



A Pre-Experimental Study To Assess The Effectiveness Of Planned Teaching Program On Knowledge, Attitude And Practice Regarding Utilization Of Human Milk Banking Among Postnatal LSCS Mothers In The Selected Hospital Of Delhi NCR.

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Abstract: The purpose of the study was to assess the effectiveness of planned teaching program on knowledge, attitude and practice regarding Utilization Of Human Milk Banking among Postnatal LSCS Mothers in the selected hospital of Delhi NCR. A pre- experimental one group pretest and posttest design was used. Non probability purposive sampling technique was adopted to select the Postnatal LSCS Mothers at selected hospital of Delhi NCR. The tools used for data collection were structured knowledge questionnaire, structured LIKERT attitude scale and observational practice checklist. The findings of the study indicated that there was no significant relationship between the demographic data with knowledge, attitude and practice

Keywords PTP, KAP, Human Milk, Postnatal mothers.

INTRODUCTION

A new-born has just a few requisites; warmth, food and security. A mother who provides love and tenderness is also a vital source of food and nutrition for the baby i.e. the breast milk which has been endorsed by the experts all around the world, as the best sole source of nutrition for the baby exclusively for six months. Breast milk is not only the best natural gift of the first meal but also a medicine for the new-born who are susceptible to various diseases; it renders bountiful benefits to the new-born as it has the perfect balance of nutrition which help in healthy and disease free growth and development of the infant.

OBJECTIVES

- To assess the level of knowledge, attitude and practice regarding Utilization of Human Milk Banking among Postnatal LSCS Mothers.
- To evaluate the effectiveness of planned teaching program on Knowledge, Attitude and Practice on Utilization of Human Milk Banking among Postnatal LSCS Mothers.
- To find out association between post test knowledge score regarding Utilization of Human Milk Banking among Postnatal LSCS Mothers with selected demographic variable.
- To find out the association between post test attitude regarding Utilization of Human Milk Banking among Postnatal LSCS Mothers with selected demographic variable.
- To find out the association between post test practice regarding Utilization of Human Milk Banking among Postnatal LSCS Mothers with selected demographic variable

HYPOTHESIS

1. **H₁**: There is a significant difference between knowledge score of Postnatal LSCS Mothers regarding Utilization of Human Milk Banking before and after administration of the planned teaching program at 0.05 level of significance as measured by structured knowledge questionnaire.
2. **H₂**: There is a significant difference between attitude score of Postnatal LSCS Mothers regarding Utilization of Human Milk Banking before and after administration of the planned teaching program at 0.05 level of significance as measured by structured LIKERT attitude scale.
3. **H₃**: There is a significant difference between practice score of Postnatal LSCS Mothers regarding Utilization of Human Milk Banking before and after administration of the planned teaching program at 0.05 level of significance measured by observational practice checklist.
4. **H₄**: There is a significant association between post test knowledge score and selected demographic variables at 0.05 level of significance.
5. **H₅**: There is a significant association between post test attitude score and selected demographic variables at 0.05 level of significance.
6. **H₆**: There is a significant association between post test practice score and selected demographic variables at 0.05 level of significance.

METHODOLOGY

Research approach: Quantitative research approach

Research design: Pre experimental one group pre test post test research design

Setting of the study: Santosh Medical College and Hospital,

Sample and sample size: 30 Postnatal LSCS Mothers

Sampling technique: Non probability purposive sampling technique

INCLUSION CRITERIA

1. The Postnatal LSCS Mothers who were admitted in the selected hospital of Delhi NCR.
2. The Postnatal LSCS Mothers who were willing to participate in the study.
3. The Postnatal LSCS Mothers who were able to speak and read Hindi or English.

EXCLUSION CRITERIA

1. Postnatal LSCS Mothers who were not available at the time of data collection.
2. The postnatal LSCS Mothers who have exceeded more than 6 months after delivery.

DESCRIPTION OF THE TOOL

Tools used for the study were:

Tool 1: Structured knowledge questionnaire

Tool 2: Structured LIKERT attitude scale

Tool 3: Observational practice checklist

RELIABILITY

Reliability of the tool was found with the help of Kuder Richardson formula (KR- 20), Spearman Brown formula and Inter rater reliability for Knowledge, attitude and practice scale respectively.

VALIDITY

9 experts, including 3 doctors (paediatric specialty) 6 Nursing expert in the field of paediatric.

PLAN FOR DATA ANALYSIS

Section-1 Findings related to frequency and percentage distribution of demographic variables.

Section-2 Findings related to knowledge of Postnatal LSCS Mothers before and after administration of planned teaching program regarding Utilization of Human Milk Banking.

Section-3 Findings related to attitude of Postnatal LSCS Mothers before and after administration of planned teaching program regarding Utilization of Human Milk Banking.

Section-4 Findings related to practice of Postnatal LSCS Mothers before and after administration of planned teaching program regarding Utilization of Human Milk Banking.

Section-5 Findings related to association between post test knowledge score on Utilization of Human Milk Banking among Postnatal LSCS Mothers with their selected demographic variables.

Section-6-Findings related to association between post test attitude score on Utilization of Human Milk Banking among Postnatal LSCS Mothers with their selected demographic variables.

Section-7 Findings related to association between post test practice score on Utilization of Human Milk Banking among Postnatal LSCS Mothers with their selected demographic variable.

RESULTS

Table 1 Showing the demographic variables (N=30)

S NO	DEMOGRAPHIC VARIABLES	FREQUENCY	PERCENTAGE
1.	Age of the mother		
	a) ≤25 years	10	33.33%
	b) 26-30 years	12	40%
	c) 31-35 years	8	26.67%
	d) ≥ 36 years	0	0%
2.	Religion		
	a) Hindu	18	60%
	b) Christian	7	23.33%
	c) Muslim	5	16.67%
	d) Any other specify	0	0%
3.	Educational qualification		
	a) No formal education	0	0%
	b) Primary school	0	0%
	c) Secondary school	1	3.33%
	d) Higher school	5	16.67%
	e) Graduate and above	24	80%
4.	Occupation		
	a) Housewife	19	63.33%
	b) Own business	4	13.33%
	c) Private employee	6	20%
	d) Government employee	1	3.33%
5.	Type of family		
	a) Nuclear family	20	66.67%
	b) Joint family	10	33.33%
	c) Any other specific	0	0%
6.	Family income		
	a) ≤5000	3	10%
	b) 5001-10,000	4	13.33%
	c) 10,001-15,000	8	26.67%
	d) 15,001 and above	15	50%
7.	Number of children		
	a) 0	0	0%
	b) 1	20	66.67%
	c) 2	10	33.33%
	d) ≥3	0	0%
8.	Source of knowledge regarding human milk banking		
	a) Family and relatives		
	b) Mass and media	4	13.33%
	c) Health professional	7	23.33%
	d) Any other specify	19	63.33%
		0	0%

The above table depicted that:

- Majority of Mothers 12(40%) were belong to the age group of 26-30 years , 10(33.33%) were in the age group of less than 25 years, 8(26.67%) were in the age group of 31-35 years
- Majority of Mothers 18(60%) belongs to Hindu religion, while 7(23.33%) were Christian.
- Majority of Mothers 24(80%) were graduate and above, 5(16.67%) were having higher school, 1(3.33%) were having secondary school.

- Majority of Mothers 19(63.33%) were housewife, 6(20%) were private employee, 4(13.33%) were having own business, 1(3.33%)were government employee.
- Majority of Mothers 20(66.67%) were having nuclear family while 10(33.33%) were having joint family.
- Majority of Mothers 15(50%) were having family income more than 15,001 and above, 8(26.67%) were having 10,001-15,000 family income, 4(13.33%) were having family income 5001-10,000, 3(≤5000) were having family income less than 5000.
- Majority of Mothers 20(66.67%) were having 1 number of children while 10(33.33%) were having 2 number of children.
- Majority of Mothers 19(63.33%) were having source of knowledge regarding utilization of Human Milk Banking from health professionals, 7(23.33%) were having source of knowledge from mass and media, 4(13.33%)were having source of knowledge from family and relatives.

TABLE 2 Mean, mean difference, standard deviation, standard error and t value were used to describe the pretest and post test scores of knowledge of Postnatal LSCS Mother regarding Utilization of Human Milk Banking. N=30

Observation	Mean	Mean difference	Standard deviation	Standard error	t value
Pre test	8.733	7.167	3.311	2.8909	4.530*
Post test	15.9		2.501		

*Significant at 0.05 level of significance, df (29) at 0.05 level of significance, Table value =1.699

The data presented in table 3 showed that the mean post test score 15.9 on level of knowledge is more than the pre test score 8.733 with the mean difference of 7.167. The obtained mean difference was found to be statistically significant as evident from the 't' value of 4.530 for df (29) at 0.05 level of significance which is greater than the table value (1.699).

TABLE 3 Mean, mean difference, standard deviation, standard error, and t value, were used to describe the pre test and post test attitude score of Postnatal LSCS Mothers regarding Utilization of Human Milk Banking . N=30

Observation	Mean	Mean difference	Standard deviation	Standard error	t value
Pre test	27.1	2.13	4.48	0.986	2.7982*
Post test	29.23		2.0791		

*Significant at 0.05 level of significance, df (29) at 0.05 level of significance, Table value =1.699

The data presented in table 5 showed that the mean post test score 29.23 on level of attitude is more than the mean pre test score 27.1 with the mean difference of 2.13. The obtained mean difference was found

to be statistically significant as evident from the 't' value of 2.7982 for df (29) at 0.05 level of significance which is greater than the table value (1.699).

Table 4 Mean, mean difference, standard deviation, standard error, and t value, were used to describe the pretest and posttest practice score of Postnatal LSCS Mothers regarding Utilization of Human Milk Banking .

Observation	Mean	Mean difference	Standard deviation	Standard error	t value
Pre test	4.5	1.83	1.8685	0.454	1.7037*
Post test	6.33		2.495		

*significant at 0.05 level of significance, df (29) at 0.05 level of significance, Table value =1.699

The data presented in table 7 showed that the mean post test score 6.33 on level of practice is more than the pre test score 4.5 with the mean difference of 1.83. The obtained mean difference was found to be statistically significant as evident from the 't' value of 1.7037 for df (29) at 0.05 level of significance which is greater than the table value (1.699)

TABLE 5 Chi square value showing association between knowledge score with demographic variables. N=30

S NO	CHARACTERISTICS	KNOWLEDGE SCORE		df	Chi Square Calculated value	Chi square Table Value	Significant/not-significant
		Below mean	Above mean				
1.	Age of the mother						
	a) ≤25 years	3	7	3	0.3825	7.815	Not Significant
	b) 26-30 years	6	6				
	c) 31-35 years	4	4				
d) ≥ 36 years	0	0					
2.	Religion						
	a) Hindu	7	11	3	1.0218	7.815	Not significant
	b) Christian	4	3				
	c) Muslim	2	3				
d) Any other specify	0	0					
3.	Educational qualification						
	a) No formal education			4	1.358	9.488	Not significant
	b) Primary school						
	c) Secondary school	0	0				
	d) Higher school	0	0				
e) Graduate and above	0	1					

		3 10	2 14				t
4.	Occupation						
	a) Housewife	9	10				
	b) Own business	1	3	3	1.0949	7.815	Not significant
	c) Private employee	2	4				
	d) Government employee	1	0				
5.	Type of family						
	a) Nuclear family	8	12				
	b) Joint family	5	5	2	0.297	5.991	Not significant
	c) Any other specific	0	0				
6.	Family income						
	a) ≤5000	1	2				
	b) 5001-10,000	1	3	3	1.2089	7.815	Not significant
	c) 10,001-15,000	3	5				
	d) 15,001 and above	8	7				
7.	Number of children						
	a) 0	0	0				
	b) 1	10	10	3	1.0811	7.815	Not Significant
	c) 2	3	7				
	d) ≥3	0	0				
8.	Source of knowledge regarding Human Milk Banking						
	a) Family and relatives	1	3				
	b) Mass and media			3	1.1136	7.815	Not significant
	c) Health professional	4	3				
	d) Any other specify	8 0	11 0				

The above table shows that there was no significant association between post test score of knowledge score with demographic variables (age of mother, religion, occupation, educational qualification , type of family, family income , number of children, and source of knowledge) at 0.05 level of significance. This indicated that these demographic variable and posttest knowledge score of samples receiving planned teaching program did not have significant association and were independent of each other.

TABLE 6 Chi square value showing association between attitude score with demographic variables.

N=30

S NO	CHARACTERISTICS	ATTITUDE SCORE		df	Chi square Calcula ted value	Chi square Table Value	NS/S
		Below mean	Above mean				
1.	Age of the mother						
	a) ≤25 years	2	8	3	0.151	7.815	NS
	b) 26-30 years	2	10				
	c) 31-35 years	2	6				
d) ≥ 36 years	0	0					
2.	Religion						
	a) Hindu	5	13	3	2.0783	7.815	Not Signif icant
	b) Christian	1	6				
	c) Muslim	0	5				
d) Any other specify	0	0					
3.	Educational qualification						
	a) No formal education	0	0	4	1.875	9.488	Not signif icant
	b) Primary school	0	0				
	c) Secondary school	0	1				
	d) Higher school	0	5				
	e) Graduate and above	6	18				
4.	Occupation						
	a) Housewife	4	15	3	0.81561	7.815	Not Signif icant
	b) Own business	1	3				
	c) Private employee	0	6				
d) Government employee	1	0					
5.	Type of family						
	a) Nuclear family	5	15	2	0.9375	5.991	Not signif icant
	b) Joint family	1	9				
c) Any other specific	0	0					
6.	Family income						

	a) ≤ 5000	0	3				Not Significant
	b) 5001-10,000	0	4	3	3.038	7.815	
	c) 10,001-15,000	2	6				
	d) 15,001 and above	4	11				
7.	Number of children						
	a) 0	0	0				
	b) 1	4	16	3	0.0	7.815	Not significant
	c) 2	2	8				
	d) ≥ 3	0	0				
8.	Source of knowledge regarding Human Milk Banking						
	a) Family and relatives	0	4	3	1.3383	7.815	Not Significant
	b) Mass and media	2	5				
	c) Health professional	4	15				
	d) Any other specify	0	0				

The above table shows that there was no significant association between post test score of attitude with demographic variables (age of mother, religion, occupation, educational qualification , type of family, family income , number of children, and source of knowledge) at 0.05 level of significance. This indicated that these demographic variable and posttest attitude score of samples receiving planned teaching program did not have significant association and were independent of each other.

TABLE 7 Chi square value showing association between practice score with demographic variable

N=30

S NO	CHARACTERISTICS	PRACTICE SCORE		df	Chi square Calculated value	Chi square Table Value	Significant/not-significant
		Below mean	Above mean				
1.	Age of the mother						
	a) ≤ 25 years	7	3				
	b) 26-30 years	1	11	3	11.464	7.815	Significant
	c) 31-35 years	1	7				
	d) ≥ 36 years	0	0				
2.	Religion						
	a) Hindu	5	13				
	b) Christian	3	4				
	c) Muslim	1	4	3	0.831	7.815	Not Significant

	d) Any other specify	0	0				cant
3.	Educational qualification						
	a) No formal education	0	0				Not
	b) Primary school	0	0	4	0.6738	9.488	Signifi
	c) Secondary school	0	1				cant
	d) Higher school	2	3				
	e) Graduate and above	7	17				
4.	Occupation						
	a) Housewife	6	13				
	b) Own business	1	3				
	c) Private employee	2	4				Signifi
	d) Government employee	0	1	3	13.276	7.815	cant
5.	Type of family						
	a) Nuclear family	7	13				
	b) Joint family	2	8	2	0.71	5.991	Not
	c) Any other specify	0	0				signific
6.	Family income						
	a) ≤5000	1	2				
	b) 5001-10,000	1	3				Not
	c) 10,001-15,000	2	6	3	0.2382	7.815	Signifi
	d) 15,001 and above	5	10				cant
7.	Number of children						
	a) 0	0	0				
	b) 1	8	12				
	c) 2	1	9	3	2.794	7.815	Not
	d) ≥3	0	0				signific
8.	Source of knowledge regarding Human Milk Banking						
	a) Family and relatives	0	0	3	1.87	7.815	Not
	b) Mass and media	0	4				signific
	c) Health professional	1	6				ant
	d) Any other specify	8	12				

The above table shows that there was significant association between post test score of practice with demographic variables (age of mother and occupation) at 0.05 level of significance. This indicated that these demographic variable and posttest practice score of samples receiving planned teaching program have significant association and were dependent of each other

CONCLUSION

The present study assessed the effectiveness of planned teaching program on knowledge, attitude and practice regarding utilization of Human Milk Banking among postnatal LSCS mothers in the selected hospital of Delhi NCR. The researcher found moderate knowledge, unfavorable attitude and average practice existed among the Postnatal LSCS Mothers admitted in selected hospital of Delhi NCR.

The planned teaching program was found to be effective in increasing the knowledge, attitude and practice among Postnatal LSCS Mothers. After giving planned teaching program the postnatal LSCS Mothers knowledge, attitude and practice become increase as evident from pre test and post test scores of mothers.

Human milk banks offer a solution to the mothers that cannot supply their own breast milk to their child, for reasons such as a baby being at risk of getting diseases and infections from a mother with certain diseases. In order to ensure a supply of breast milk for all infants, regulated breast milk banking is the safest means.

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