Results

The results obtained from this study are presented As follow :-

Part I Presents description of the sample :socio demographic data such as age, occupation , education . (table -1)

Part ll This part shows factors influencing incidence of traumatic nipples for lactating mothers . (table - 2)

Part lll This part illustrates difference among numbers of days after using lanolin , tea, and peppermint for mothers with traumatic nipples . (table - 3 ,4 ,5 ,6 ,7 ,8 ,9 , 10 and 11)

Part VI This part illustrates difference between three groups lanolin ,tea ,and peppermint on traumatic nipples . (table - 12 ,13 ,14 ,15 ,16 and 17)

Part I This part shows Soico demographic characteristics of the sample

Table (1) : Number and percent distribution of lactating mothers according to their biosocial characteristics

Personal data	Characteristics	n = 200	
		Number	Percent
Age Range Mean ±SD	18-36 25.2±4.9		
Education	Illiterate	76	38
	Read and write	16	8
	Primary	4	2
	Preparatory	22	11
	Secondary	64	32
	University	18	9
Marital status	Married	172	86.9
	Divorced	18	8.1
	Widow	10	5
Occupation	Cleric	48	23.2
	Housewife	152	76.8

Table (1) showed the socio demographic characteristics of the lactating mothers in the three group . The mean age of the mother was 25.2±4.9 and the majority of mother s' age between 18-36 years. In relation to educational level, it was found that more than one third (38%) of the studied women were illiterate and 21% of them had low education level,

while 32% had secondary education, only (9%) had a high level of education.

In relation to Marital status, it was found that most (86.9%) of the studied women were married , while the minority (8.1%) of them were divorced and (5%) of them were Widow. In relation to occupation , 76.8% of the studied mothers were Housewives and 23.2% were cleric.

Part II Factors Influencing incidence of traumatic nipples for lactating mothers.

Table (2) : Factors Influencing incidence of traumatic nipples for lactating mothers (n = 200)

Factors	Yes		No		P-value
	No	%	No	%	
Nipple problem during pregnancy	60	30	140	70	0.0001
Natural method of its treatment	18	9	182	91	0.0002
problem after current delivery	194	97	6	3	0.000001
Natural method of its treatment	30	15	170	85	0.00005
Medical method of its treatment	144	72	56	28	0.0002
work allow hours for breast feeding	36	18	164	82	0.0002
take your child to work	20	10	180	90	0.00007
take care about your breast	194	97	6	3	0.000001
Right method of taking care during pregnancy	34	17	166	83	0.000009
Right method of taking care after delivery	30	15	170	85	0.00003
know right positions for breast-feeding	102	51	98	49	0.3
Complete entrance of nipple into baby's mouth	44	22	156	78	0.000005

Table (2) showed that most (97 %,97 %, 72%) of the study sample reported that each of " problem after current delivery, take care about your breast and medical method of its treatment , " are the common problems *Influencing incidence of traumatic nipples For lactating mothers*. Also 49% of them reported that didn't know the right position

for breast feeding. As well as less than 30 % 0f them reported that each of " nipple problem during pregnancy , natural method of its treatment , work allow hours for breast-feeding , take their child to work , method of take care during pregnancy and Complete entrance of nipple into baby's mouth " are the other common problems *Influencing incidence of traumatic nipples For lactating mothers*.

Part lll This part illustrates the difference among number of days after using lanolin , tea ,and peppermint for mothers with traumatic nipples .

Table (3): Comparison between the first , the seventh ,and the fourteenth day for mothers using lanolin regarding to pain (n=100).

Levels of pain	Numbers of days			Test of sig.	
	1st	**7th**	**14th**	X2 1)	X2 2)
	%	%	%		
no pain minor moderate Severe Wroth	0 30 44 20 6	22 48 30 0 0	66 34 0 0 0	32.2**	33.8**

Regarding using lanolin for nipple pain relieve, Table 3 showed that all mothers in the first day were suffering from nipple pain with different degrees compared to 22 % of them in the seventh day and 66 % of them in the fourteenth day have no nipple pain , with significant difference between the first and the seventh day and between the first and the fourteenth day.

Table (4): Comparison between the first ,the seventh ,and the fourteenth day for mothers using tea regarding to pain (n=50)

Levels of pain	Numbers of days			Test of sig.	
	1st	**7th**	**14th**	X2 1)	X2 2)
	%	%	%		
No pain minor moderate Severe Wroth	0 14 24 10 2	0 34 16 0 0	26 20 4 0 0	26.9**	26.1**

Regarding using tea for nipple pain relieve, Table 4 showed that all mothers in the first day were suffering from nipple pain with different degrees compared to 34 % of them in the seventh day and 20 % of them in the fourteenth day have minor nipple pain , with significant difference between the first and the seventh day (X2 = 26.9*) and between the first and the fourteenth day (X2 = 26.1) .

Table (5): Comparison between the first , the seventh ,and the fourteenth day for mothers using peppermint regarding to pain (n=50)

Levels of pain	Numbers of days			Test of sig.	
	1st	**7th**	**14th**	X2 1)	X2 2)
	%	%	%		
No pain minor moderate Severe	0 18 16 16	8 26 16 0	34 16 0 0	15.5 **	6.2*

Regarding using *peppermin*t for nipple pain relieve, Table 5 shows that all mothers in the first day were suffering from nipple pain with different degrees compared to 8 % of them in the seventh day and 34 % of them in the fourteenth day have no pain , with significant difference between the first and the seventh day (X2 = 15.5*) and between the first and the fourteenth day (X2 = 6.2) .

Table (6): Comparison between the first , the seventh, and the fourteenth day for mothers using lanolin regarding to soreness (n = 100)

Soreness grade	Numbers of days			Test of sig.	
	1st	**7th**	**14th**	X2 1)	X2 2)
	%	%	%		
- normal	0	24	54		
- Tender for 1st 5-10 minutes after feed	2 4	52	46		
- Tender more than 5-10 minutes after feed	40	20	0		
- tender between feeding	28	4	0	17.1**	18.5**
- Begin to crack	4	0	0		
- Cracked	4	0	0		

Concerning comparison between the First, the seventh and the fourteenth days for mothers using lanolin regard to soreness grade. This table shows that the majority (92%) of mothers have nipple tenderness and these percentage reduced to 76% in the seventh day and reduced to 46% in the fourteenth day. Also the table reveals that 8% of them suffered from cracked nipple in the first day and these percentage reduced to none in the seventh and the fourteenth day. There are significant difference between the first and the seventh day (X2 = 17.1*) and between the first and the fourteenth day (X2 = 18.5*) .

Table (7): Comparison between the first , the seventh ,and the fourteenth day for mothers using tea regarding to soreness (n= 50)

Soreness grade	Numbers of days			Test of sig.	
	1st	**7th**	**14th**	X2 1)	X2 2)
	%	%	%		
- normal - Tender for 1st 5-10 minutes after feed - Tender more than 5-10 minutes after feed - tender between feeding - Begin to crack - Cracked	0 14 2 2 10 4 0	`12 30 8 0 0 0	26 22 2 0 0 0	21.4	16.2

2)Between 1st & 14th day 1) between 7th & 14th day

Concerning comparison between the First, the seventh ,and the fourteenth days for mothers using Tea regard to soreness grade. This table shows that the majority (92%) of mothers have nipple tenderness and these percentage reduced to 76% in the seventh day and reduced to 48% in the fourteenth day. Also the table reveals that 8% of them suffered from begin to cracked nipple in the first day and these percentage reduced to none in the seventh and the fourteenth day. There are significant difference between the first and the seventh day (X2 = 21.4*) and between the first and the fourteenth day (X2 = 16.2*) .

Table (8): Comparison between the first , the seventh ,and the fourteenth day for mothers using peppermint regarding to soreness (n= 50)

Soreness grade	Numbers of days			Test of sig.	
	1st	**7th**	**14th**	X2 1)	X2 2)
	%	%	%		
- normal - Tender for 1st 5-10 minutes after feed - Tender more than 5-10 minutes after feed - tender between feeding - Begin to crack	0 17 25 4 4	12 31 7 0 0	35 15 0 0 0	26.1	21.9

Concerning comparison between the First, the seventh and the fourteenth days for mothers using *peppermint* regard to soreness grade. This table shows that the majority (92%) of mothers have nipple tenderness and these percentage reduced to 76% in the seventh day and reduced to 30% in the fourteenth day. Also the table reveals that 8% of them suffered from begin to cracked nipple in the first day and these percentage reduced to none in the seventh and the fourteenth day. There are significant difference between the first and the seventh day (X2 = 26.1*) and between the first and the fourteenth day (X2 = 21.9*) .

Table (9): Comparison between the first, the seventh, and the fourteenth day for mothers using lanolin regarding to trauma (n= 100)

Trauma grade	Numbers of days			Test of sig.	
	1st	**7th**	**14th**	X2 1)	X2 2)
	%	%	%		
- no change - erythema - damage less 25% of nipple surface - Damage more than 25 % of nipple surface	0 20 58 22	42 38 20 0	81 19 0 0	14.3**	16.2**

Table 9 shows comparison between the first ,the seventh and the fourteenth day for mothers using lanolin regard to trauma grade. This table shows that all mothers have nipple trauma [erythema (20%), damage less 25 % of nipple surface (58%) and damage more than 25% of nipple surface (22%)] and these percentage changed to 42% in the seventh day and 81% in the fourteenth day of them didn't have trauma. There are significant difference between the first and the seventh day (X2 = 14.3*) and between the first and the fourteenth day (X2 = 16.2*) .

Table (10) : Comparison between the first, the seventh ,and the fourteenth day for mothers using tea regarding to trauma .

Trauma grade	Numbers of days			Test of sig.	
	1st	**7th**	**14th**	X2 1)	X2 2)
	%	%	%		
- no change - erythema - damage less 25% of nipple surface - Damage more than 25 % of nipple surface - Thickness less than 25% of nipple surface	0 8 26 14 2	8 30 10 2 0	38 12 0 0 0	19.2	27.3

Concerning to comparison between the first ,the seventh and the fourteenth day for mothers using Tea regard to trauma grade. Table 10 shows that all mothers have nipple trauma [erythema (16%), damage less 25% of nipple surface (52%) and damage more than 25% of nipple surface(28%)] and these percentage changed to 16% in the seventh day and 76% in the fourteenth day of them didn't have trauma. There are significant difference between the first and the seventh day (X2 =19.2*) and between the first and the fourteenth day (X2 = 27.3*) .

Table (11): Comparison between the first , the seventh, and the fourteenth day for mothers using peppermint regarding to trauma (n= 50)

Trauma grade	Numbers of days			Test of sig.	
	1st	**7th**	**14th**	X2 1)	X2 2)
	%	%	%		
- no change	0	18	43		
- erythema	20	24	7	28.5	35.8
- damage less 25% of nipple surface	22	8	0	<0.05	<0.001
- Damage more than 25% of nipple surface	4	0	0		
- Thickness less than 25% of nipple surface	4	0	0		

Concerning comparison between the first ,the seventh ,and the fourteenth day for mothers using *peppermint* regard to trauma grade. This table 11 shows that all mothers have nipple trauma [erythema (40%), damage less 25% of nipple surface (44%) and damage more than 25% of nipple surface(8%)] and these percentage changed to 36% in the seventh day and 86% in the fourteenth day of them didn't have trauma. There are significant difference between the first and the seventh day (X2 = 28.5*) and between the first and the fourteenth day (X2 = 35.8*) .

Part VI : This part illustrates difference between three groups lanolin ,tea , and peppermint on traumatic nipple.

Table (12): Comparison between tea ,lanolin, and peppermint for lactating mothers regarding to pain at first day(n =200)

Group	(levels of pain for First day)				Total	Fisher test
	Minor	Moderate	sever	worth		
• pepper	18 36.0%	16 32.0%	16 32.0%	0 .0%	50 100.0%	7.6 > 0.05
• tea	14 28.0%	24 48.0%	10 20.0%	2 4.0%	50 100.0%	
• lanolin	30 30.0%	44 44.0%	20 20.0%	6 6.0%	100 100.0%	
total	62 31.0%	84 42.0%	46 23.0%	8 4.0%	200 100.0%	

This table revealed that minor pain was(36%) in peppermint group,(28%)in tea, and (30%)in lanolin . Worth pain was (0%)in peppermint,(4%)in tea, and (6%)in lanolin. There were no statistically significant found . The percentage of minor pain in peppermint group was higher than other groups.

Table (13): Comparison between tea ,lanolin ,and peppermint for lactating mothers regarding to pain at fourteen day .(n =200)

Group	(levels of pain for Fourteen day)			Total	X2
	no pain	minor	Moderate		
• pepper	34 68.0%	16 32.0%	0 .0%	50 100.0%	13.8 > 0.05
• tea	26 52.0%	20 40.0%	4 8.0%	50 100.0%	
• lanolin	66 66.0%	34 34.0%	0 .0%	100 100.0%	
Total	126 63.0%	70 35.0%	4 2.0%	200 100.0%	

This table revealed that no pain was (68%) in peppermint group,(52%)in tea, and (66%)in lanolin . Moderate pain was(0%)in peppermint,(8%)in tea , and (0%)in lanolin. There were no statistically significant . The percentage of no pain in peppermint group was higher than other groups.

Table (14): Comparison between tea ,lanolin ,and peppermint for lactating mothers regarding to soreness at first day(n=200)

Group	(soreness grade for First day)					Total	X2
	first 5-10 m.	more 5-10 m.	tender between feeding	begin to crack	cracked		
pepper	17 34.0%	25 50.0%	4 8.0%	4 8.0%	0 0.0%	50 100.0%	17.8 <0.05
tea	14 28.0%	22 44.0%	10 20.0%	4 8.0%	0 .0%	50 100.0%	
lanolin	24 24.0%	40 40.0%	28 28.0%	4 4.0%	4 4.0%	100 100.0%	
Total	55 30.0%	87 46.0%	42 16.0%	12 7.0%	4 1.0%	200 100.0%	

This table showed that the soreness rate in both nipple tender for first 5-10 minutes after feed and nipple tender more 5-10 minutes after feed was higher (34% , 50%)in peppermint group than other groups [(28% 44%)in tea, and (24%, 40%) in lanolin]. Meanwhile, the rate of tenderness was higher(28%) in lanolin group than other groups. On the other hand, the percentage of cracked was (0%)in peppermint, (0%)in tea, and(4%)in lanolin. As well as, there is a statistical significant difference between three methods.

Table (15): Comparison between tea ,lanolin ,and peppermint for lactating mothers regarding to soreness at fourteen day (n =200)

Group	(soreness grade for Fourteen day)			Total	X2
	normal	first 5-10	more 5-10		
• pepper	35 70.0%	15 30.0%	0 .0%	50 100.0%	12.1 <0.05
• tea	26 52.0%	22 44.0%	2 4.0%	50 100.0%	
• lanolin	54 54.0%	46 46.0%	0 .0%	100 100.0%	
Total	115 61.0%	83 38.0%	2 1.0%	200 100.0%	

This table showed that the soreness rate was found normal (70%)in peppermint, (52%)in tea, and (54%) in lanolin. On the other hand, the percentage of nipple tender more than 5-10 minutes after feeds was (0%)in peppermint, (4%)in tea, and(0%)in lanolin, with presence of statistical significant.

Table (16) : Comparison between tea ,lanolin ,and peppermint for lactating mothers regarding to trauma at first day (n =200)

Group	(trauma grade for First day)				Total	X2
	erythema	damage less 25	damage more 25	thickness less 25		
pepper	20 40.0%	22 44.0%	8 16.0%	0 .0%	50 100.0%	
tea	9 18.0%	26 52.0%	10 20.0%	5 10.0%	50 100.0%	21.3 <0.05
lanolin	20 20.0%	58 58.0%	22 22.0%	0 .0%	100 100.0%	
Total	49 24.0%	106 53.0%	40 20.0%	5 3.0%	200 100.0%	

This table illustrated that trauma grade was found the percentage of erythema (40%)in peppermint ,(18%) in tea, and (20%)in lanolin .On the other hand ,found the percentage of thickness less 25% of nipple surface was (0%)in peppermint, (10%)in tea, and (0%)in lanolin, with presence statistical significant.

Table (17) : Comparison between tea ,lanolin ,and peppermint for lactating mothers regarding to trauma at fourteen day (n=200)

Group	(trauma grade for Fourteen day)		Total	X2
	no change	erythema		
pepper	43 86.0%	7 14.0%	50 100.0%	5.2 >0.05
tea	38 76.0%	12 24.0%	50 100.0%	
lanolin	81 81.0%	19 19.0%	100 100.0%	
Total	162 83.0%	38 17.0%	200 100.0%	

Regarding trauma grade *at fourteen day,* this table revealed that most of women in the three groups had no change ,and the rate of no change was (86%)in peppermint ,(76%) in tea, and (81%)in lanolin with statistical significant difference among three methods .

Figure (1) shows Comparison between the first and the fourteenth day for mothers using lanolin regarding to pain.

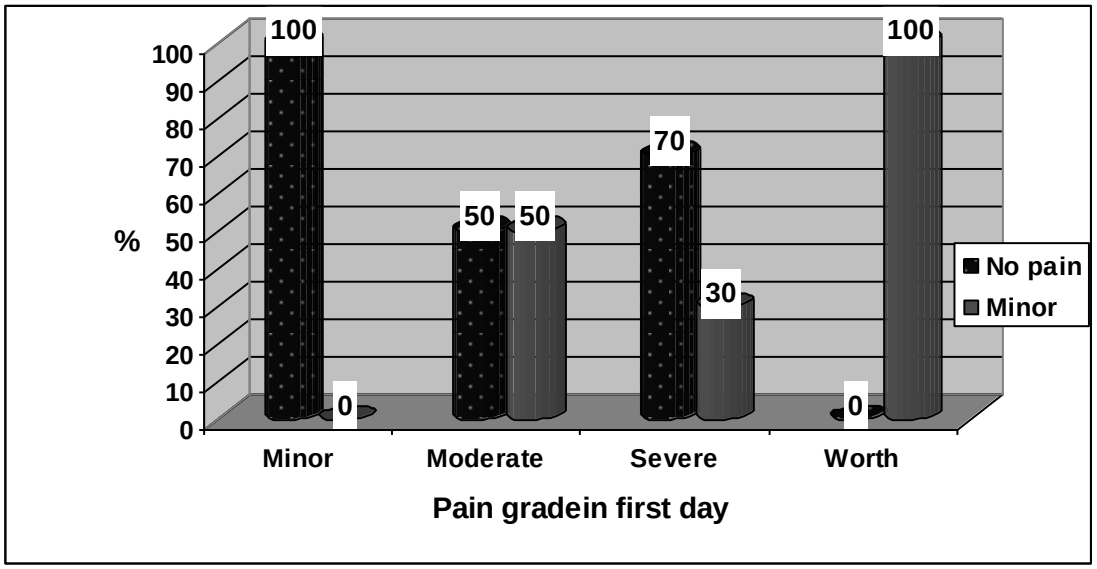

Figure (2) shows Comparison between the first and the fourteenth day for mothers using tea regarding to pain.

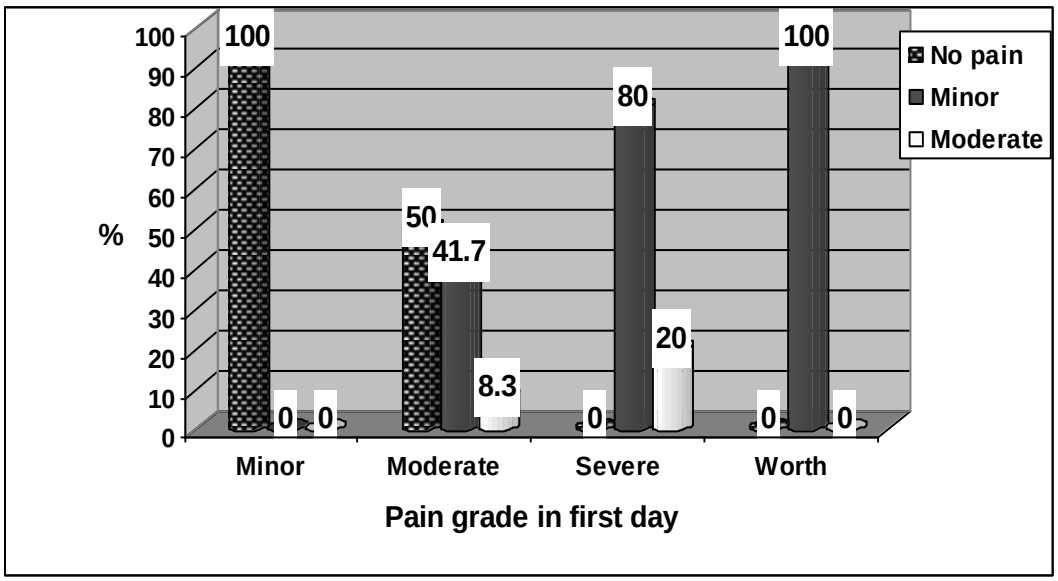

Figure (3) shows Comparison between the first and the fourteenth day for mothers using peppermint regarding to pain.

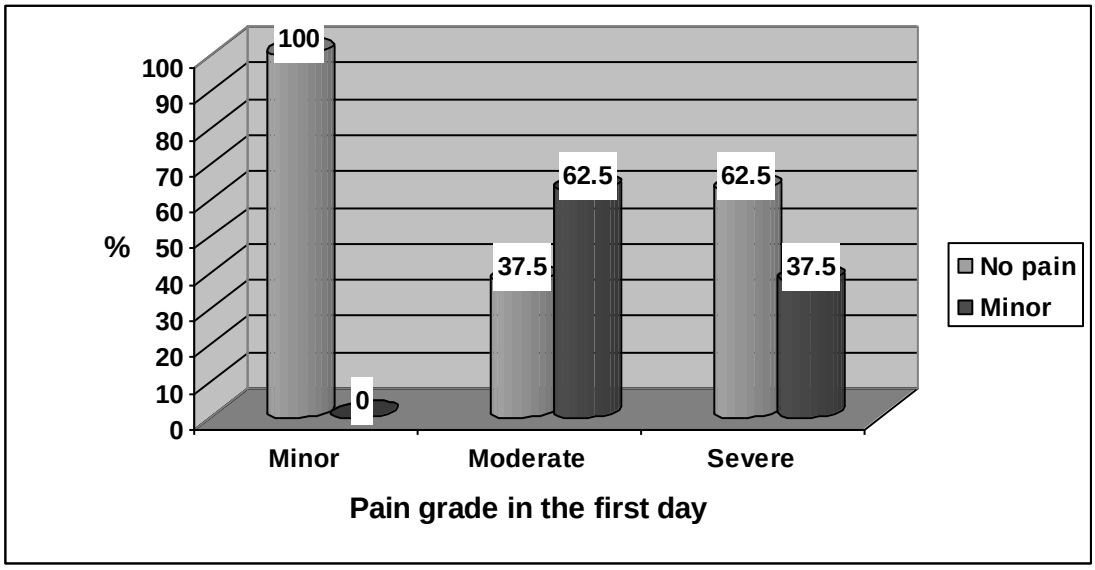

Figure (4) shows Comparison between the first and the fourteenth day for mothers using lanolin regarding to soreness.

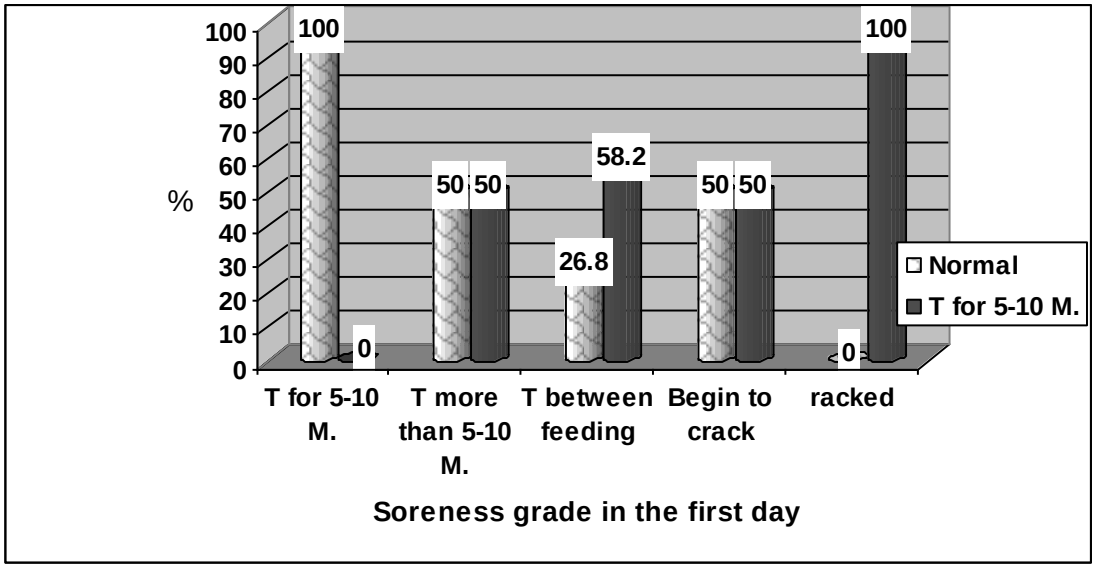

Figure (5) shows Comparison between the first and the fourteenth day for mothers using tea regarding to soreness.

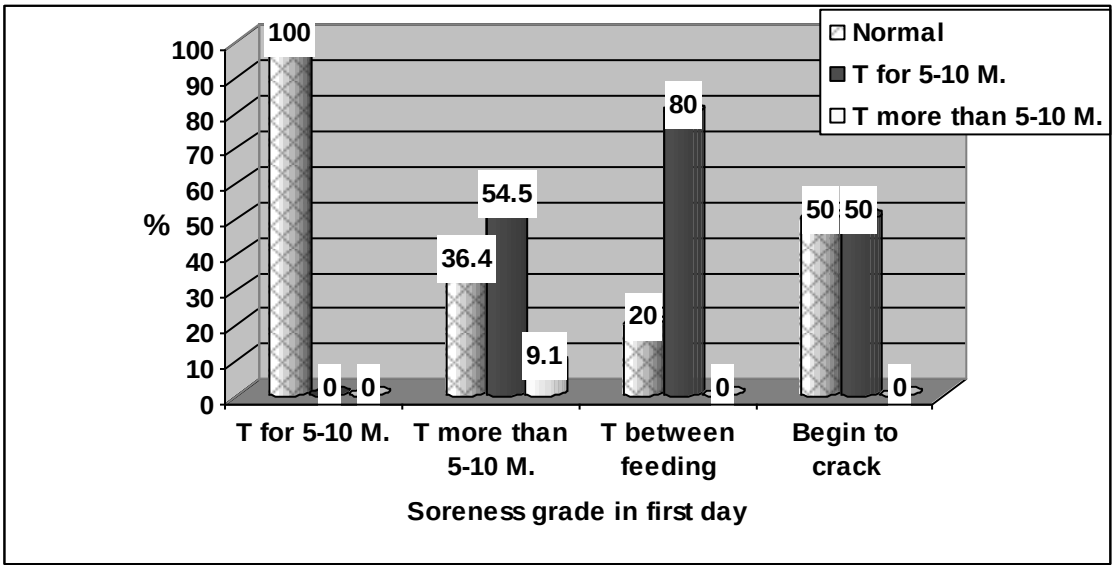

Figure (6) shows Comparison between the first and the fourteenth day for mothers using peppermint regarding to soreness.

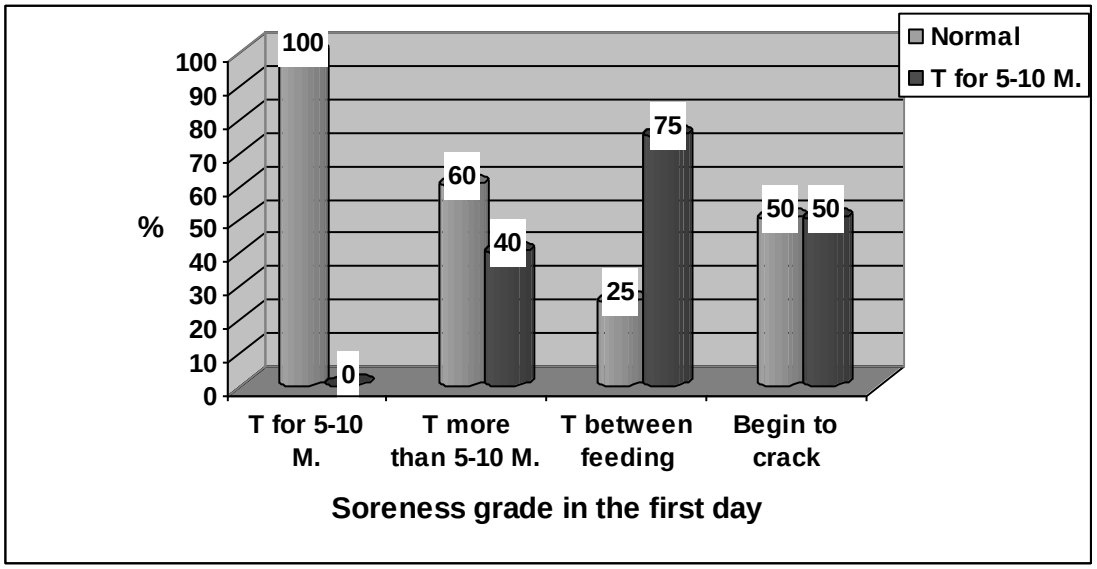

Figure (7) shows Comparison between the first and the fourteenth day for mothers using lanolin regarding to trauma.

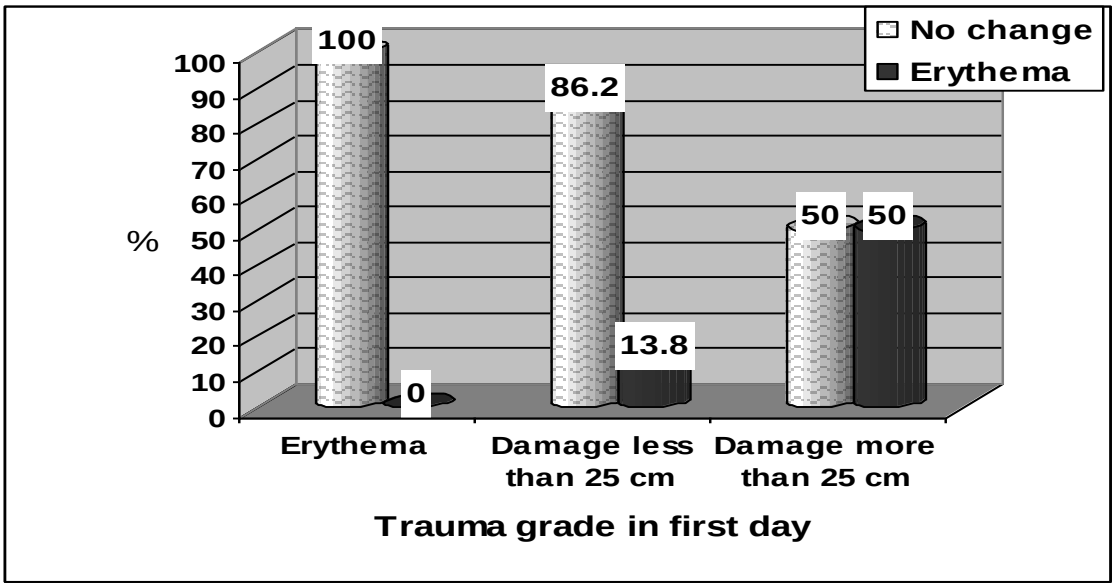

Figure (8) shows Comparison between the first and the fourteenth day for mothers using tea regarding to trauma.

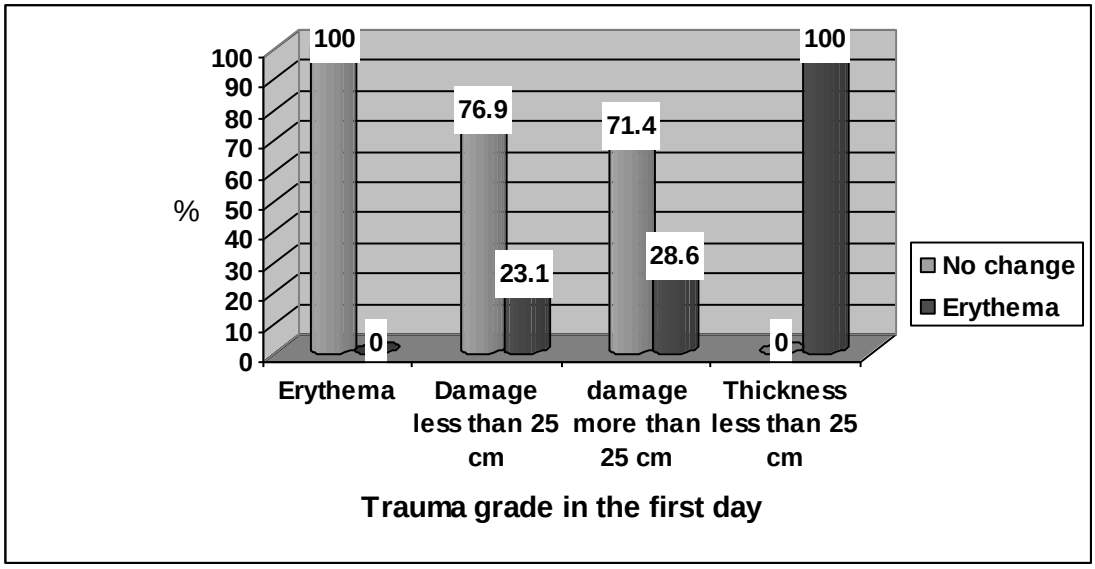

Figure (9) shows Comparison between the first and the fourteenth day for mothers using peppermint regarding to trauma.

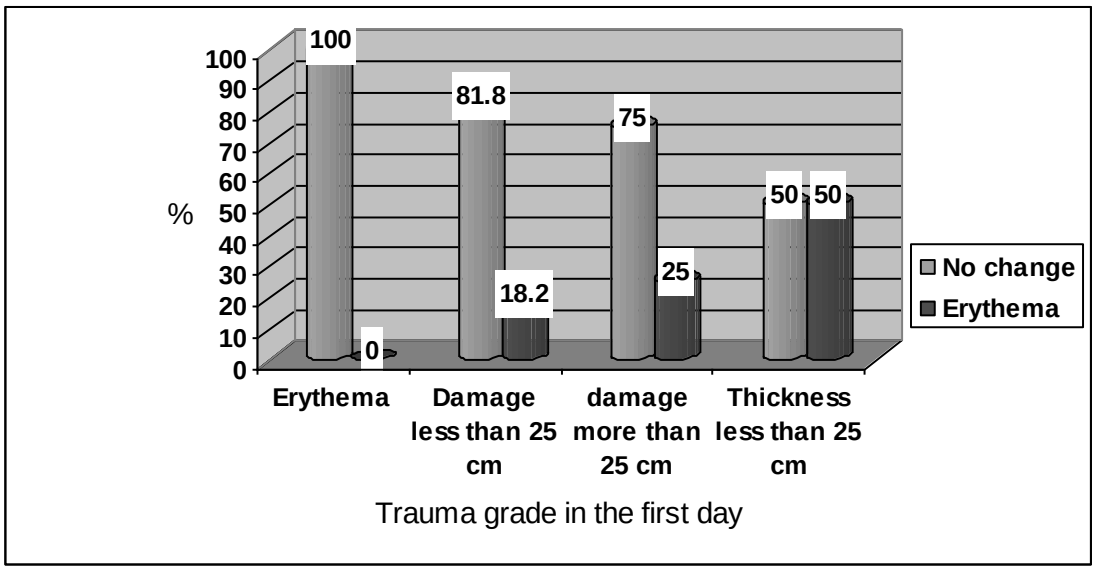

Figure (10) shows Comparison between tea ,lanolin ,and peppermint for lactating mothers regarding to pain at fourteen day .

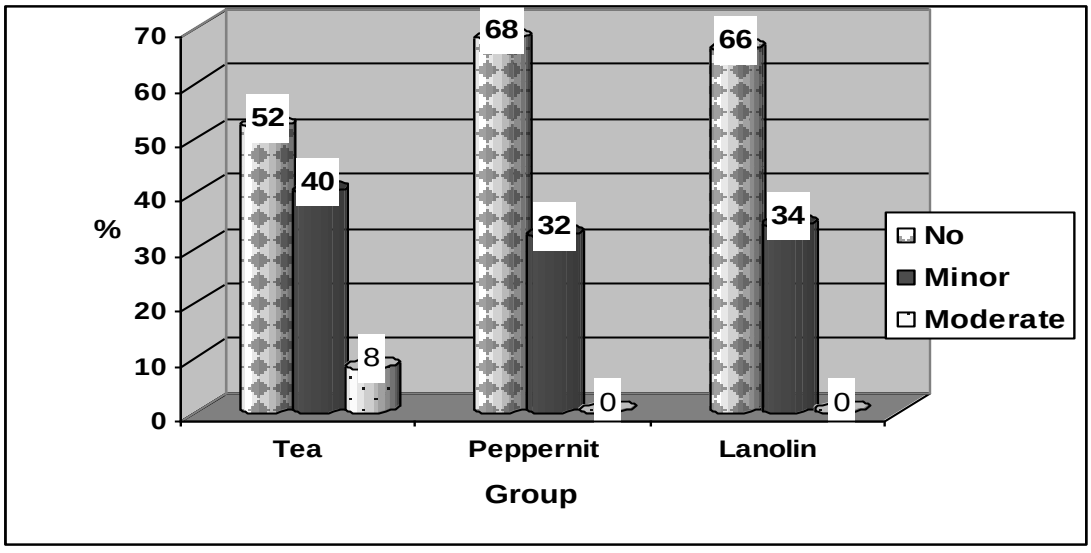

Figure (11) shows Comparison between tea ,lanolin ,and peppermint for lactating mothers regarding to soreness at fourteen day.

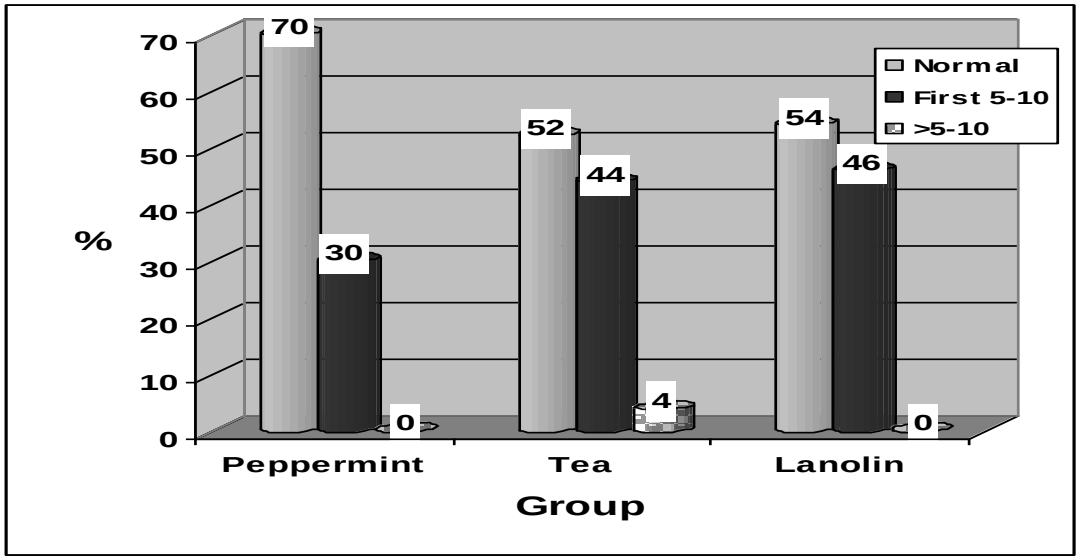

Figure (12) shows Comparison between tea ,lanolin ,and peppermint for lactating mothers regarding to trauma at fourteen day .