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A Descriptive Study to Assess the Knowledge on Breast Milk Bank Among Postnatal Mothers in Postnatal Ward At Thoothukudi Medical College and Hospital, Thoothukudi

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Abstract:

A quantitative and descriptive research design was chosen to assess the knowledge on breast milk bank among postnatal mothers. The study was conducted in postnatal ward at Thoothukudi Medical College and Hospital, Thoothukudi. The sample comprises of 60, between the age group of 18-45 years of postnatal mothers. The samples were selected by convenient sampling technique. Knowledge on breast milk bank was assessed by using a self structured questionnaire method. It consisted of 20 multiple choice questions on knowledge and a score of one was given for each correct response. Out of 60 mothers 18.33% of mothers had adequate knowledge, 46.67% of mothers had moderate knowledge and 35% of mother had inadequate knowledge regarding breast milk bank. There was significant association between knowledge with selected demographic variables such as age, education, occupation, gravida and dietary pattern.

Keyword: Postnatal Mothers, Knowledge, Breast Milk Bank.

Introduction:

A human milk bank, breast milk bank or lactarium is a service that collects, screens, processes, pasteurizes, and dispenses by prescription human milk donated by nursing mothers who are not biologically related to the recipient infant. The optimum nutrition for newborn infants is breast milk for at least the first 6 months of life. For women who are unable to breast feed or produce enough milk, pasteurized donor breast milk may be an effective approach to feeding. The first human milk bank was founded in 1909 in Vienna, Austria. Wet nursing was widely practiced in Europe during the 19th century in order to provide human milk for infants whose mothers were unable to provide milk for their infants. In 1980 the World Health Organization and the United Nations Children's Fund maintained their position that donor breast milk is the best alternative to the mother's breast milk. The practice of milk banking declined further with the HIV epidemic. The need for stringent screening increased the cost of operating milk banks, forcing them to close doors. In Tamil Nadu, seven human milk banks were launched in government hospitals in 2016, by the then chief minister Jayalalitha. This scheme has expanded to cover all medical college hospitals and several government and private hospitals across the

state. The demand and use of human milk banks is increasing. The International Milk Banking Initiative (IMBI), was founded at the International HMBANA Congress in 2005. It lists 33 countries with milk bank programs. A descriptive study to assess the knowledge regarding Human Milk Banking among mothers. Purposive sampling was used to select 60 mothers. Setting of study was in Labor room and Post natal wards of Government Medical College and Hospital, Sector 32 Chandigarh. A self structured questionnaire was used for data collection. The tool was found reliable with r =0.838 and validated by the experts in the field of Pediatric Medicine, Neonatologists and Nursing Department. According to responses in the study that level of knowledge among mother was found to be that 48% had average knowledge, 40% had poor knowledge & only 12% had good knowledge. The relationship between socio-demographic variables and knowledge of mothers showed that the mother's educational status was statistically significant. The association of level of knowledge among mothers with age, religion, source of knowledge and participation was not statistically significant as $p< 0.05$ whereas the association of level of knowledge among mothers with education, occupation and family income was statistically significant. Hence we plan to assess the knowledge on breast milk bank among postnatal mother in postnatal ward in Thoothukudi Medical College and Hospital and at the end of the study distributed the pamphlets regarding breast milk bank.

Statement of the problem:

A descriptive study to assess the knowledge on breast milk bank among postnatal mothers in postnatal ward at Thoothukudi Medical College and Hospital, Thoothukudi.

Objectives:

- To assess the level of knowledge on breast milk bank among postnatal mothers in postnatal ward at Thoothukudi Medical College and Hospital, Thoothukudi.
- To find out the association between the knowledge on breast milk bank among postnatal mothers with selected demographic variables in postnatal ward at Thoothukudi Medical College and Hospital,Thoothukudi

Hypothesis:

- **H_1-** There is a significant relationship of knowledge on breast milk bank among postnatal mothers in postnatal ward at Thoothukudi Medical College and Hospital,Thoothukudi.
- **H_2-** There is a association between the knowledge on breast milk bank among postnatal mothers with selected demographic variables in postnatal ward at Thoothukudi Medical College and Hospital,Thoothukudi.

Research methodology:

Quantitative and descriptive research design was used for the study. The study was conducted in postnatal ward at Thoothukuti Medical College and Hospital, Thoothukudi. The sample size was 60 between the age group of 18-45 years of postnatal mothers. The study was used convenient sampling technique and self structured questionnaire method. The data were collected by 20 multiple choice questions. The score 1 was given for each correct response. The total score was 20. The data was collected for 1 week duration in post natal ward.

TABLE 1: Frequency and percentage distribution of breast milk bank among post natal mothers in postnatal ward with their selected demographic variables.

S.No	Demographic variables	Number	Percentage
1	Age a Below 18 years b. 18-25 years c. 26-30 years d. Above 30 years	 0 37 19 4	 0% 61.67% 31.67% 6.66%
2.	Education a. Primary education b. Higher secondary c. Degree d. Uneducated	 28 11 21 0	 46.67% 18.33% 35% 0%
3	Occupation a. Government b. Private c. Daily wage d. House wife	 2 4 5 49	 3.33% 6.67% 8.33% 81.67%
4	Monthly income a. <10,000 b. 10,001-20,000 c. 20,001-30,000 d. >30,000	 38 18 4 0	 63.33% 30% 6.67% 0%
5	Living area a. Urban b. Rural c. Tribal area	 15 44 1	 25% 73.33% 1.67%
6	Religion a. Hindu b. Christian c. Muslim d. Others	 52 8 0 0	 86.67% 13.33% 0% 0%
7	Marital status a. Married b. Unmarried c. Divorced	 60 0 0	 100% 0 0
8.	Gravida a. Primi b. 2nd gravida	29 29 8	48.33% 48.33% 3.34%

	c. 3rd gravida d. More than 3	0	0
9	Dietary pattern a. Vegetarian b. Non-vegetarian c. a and b	 4 7 49	 6.67% 11.67% 81.66%
10	Source of information a. Hospital and PHC b. Newspaper c. Social media d. Pear group and neighbours	 36 13 5 6	 60% 21.67% 8.33% 10%

Table: 2 Frequency and percentage distribution of knowledge level among postnatal mothers in postnatal ward at Thoothukudi Medical College and Hospital.

Level of knowledge		%)
Adequate knowledge	11	18.33%
Moderate knowledge	28	46.67%
Inadequate knowledge	21	35%

Table -3: Association between the knowledge on breast milk bank among postnatal mothers with selected demographic variables in postnatal ward at Thoothukudi Medical College and Hospital, Thoothukudi.

S.No	Demographic variable	Adequate knowledge	Moderate knowledge	Inadequate knowledge	Chi square value
1	Age a) Below 18 years b) 18-25 years c) 26-30 years d) Above 30 years	 0 5 5 1	 0 24 6 4	 0 8 7 0	X^2=14.41 TV =12.59 DF = 6 * Significant
2	Education a) Primary education b) Higher education c) Degree d) Uneducated	2 5 4 0	12 6 10 0	14 3 4 0	X^2=10.273 TV =12.59 DF = 6 Not Significant
3	Occupation a) Government b) Private c) Daily wages d) Housewife	0 1 1 9	0 1 3 24	2 2 2 15	X^2=72.58 TV =12.59 DF = 6 *Significant

4	Monthly Income a) <10,000 b) 10,001-20,000 c) 20,001-30,000 d) >30,000	8 3 0 0	16 10 2 0	13 6 2 0	X^2 = 1.039 TV =12.59 DF = 6 Not significant
5	Living area a) Urban b) Rural c) Tribal area	1 10 0	6 22 0	13 46 1	X^2 = 3.628 TV =9.49 DF = 4 Not significant
6	Religion a)Hindu b)Christian c)Muslim d)Others	8 3 0 0	25 3 0 0	19 2 0 0	X^2 =2.283 TV =12.59 DF = 6 Not significant
7	Marrital status a) Married b) Unmarried c) Divorced	11 0 0	28 0 0	21 0 0	X^2=0 TV =9.49 DF = 4 Not Significant
8	Gravida a)Primi b) 2nd Gravida c) 3rd Gravida d)More than 3	6 3 2 0	18 10 0 0	5 16 0 0	X^2 =275.78 TV =12.59 DF = 6 *Significant
9	Dietary Pattern a)Vegtarian b)Non-Vegtarian c) Both a and b	1 1 9	2 3 23	3 1 17	X^2 =41.754 TV =9.49 DF = 4 *Significant
10	Source of health information a) Hospital and PHC b) Newspaper c) Social Media d) Peer group &Neighbour	9 0 0 2	16 5 4 3	11 9 0 1	X^2 =8.219 TV =12.59 DF = 6 Not significant

CONCLUSION:

The study revealed that out of 60 postnatal mothers in postnatal ward. 18.33% of mothers had adequate knowledge, 46.67% of mothers had moderate knowledge and 35% of mother had inadequate knowledge regarding breast milk bank. There was significant association between knowledge with selected demographic variables such as age, education, occupation, gravida and dietary pattern. There was no significant association between knowledge with selected demographic variables such as monthly

income, living area, religion, marital status and source of health information among post natal mothers in postnatal ward at Thoothukudi Medical College and Hospital,Thoothukudi.

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