

Effectiveness of information booklet on knowledge and practices of expressed breast milk among working postnatal mothers in selected maternity hospitals at Nellore

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Abstract: Breastfeeding keeps a mother and baby close even when they are apart. Breast milk keeps a baby healthy (especially those in group child care centers). Mothers of healthy babies miss less work, lose less income, and have less worry from sick babies. This study was conducted in selected maternity hospitals, Nellore to assess the effectiveness of information booklet on practices of expressed breast milk among 60 post natal mothers using convenience sampling technique. Data was collected using self structured questionnaire on knowledge regarding practice of expressed breast milk .A pre test was carried out to assess the pre interventional knowledge. Followed this information booklet on practice of expressed breast milk was introduced among the samples. After 1week of STP introduction again post test knowledge was assessed. Data analysis was carried out thereafter. The results showed that the significant increase in the post test practice score of the working postnatal mothers. All the working postnatal mothers achieved excellent level of practice after implementation of information booklet on Practice of expressed breast milk .The information booklet was found to be effective in increasing the effective practice of the working post natal mothers regarding practice of expressed breast milk

Key words: Information booklet, Expressed breast milk, Post natal mothers

I. INTRODUCTION

Breast feeding is fundamental to health, development of children and also important to the health of the mother. Just as there is no substitute for mother's love, there is no substitute for mother's milk. Breast milk is not only the best, but a must for the infants. Breast milk is safest and most secure of nourishment for babies and protect them against illness. The nutrients include all the proteins, fat, sugars, vitamins, minerals and also the anti infective factors.

Breastfeeding is the common problem that working mothers face every day. Feeding the baby with the breast milk may not be possible for the **working mothers** during their working hours. **Breastfeeding** is a not a problem for the mothers whose work place is near their homes. They can get back home in between and feed their baby. But in case of mothers who work at far off places, they go for formula feeding when they are not at home. But studies have suggested that formula feeds are not good for the baby in the long run. Most of the doctors do not recommend formula as they lack all the immunological back up which is generally present in the breast milk. As she is a mother, her major concern is to keep her baby in the best of his health and she can overcome this situation by feeding the baby with expressed breast milk.

II. OBJECTIVE

To assess the effectiveness of information booklet on and practices of expressed breast milk through post test knowledge score.

III. MATERIALS AND METHODS

A one group pre test and post test design was adopted to conduct the study among working post natal mothers in selected hospitals in Nellore. Total of 60 working postnatal mothers from these two hospitals were enrolled through convenient purposive sampling technique. A written permission to conduct the study was taken from the Nursing superintendent of both the hospitals

Data was collected by using self reported checklist to assess the practice of expressed breast milk among working post natal mothers. The content validity of tool was established by taking opinion from nursing experts. The reliability of the tool was also tested through spearman's brown prophecy formula (0.91). The tool consist of 2 parts

A part: Socio demographic variables and Part B: consist of self reported checklist on practice of expressed breast milk. The scoring is given as follows, Positive statements are given as 1 (if yes) and 0(if no) and Negative statements are given as 0(if yes) and 1(if no). Score 0 - 6 falls within poor category, and 7 – 12 falls within good category and 13 – 20 falls within excellent category.

An information booklet on practice of expressed breast milk was prepared and validated by experts in the field of nursing. First the pre test is given with self reported checklist on practice of expressed breast milk. Then information booklet is given and in gap of one week post test is given to the group by using the same checklist and Privacy is ensured during the time of data collection .descriptive and inferential statistics were used for data analysis

IV. RESULTS

Socio demographic variables: Majority 25(41.6%) are in the age group 26 -30 years, majority of subjects 39 (65%) had education degree and above, regarding occupation majority of the respondents 60 (100%) are professionals, majority of the respondents 30 (50%) had a monthly income > Rs 6000 per month , Majority of respondents 35 (58.3%) are from nuclear family ,majority of respondents 40(66.6%) had good family support, Majority of the respondents 20 (33.3%) had 6 -9 years of marital life duration, Majority of the respondents 32 (53.3%) live in urban area, Majority of the respondents 31 (51.6%) are Hindus ,Majority of the respondents 20 (33.3%) gained health information from the family.

Table: 1 Frequency and percentage distribution of working post natal mothers regarding practices of expressed breast milk as per pre test and post test score

S.NO	LEVEL OF PRACTICE	N=60			
		PRETEST		POSTTEST	
		frequency	percentage	Frequency	Percentage
1	Poor	9	15	0	0
2	Good	41	68.3	3	5
3	Excellent	10	16.6	57	95
	TOTAL	60	100	60	100

Table: 2: comparison of mean, standard deviation and t value of Pre test and Post test score of working post natal mothers on practice of expressed breast milk

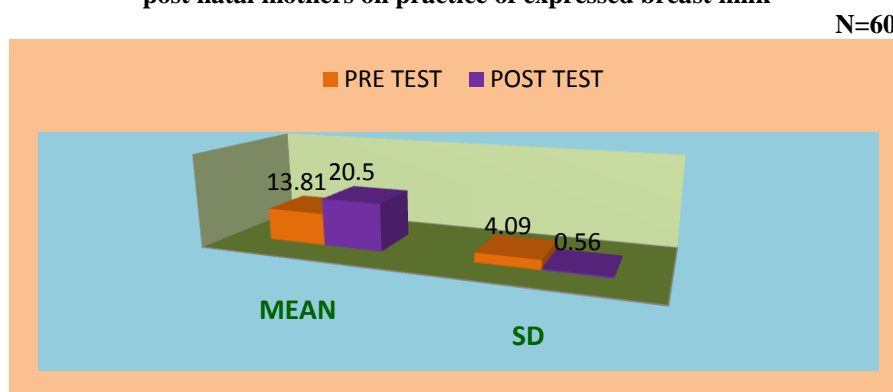


Figure: 1 Mean and Standard deviation of pretest and posttest score regarding practice on expressed breast milk

Table: 2: Association between post test score with their selected socio demographic variables on practice of expressed breast milk among working post natal mothers

S.No	Socio demographic Variables	df	Post test		Level of significance
			χ^2 table value	χ^2 calculated value	
			1	Place of residence	

Note: S**-Significant

Table 2 shows that there is a significant association in post test practices on expressed breast milk of working postnatal mothers with their demographic variables such as place of residence $\chi^2=4.64$ at $p < 0.05$ level

V. DISCUSSION

Breast milk contains a number of protective substances including anti-bodies, disease resistant factors and antimicrobials. The nutrients which are needed by the baby like carbohydrate, protein, fat, minerals and vitamins are available in simple form in the breast milk. All these factors that inhibit disease and promote infant maturation make the breast milk a real boon for the infants until the middle of the first year of their life. Now, WHO has recommended exclusive breast-feeding for the first six months of life, which means the infants receive only breast milk from their mothers or a wet nurse or expressed breast milk

The findings of the present study revealed that Majority 25(41.6%) of working post natal mothers were between the age group of 26 -30 years, majority of working post natal mothers 39 (65%) had degree and above education , regarding occupation majority of the respondents 60 (100%) were professionals, majority of the respondents 30 (50%) had a monthly income > Rs 6000 per month , Majority of respondents 35 (58.3%) are from nuclear family ,majority of respondents 40(66.6%) had good family support, Majority of the respondents 20 (33.3%) had 6 -9 years of marital life duration, Majority of the respondents 32 (53.3%) live in urban area, Majority of the respondents 31 (51.6%) are Hindus ,Majority of the respondents 20 (33.3%) gained health information from the family.

The level of practice in accordance with pre test shows that 41 (68.3%) of working post natal mothers had good practice on expressed breast milk where as in post test 57 (95%) of working post natal mothers had excellent practice on expressed breast milk. The overall findings of the study clearly showed that the information booklet on practice of expressed breast milk was effective in improving the knowledge of working post natal mothers

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