

A study to assess the knowledge and attitude on breast milk banking among postnatal mothers in a view to develop information Booklet in Selected hospitals Uttar Pradesh

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Abstract- Introduction: Milk banks are an essential requirement if all newborns are to benefit from the advantages of human milk, which is probably not well acknowledged. The majority of milk banks in India are located within hospitals, and the butter from either of these banks is only used for babies admitted to the hospital's neonatal unit. This study aims to assess the knowledge and attitude on breast milk banking among post-natal mothers in a view to develop an information booklet in selected hospitals Uttar Pradesh. **Methods:** The method utilized was a cross-sectional survey. The study was done in postnatal wards at a few hospitals in Uttar Pradesh. The participants in this research were postnatal moms from a few hospitals. The research included 200 postpartum women as a sample size. A non-probability convenient sampling strategy was used as a sample technique. **Results:** The women were only about 27.8 years old, had 10.6 years of education, were mostly married and primiparous, were generally employed, and belonging to the middle class. Prenatal care was provided to all women, but just a handful were given information on organ donation. The surplus milk was the major reason for the gift. There was no link between the parameters studied and the moms' knowledge. Mothers according to knowledge level .in that majority of 190 (95%) having Average level on breast milk banking, as mean knowledge score of mothers is 17.37 ± 1.21 . According to attitude level, the majority of mother i.e., 134 (67%) having Average level attitude on breast milk banking, as the mean of attitude score of mothers are 51.54 ± 7.56 . There will be no correlation between the demographic variables considered and mothers' knowledge of breast milk banking. With the exception of mother's age, family type, number of children, and prior knowledge of breast milk banking, there was a link between mothers' knowledge of breast milk banking and

their demographic factors. There will be no significant relationship between the demographic characteristics chosen and mothers' attitudes about breast milk banking. The chosen demographic factors, such as mother's age, family type, number of children, and family income, revealed a significant relationship between the studied demographic characteristics and mothers' attitudes about breast milk banking. The study looks at the link between postpartum women' knowledge and attitudes towards breast milk banking. R returns a value of -0.044, showing a negative correlation between all factors (nb. the nearer the value is to zero, the weaker the relationship). **Discussion:** Infants may obtain the best diet for their development thanks to the benefits of breast-feeding donation via breast milk banks. The majority of postnatal moms had inadequate understanding and attitudes towards human milk banking, according to the present research.

Keywords: Knowledge attitude breast milk post-natal mothers' information booklet

INTRODUCTION

The WHO and UNICEF made a combined substance in 1980, "where it is not possible for the biological mother to breast feed, the first alternative, if available should be the use of human milk from other sources. Human milk banks should be made available in appropriate situation." Breast milk banks play a critical role in these situations since they are in which the donated milk is kept.

Milk banks are an essential requirement if all newborns are to benefit from the advantages of human milk, which is probably not well acknowledged. This is because a big percentage of newborns for a variety

of reasons, farmers are unable to obtain appropriate quantities of milk from their cows. These neonates would not be eligible for human milk if it weren't for milk banks, but they would suffer the consequences. Human milk provides crucial protection to premature babies. There are times, unfortunately, when the infant's breast milk is unavailable. Other women's milk (donating milk) must then replace the void left by the mother's milk. Premature babies are the most common and significant category of babies for whom milk banks collect, test, pasteurization, and deliver donated cow's milk to hospitals and outpatient receivers. For newborns, milk is the most common and greatest contrition's source despite the fact that most moms are urged to breastfeed their newborns, nursing becomes difficult. When the infant becomes unwell or has to be admitted to a hospital, especially in the case of premature babies. Moms are also unable to give an adequate volume of milk because of many of physical and emotional issues associated with breastfeeding. These at-risk nutrients benefit greatly from the nutrients found in breast milk, and if the mum is unable to deliver breast milk, pasteurized donor milk is a viable option for supplementing.

Need for the study-

According to the Health Organization and tiff a baby does not have access to his or her own milk, according to the United Children's Fund in 1980; human milk from another young mother is the finest meal for him or her. Prematurity, allergies, feeding formula intolerance, immunologic inadequacies, and other reasons for prescription donor milk are some of the most prevalent.

Cow's milk is not advised for moms who have specific medical conditions. In the absence of the newborn's natural mother's milk, donor milk is used to supplement the diet the infant with the advantages of human milk, such as good nutrition, simple digestion, and immune protection against a variety of pathogens. Human milk also includes growth hormones, which aid in the retention of immature mucosa, the development of the gastrointestinal tract, and the healing of infection-damaged tissue.

Problem statement

A study to assess the knowledge and attitude on breast milk banking among post- natal mothers in a view to

develop an information booklet in selected hospitals Uttar Pradesh

Objectives of the study

To assess knowledge regarding breast milk banking among post-natal mothers.

1. To assess the attitude regarding breast milk banking among postnatal mothers.
2. To determine the association between knowledge regarding breast milk banking among post-natal mothers with their selected demographic variables.
3. To determine the association between attitude regarding breast milk banking among postnatal mothers with their selected demographic variables.
4. To assess the co-relation between knowledge and attitude regarding the breast milk banking among the postnatal mothers.

Hypothesis-

Ho1: There is no significant association between pretest attitude score with their structured demographic variable.

Ho2: There is no significant correlation difference between the knowledge and attitude regarding the breast milk banking among the postnatal mothers.

Ho3: There is no significant association between knowledge score with their selected demographic variable.

H1: There is significant association between pretest attitude score with their selected demographic variable.

METHODOLOGY

RESEARCH APPROACH-Quantitative evaluative research approach was used in this study.

Research design -Non-Experimental descriptive design

Sample-post natal mother

Sample size- 200.

Sample technique- a non-probability convenient sampling technique was chosen for sample selection.

TOOL PREPARATION

The research develops the tools are structured knowledge questionnaire and attitude. It consists of part I, part II, and part III.

Section-I

Age in (years), Education status, Family income (Rs.) per month., Types of family, Occupation, no of parity, Area of residence, etc. are all examples of demographic data.

Section –II

Questionnaire about knowledge multiple choice questions is used to test postnatal moms' understanding of breast milk banking. The following procedures were followed:

- Reviews from the books, journals and other publications
- Informal interviews with mothers.
- Direct contact with mothers during postnatal wards in hospital.
- Discussion with experts.
- Review of the standard tool and related tool developed by others.
- Questionnaire, which is divided into three sections

S.no	Content	Cognitive	Affecting	Psycho motor	Total	%
1	Knowledge	1,3,4	2,5,6	17,18,19,30	10	33.33
2	responding	9,20,21,22	14,15,16,29	11,12	10	33.33
3	Skill	10,26,27,28	7,8,13	23,24,25	10	33.33
					30	100

Section-III

Likert scale for assessing attitude regarding breast milk banking among the post-natal mothers.

Result:

Section I: Demographic profile of postnatal mothers.

Section II: A. assess knowledge regarding breast milk banking among post-natal mothers.

B. assess the attitude regarding breast milk banking among postnatal mothers.

Section III: A. To find out the association between knowledge score with selected demographic variables.

B. To find out the association between attitude score with selected demographic variables.

Section I: Demographic profile of postnatal mothers.

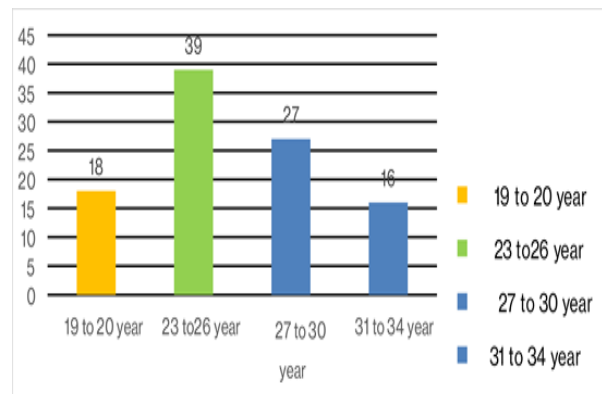
TABLE: 1: DEMOGRAPHIC

n=200

	Frequency	Percentage
Age in (years).		
1) 19 to 20 years	36	18
2) 23 to26 year	78	39
3) 27 to 30 years	54	27
4) 31 to 34 years	32	16
2. Education status.		
1) Primary education	78	39
2) Secondary education	65	32.5
3) Higher secondary education	44	22
4) Graduate	13	6.5
5) Post graduate and above	0	0
3. Family income (Rs.) per month.		
1) <5000	126	63
2) 5001 to 10000	65	32.5
3) 10001 to 15000	9	4.5
4) >15000	0	0
4. Types of family.		

1) Nuclear family	51	25.5
2) Joint family	135	67.5
3) Extended family	14	7
5. Occupation.		
1) Home maker	132	66
2) Govt service	24	12
3) Private sector	44	22
4) Self-employed	0	0
6. No of parity.		
1) 1 st	39	19.5
2) 2 nd	83	41.5
3) 3 rd	42	21
4) 4 th	36	18
7. Area of residence.		
1) Urban	0	0
2) Rural	200	100
8. Do you have any previous information about breast milk banking.		
1) Yes	169	84.5
2) No	31	15.5

n=200



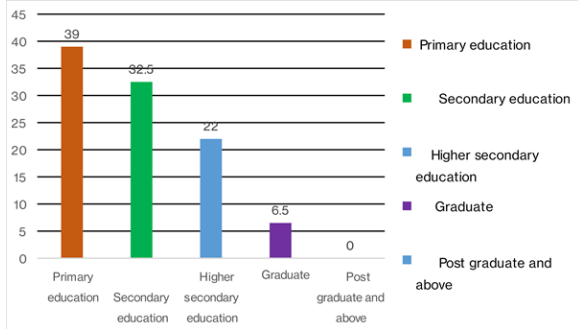


Figure 5.2 frequency and percentage distribution of Postnatal mothers according to their education

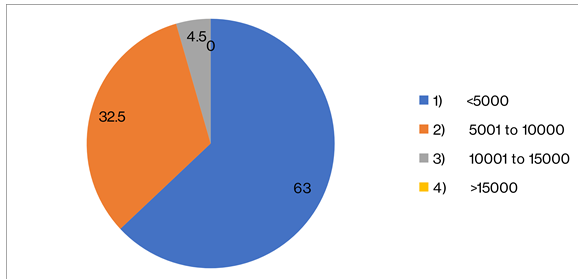


Figure 5.3: frequency and percentage distribution of mother according to their monthly income

n=200

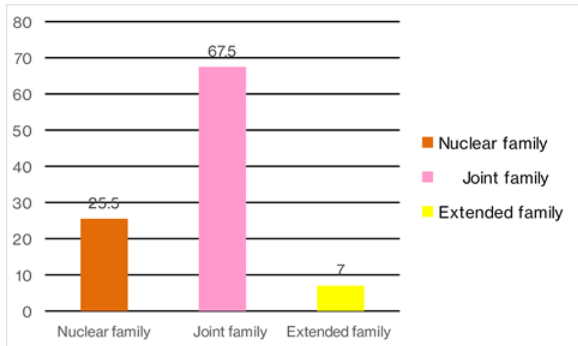


Figure 5.4 frequency and percentage distribution of mothers according to type of family

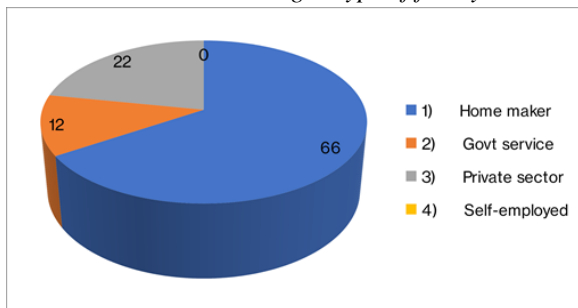


Figure 5.5 frequency and percentage distribution of mother according to their occupation

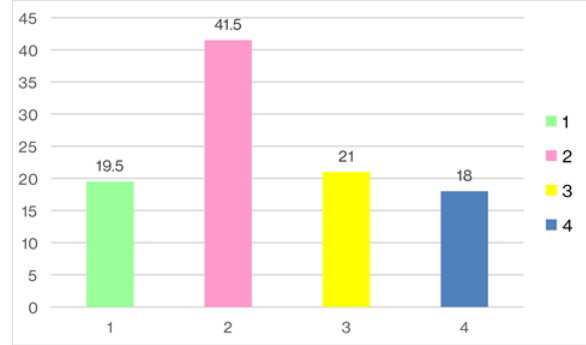


Figure 5.6 frequency and percentage distribution of mothers according to their number of parities

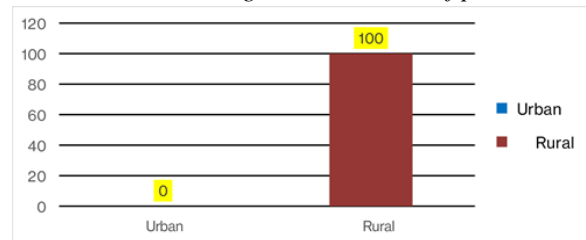


Figure 5.7 frequency and percentage distributions of mothers according to their area of residence

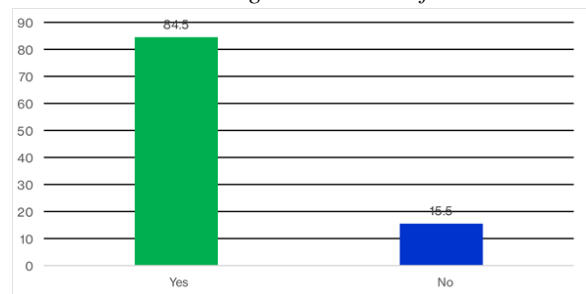


Figure 5.8 frequency and percentage distribution of mother according to their previous information about breast milk banking

Section II: A. assess knowledge regarding breast milk banking among post-natal mothers.

TABLE: 2: knowledge regarding breast milk banking among post-natal mothers.

n=200

Level of knowledge	Frequency	Percentage
Poor knowledge	3	1.5
Average knowledge	190	95
Good knowledge	7	3.5
Mean	17.375	
SD	1.21	

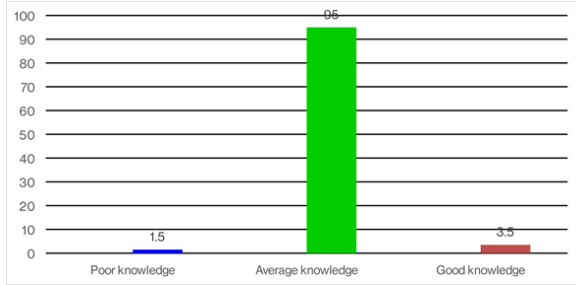


Figure 5.9 frequency and percentage distribution of mothers according to their knowledge level

B. assesses the attitude regarding breast milk banking among postnatal mothers.

Objective 2: To assess the attitude regarding breast milk banking among postnatal mothers.

Table no 3: attitude regarding breast milk banking among postnatal mothers.

n=200

Level of Attitude	Frequency	Percentage
Poor Attitude Scale	64	32
Average Attitude Scale	134	67

Good Attitude Scale	2	1
Mean	n =200	51.54
SD		7.56

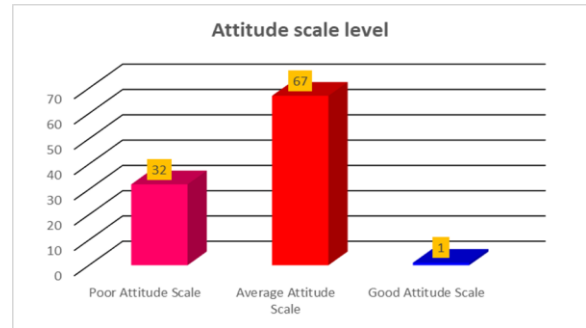


Figure 5.10 frequency and percentage distribution of mothers according to their level of attitude

Section III: A. To find out the association between knowledge score with selected demographic variables

Objective 3: To determine the association between knowledge regarding breast milk banking among mothers with their selected demographic variables.

Table -4: association between attitudes regarding breast milk banking among mothers with their selected demographic variables

Demographic variable	Average Knowledge	Good knowledge	Poor Knowledge	D F	Chi Square table value	Chi Square calculated value	P value	Remark
Age in (years).								
1) 19 to 22 year	27	6	3	6	12.59	30.92	0	S
2) 23 to26 year	78	0	0					
3) 27 to 30 year	54	0	0					
4) 31 to 34 year	31	1	0					
2. Education status.								
1) Primary education	69	6	3	6	12.59	8.08	0.42	NS
2) Secondary education	65	0	0					
3) Higher secondary education	44	0	0					
4) Graduate	12	1	0					
5) Post graduate and above	0	0	0					
3. Family income (Rs.) per month.								
1) <5000	117	6	3	6	12.59	2.98	0.81	NS
2) 5001 to 10000	65	0	0					
3) 10001 to 15000	8	1	0					
4) >15000	0	0	0					
4. Types of family.								
1) Nuclear family	42	6	3	4	9.4	18.23	0	S
2) Joint family	135	0	0					
3) Extended family	13	1	0					
5. Occupation.								
1) Home maker	123	6	3	6	12.59	1.27	0.97	NS
2) Govt service	24	0	0					
3) Private sector	43	1	0					
4) Self-employed	0	0	0					
6. No of parity.								

1) 1st	30	6	3	6	12.59	27.45	0	S
2) 2nd	83	0	0					
3) 3rd	42	0	0					
4) 4th	35	1	0					
7. Area of residence.								
1) Urban	0	0	0	2	5.99	0	1	NS
2) Rural	190	7	3					
8. Do you have any previous information about breast milk banking.								
1) Yes	168	1	0	2	5.99	42.39	0	S
2) No	22	6	3					

B. To find out the association between attitude score with selected demographic variables.

Objective 4: To determine the association between attitudes regarding breast milk banking among mothers with their selected demographic variables.

Table -5: association between attitudes regarding breast milk banking among mothers with their selected demographic variables

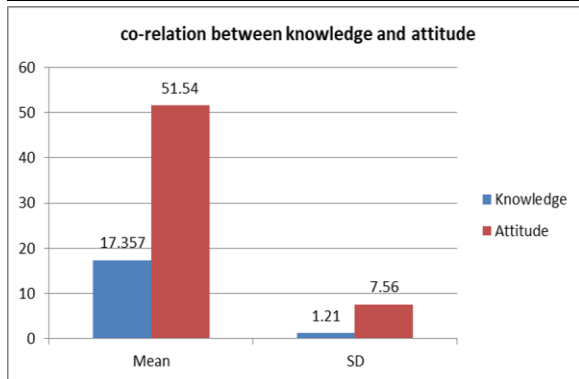
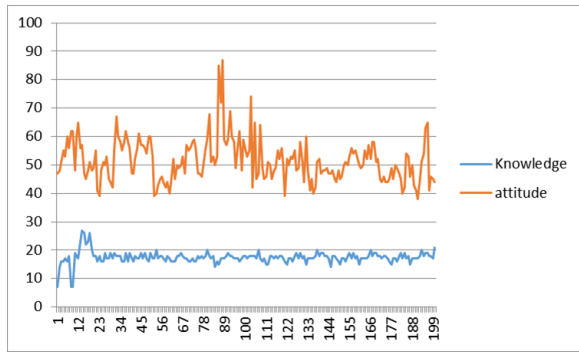
Demographic variable	Average Attitude scale	Good Attitude scale	Poor Scale attitude	D F	Chi Square table value	Chi Square calculated value	P value	Remark
Age in (years).								
1) 19 to 22 years	28	0	8	6	12.59	18.93	0	S
2) 23 to26 year	53	2	23					
3) 27 to 30 years	41	0	13					
4) 31 to 34 years	12	0	20					
2. Education status.								
1) Primary education	53	0	25	6	12.59	13.32	0.03	S
2) Secondary education	50	2	13					
3) Higher secondary education	26	0	18					
4) Graduate	5	0	8					
5) Post graduate and above	0	0	0					
3. Family income (Rs.) per month.								
1) <5000	92	2	32	6	12.59	7.63	0.26	NS
2) 5001 to 10000	38	0	27					
3) 10001 to 15000	4	0	5					
4) >15000	0	0	0					
4. Types of family.								
1) Nuclear family	41	0	10	4	9.4	10.87	0.02	S
2) Joint family	88	2	45					
3) Extended family	5	0	9					
5. Occupation.								
1) Home maker	97	2	33	6	12.59	8.73	0.18	NS
2) Govt service	13	0	11					
3) Private sector	24	0	20					
4) Self-employed	0	0	0					
6. No of parity.								
1) 1st	31	0	8	6	12.59	13.7	0.03	S
2) 2nd	57	2	24					
3) 3rd	30	0	12					
4) 4th	16	0	20					
7. Area of residence.								
1) Urban	0	0	0	2	5.99	0	1	NS
2) Rural	134	2	64					
8. Do you have any previous information about breast milk banking.								
1) Yes	111	2	56	2	5.99	0.78	0.67	NS

Section IV: co-relation between knowledge and attitude regarding the breast milk banking among the postnatal mothers.

Objective 5: To assess the co-relation between knowledge and attitude regarding the breast milk banking among the postnatal mothers.

Table -6 : co-relation between knowledge and attitude regarding the breast milk banking among the postnatal mothers

	Mean	SD	R-Value
Knowledge	17.357	1.21	-0.044
Attitude	51.54	7.56	



IMPLICATION

Nursing Process, Nursing Education, Nursing Administration, and Nursing Research are all affected by the study's conclusions.

Nursing research, as a practice discipline, it is conducted to address issues that have a direct impact on nursing practice, like quality care, administration, & education. Nursing implications are the potential clinical ramifications or effects of applying the study's findings. (Polit & Beck, 2014). The results of this research might have a variety of therapeutic applications. Implications should be realistic, reasonable, & based on the study's findings as well as previous research.

NURSING PRACTICE

The current research has a number of consequences for nursing practice. Nursing professionals perform educational sessions to aid improve cognitive awareness about breast milk banking. Every health practitioner should educate the community about family planning in a holistic way to raise awareness and promote family planning use. Health-care professionals should be provided the chance to keep their expertise up to date on a regular basis. People should be inspired and driven by them. It is necessary to provide explanation and clarification.

NURSING EDUCATION

Nursing education is designed to help nurses advance in their careers. One method for fostering development is to clarify the professional role. The bulk of nurse job descriptions are handed down from one generation to the next. By describing medical and nursing processes, the nurse may assist guarantee that patients get excellent care, whether as a caregiver or as a patient advocate. Patients and staff may have concerns with informed consent, and these issues may be detected and remedied via quality assurance measures. True consent, rather than simple compliance, is gained when patients are fully informed about the nursing treatments that are planned for them, and when the continuation of acceptable methods for providing information is ensured by quality assurance systems. The program of study should place a strong emphasis on disseminating health information to the public via various instructional approaches. Nursing teaching how to create both unplanned and planned patient education that include information about human milk banking. To prevent infant mortality, mothers should be educated about human milk banking.

CONCLUSION

The goal of this research is to analyze post-natal mothers' knowledge and attitudes towards breast milk banking in order to design an information booklet for use in selected hospitals in Uttar Pradesh. The method utilized was a cross-sectional survey. The study was

done in postnatal wards at a few hospitals in Uttar Pradesh. The participants in this research were postnatal moms from a few hospitals. The research included 200 postpartum women as a sample size. A non-probability convenient sampling strategy was used as a sample technique.

The women were only about 27.8 years old, had 10.6 years of education, were mostly married and primiparous, were generally employed, and belonging to the middle class. Prenatal care was provided to all women, but just a handful were given information on organ donation. The surplus milk was the major reason for the gift. There was no link between the parameters studied and the moms' knowledge. Knowing basic characteristics of mothers who give breast milk helps to concentrate the efforts of human milk banks' uptake and distribution.

Mothers according to knowledge level .in that majority of 190 (95%) having Average level on breast milk banking, the remaining 3(1.5%) having poor level on breast milk banking 7(3.5%) having good level of knowledge on 7(3.5%). The mean knowledge score of mothers is 17.37 ± 1.21 .

According to attitude level, the majority of mother i.e., 134 (67%) having Average level attitude on breast milk banking, the remaining 64(32%) having poor level of attitude on breast milk banking, 2(1%) having good level of attitude. The mean of attitude score of mothers are 51.54 ± 7.56 .

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