimental and control groups were homogeneous, with no significant difference in breastfeeding adequacy scores before the intervention. After the intervention, post-caesarean primipara mothers in the experimental group showed significant improvement in breastfeeding technique and maternal satisfaction compared to the control group. Statistical tests (two-sample t-test and Fisher's exact test) confirmed the effectiveness of lactation practice. The findings also revealed significant associations between certain demographic variables and study outcomes. Weight and monthly income were significantly associated with breastfeeding technique. Additionally, height, weight, monthly income, mother's education, and type of LSCS were significantly associated with the level of maternal satisfaction.

Consent to participate:

The procedure of the study was explained to all participants in a language they could understand. Written informed consent was obtained from the participants, and they willingly agreed to participate in the study.

Conflict of interest:

There are no conflicts of interest to declare.

Acknowledgment:

The authors express their sincere gratitude to research guide Mrs. Ujwala Jadhav (Assistant professor, MKSSS, Smt. Bakul Tambat institute of nursing education, Pune) for their valuable guidance, continuous support, and encouragement throughout this research study, also thankful to Ms. Jenny Ingram (Professor of Maternal and Infant Health, Centre for Academic Child Health, Bristol Medical School, University of Bristol) for granting permission to use the research tool for the study. Their assistance and cooperation greatly contributed to the completion of this research.

Individual author contribution statement:

All authors contributed substantially to the study. The authors were involved in the study conception and design, data collection, data analysis and interpretation, manuscript preparation, review, and final approval of the manuscript.

Declaration of AI:

Artificial Intelligence (AI) tools were used only for language modification and grammatical correction of the manuscript. All study design, data collection, analysis, interpretation, and conclusions were performed and verified by the authors, who take full responsibility for the content of this manuscript.

Ethical consideration: Permission was obtained from the ethical committee and informed consent from the participants.

Funding: No funding received

VI. References:

1. Kalarikkal SM, Pflieger JL. Breastfeeding. [Updated 2023 Apr 8]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2024 Jan- Available from: <https://www.ncbi.nlm.nih.gov/books/NBK534767/>
2. <https://www.health.qld.gov.au/clinical-ractice/guidelinesprocedures/clinical-staff/maternity/nutrition/breastfeeding/importance>.
3. Bizon AM, Giugliani C, Giugliani ER. Women's satisfaction with breastfeeding and risk of exclusive breastfeeding interruption. *Nutrients*. 2023 Dec 11;15(24):5062.
4. De Senna AF, Giugliani C, Avilla J, Bizon AM, Martins AC, Giugliani ER. Maternal satisfaction with breastfeeding in the first month postpartum and associated factors. *International breastfeeding journal*. 2020 Dec;15:1-1.
5. Aditi A, Jaiswal AK, Qamar A. Gap in breast feeding practices between caesarean and normal deliveries. *Int J Pregn Child Birth*. 2022;8(3):48-53.
6. Aktürk NB, Kolcu M. The effect of postnatal breastfeeding education given to women on breastfeeding self-efficacy and breastfeeding success. *Revista da Associacao Medica Brasileira*. 2023 Aug 21;69(8):e20230217.

About MKSSS BTINE:

The Maharshi Karve Stree Shikshan Samstha's Smt. Bakul Tambat Institute of Nursing Education started on the campus of the Samstha in Pune in August 2000. The institute is Committed to Developing "Conscientious, Confident, and Caring quality professionals of International repute". The Institute is recognized by the Indian Nursing Council, Delhi, Maharashtra Nursing Council, Mumbai, Maharashtra State Board of Nursing and Paramedical Education (MSBNPE), Mumbai, and affiliated to Maharashtra University of Health Sciences, Nashik. The Institute is accredited with NAAC 'A' Grade. The institute has around 600 girl students pursuing various courses i.e. GNM, B.Sc. Nursing, P.B.B.Sc Nursing, M.Sc. Nursing and Ph.D. in Nursing. Clinical learning is conducted in the parent hospitals i.e. Deenanath Mangeshkar Hospital and Mai Mangeshkar Hospital, Pune.

Know More: www.mksssbttine.ac.in

About Nursing Innovators Journal:

Nursing Innovators Journal (NIJ) is an open-access, double-blinded peer-reviewed online international journal (eISSN: 3108-074X) that publishes original research, reviews, and thought-provoking articles. Our NIJ mission is to connect global communities by sharing ground-breaking insights and fostering intellectual growth among nursing professional in all work of life.

Know More: www.nijbtine.org

Our NIJ Aim:

- To publish high-quality original research articles in the field of nursing that are novel and innovative in their findings that make substantial theoretical and practical advances in the nursing profession.

Our NIJ Objective:

- Provide an online platform for publishing original nursing research.
- Encourage innovative articles submissions from nursing academicians, researchers, scholars and practitioners.
- Publish up-to-date research for professionals and the public.
- Serve as a reference for cutting-edge nursing innovations.



Maharshi Karve Stree Shikshan Samstha's Campus, Karvenagar, Pune – 411 052.

Contact No. 9145788190, 7498738745, 8847788190, 74993320

Email : editor.nij@mksssbttine.in, info.nij@mksssbttine.in