



“A STUDY TO ASSESS THE EFFECTIVENESS OF INFORMATION BOOKLET ON KNOWLEDGE REGARDING EXPRESSED BREAST MILK AMONG POSTNATAL WORKING MOTHERS ADMITTED IN PEOPLES HOSPITAL BHANPUR BHOPAL (M.P.)”

Nursing

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ABSTRACT

Expressing breast milk refers to the process by which a women expels milk from her breast. The breast milk can then be stored and feed to her baby at a later point in time. Milk may be expelled manually using hands or with a pump especially designed for expressing breast milk. Breast feeding is fundamental to health developments of children and also important to the health of the mother. Just there is no substitute of mothers love's there is substitute of mother's milk. Breast milk is not only the best, but a must for the infants. Therefore this study was conducted with the aim to assess the knowledge regarding expressed breast milk among postnatal working mothers admitted in peoples hospital Bhanpur Bhopal (M.P.)

KEYWORDS

Assess, Effectiveness, Information Booklet , Expressed Breast Milk, Postnatal Working Mothers.

INTRODUCTION

Expressing breast milk refers to the process by which a women expels milk from her breast. The breast milk can then be stored and feed to her baby at a later point in time. Milk may be expelled manually using hands or with a pump especially designed for expressing breast milk. Breast feeding is fundamental to health developments of children and also important to the health of the mother. just there is no substitute of mothers love's there is substitute of mother's milk. Breast milk is not only the best, but a must for the infants. The consequences of artificial feed and bottle feed had caused more awareness amongst the women that breast milk is the best.

Dedicated members of the health care system have been successful in conveying the message persistently in the latter 20th century. Though the breast milk is the best; there are many babies who are not fortunate enough to get it. Expressed breast milk was suggested as substitute for breast milk. This necessitated the storage of milk for longer time and

making it more widely acceptable and usable. Doctors and nurses became more concerned in developing this concept and human milk bank was established in India.

Considering the nutritional importance of breast milk with built up in host defence mechanism which is lacking in artificial formula and recent research demonstrating the metabolic and anti-infective significance of human milk in premature and sick babies the idea of manual expression of breast milk came into existence to feed the infants who are deprived of the breast milk due to various reasons. Mother of high risk babies run the problems of lactation failure as then babies is not able to suck the breast. This could be prevented by regular expression of breast milk storing and utilization of milk.

Milk banks are in existence for more than a century in developed countries for safe guard to the sick, premature or for postnatal working mother's infants. The use expressed breast milk for those infant had

made considerable impact on morbidity and mortality of infant.

In India first human breast milk bank was established in November 1989 at Sion Hospital, Mumbai

NEED OF THE STUDY-

The best way of proving a baby with breast milk is to breast feed, but for various reasons this may not always be possible .for example, the mother may need to be separated from her infant to go to work or the infant may be hospitalized away from the mother. At these times, expressing breast milk enables a woman to feed her baby with the substance which provides optimal nutrition(breast milk) even though she is separated from the baby. For women who need to be separated from their baby for more than a few hours , expressing breast milk is required to ensure that the mammary gland (the glands in the breast which produce milk) continue to produce a sufficient quantity of milk to provide for the baby's nutritional requirements. According to WHO and UNICEF, exclusive breastfeeding for 6 months is the single most effective child survival intervention which reduces the under five children death about 16% in India.

India has more than 400 million children. 2.5 million Children die in India every year, accounting for one in five deaths in the world, with girls being 50%t more likely to die. One out of 16 children die before they attain one year of age, and one out of 11 die before they attain five years of age. India accounts for 35 per cent of the developing world's low birth weight babies and 40per cent of child malnutrition in developing countries, one of the highest levels in the world. Although India's neonatal mortality rate declined in the 1990s from 69 per 1000 live births in 1980 to 53 per 1000 live births in 1990, it remained static, dropping only four points from 48 to 44 per 1000 live births between 1995 and 2000.

OBJECTIVES

- To Assess The Knowledge Regarding Expressed Breast Milk Among Post-Natal Working Mothers.
- To Give Information Booklet On Knowledge Regarding Expressed Breast Milk Among Post-Natal Working Mothers.
- To Evaluate The Effectiveness Of Information Booklet On Knowledge Regarding expressed Breast Milk Among Postnatal working Mothers.

HYPOTHESIS

- H_0 – There will be no significant difference between the pre and post- test knowledge scores of the postnatal working mothers regarding expressed breast milk.
- H_1 –There will be difference between the pre and post- test knowledge scores of the postnatal mothers regarding expressed breast milk.

ASSUMPTION

- Postnatal working mothers will have some knowledge regarding expressed breast milk.
- Information booklet will enhance the knowledge of postnatal working mothers regarding expressed breast milk.

DELIMITATION

- Samples those are willing to participate in the study.
- Samples those are available at the time of study

METHODOLOGY

A pre experimental one group pretest and posttest design was adopted in the study. Non –probability convenient sampling technique was used to collect the data. The sample size for the study was 60 postnatal working mothers and the pilot study was conducted with 10 postnatal working mother from peoples hospital Bhanpur Bhopal .The tool used for the study was structured Questionnaire.

RESULT

Major Findings Of The Study

The major findings of the study are as follows;

1. Majority of (65%) postnatal working mothers were in the group of 18-26 years and only (45%) of postnatal working mothers were in the age group of 26-34years.
2. Majority of (76.7%) postnatal working mothers were in graduation and post-graduation and only (23.3%) of postnatal working mothers found as diploma.
3. Majority of (61.7%) postnatal working mothers were from urban

area and (38.3%) of postnatal working mothers were from rural area.

4. Majority of (83.4%) number of children(1-2years) and (16.7%) number of children (3years).
5. Majority of (41.7%) postnatal working mothers were in Hindu, (20.0%) Muslim and Sikh (18.3%).
6. Majority of (25.0%) postnatal working mothers were in self employed , casual worker (15.0%), domestic business (16.7%), painter (1.7%), staff nurse (21.7%) and teacher (20.0%).
7. Majority of (51.7%) postnatal working mothers were in income Rs.(5,000 -10,000),(25.0%) of 10,000-20,000 and (23.3%) of below 5,000.

Distribution Of Knowledge Scores According To Evaluation Criteria

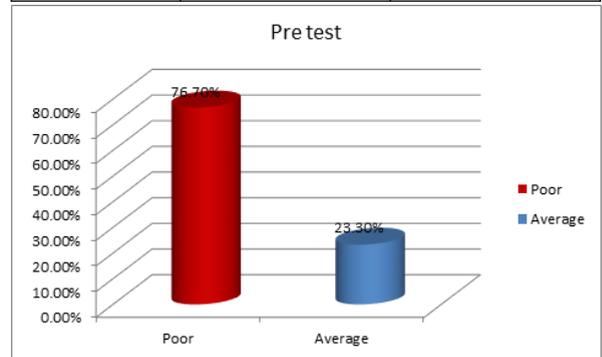
It deals with the analysis of data related to knowledge scores before and after administering the information booklet.

Distribution of overall knowledge scores in frequency and percentage

Frequency Table

Pre test

	Frequency	Percent
Poor	46	76.7
Average	14	23.3
Total	60	100.0

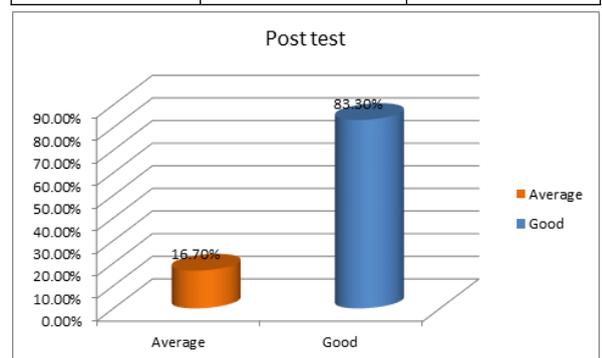


cylinder diagram showing distribution of participants in pre-test according to knowledge

Distribution of overall knowledge score in frequency and percentage

Post test

	Frequency	Percent
Average	10	16.7
Good	50	83.3
Total	60	100.0



Cylinder diagram showing distribution of participants in post test according to knowledge score

The above figure so that majority (76.7%) of postnatal working mothers in pretest were having poor knowledge score (0-6) , whereas in post –test majority (83.3%) of the postnatal working mothers have a good knowledge score (13-18). The knowledge scores of the sample show a marked increase as seen in the post test score, which indicates that the information booklet is effective in increasing the knowledge of the samples regarding expressed breast milk.

comparison of pre and post- test knowledge score of postnatal working mothers.

	Pre test	Post test
Poor	76.7	00
Average	23.3	16.7
Good	00	83.3

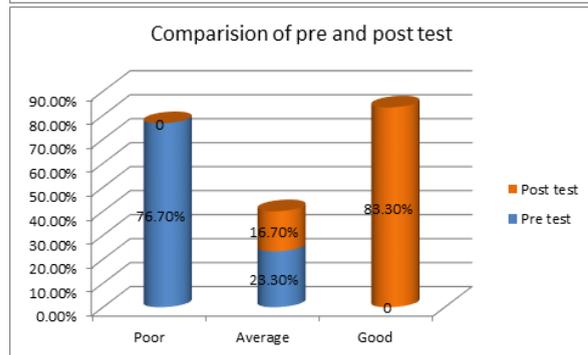
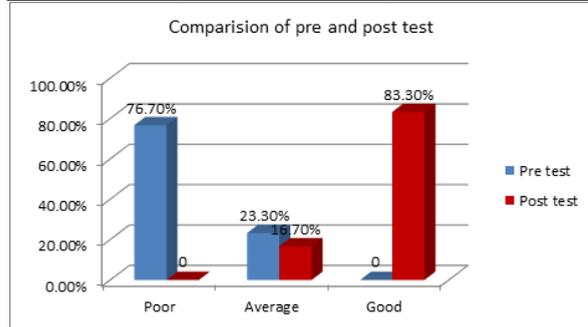


Diagram representing the comparison of pre and post –test knowledge score Mean and standard deviation pre and post- test knowledge score

	Mean	N	Std. Deviation
Pre test	6.3500	60	1.33816
Post test	12.7833	60	1.93182

	Mean	Std deviation	t	df	P value
Pretest and Post test	6.43333	2.53362	19.668	59	.000

Significant at P<0.05

Assessment of knowledge score of samples revealed that majority 76.7% of postnatal working mothers in pre-test had poor knowledge score (0-6), and 23.3% had average knowledge score (7-12) of regarding expressed breast milk.

In post-test majority 83.3% of the postnatal working mothers had good knowledge score (13-18) and (16.7%) had average knowledge score (7-12) regarding expressed breast milk.

The mean of the scored obtained by the samples in the pre-test was 6.3500 and in the post test phase, it has increased to 12.7833. Mean post-test score 12.7833 which is higher than pre-test 6.3500 and dispersion of pre-test score S.D 1.33816 is more than that of their post-test score S.D 1.93182 and computed paired 't' value 19.668 is more than tabled value (t=1.26998) at the level of 0.05.

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