

Assess the Knowledge Regarding Human Breast Milk Banking Among Women in Selected Rural Area of District Mohali Punjab, With A View to Develop Information Booklet

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How to cite this article: Sharma S. Assess the Knowledge Regarding Human Breast Milk Banking Among Women in Selected Rural Area of District Mohali Punjab, With A View to Develop Information Booklet. 2022;14(4):91-99

ABSTRACT

Background: Mother's milk is the best food for growth and development of an infant. Every mother should breastfeed her infant. However, if, under certain circumstances, she is unable to feed her infant directly, her breast milk should be expressed and fed to the infant, particularly in preterm and other high-risk infants. **Aim:** To assess the knowledge regarding human breast milk banking among women in selected rural area of district Mohali Punjab, with a view to develop information booklet. **Material and Methods:** A quantitative study "descriptive design." Used in present study. **Results:** The sample of 60 married women were selected by using non probability purposive sampling technique. Self-structured knowledge questionnaire was used to assess the knowledge regarding infant rearing practices. The study revealed that maximum women (22%) had excellent level of knowledge followed by (18%) had good level of knowledge, (45%) had average level of knowledge and (15%) had poor level of knowledge.

Keywords: knowledge, Breast Feeding, Breast Milk Banking, Women

INTRODUCTION

The breast milk is the most important source of nutrition for the infants. It is the optimal exclusive first source of nutrition. Infants who were not fed human breast milk had severe infections; high frequency of diarrhea, more necrotizing enterocolitis, more colonization by pathogenic organisms and it also increases the incidence of chronic illness like obesity, hypertension, diabetes, allergic diseases in adulthood. The majority of mothers is encouraged to breastfeed their babies. The developing countries like India are having high infant mortality rate.

The novel concept of human breast milk is absolutely important to solve such grave

problems. The problem with breastfeeding arise when the mother is dead or is having any maternal illness, insufficient supply, baby is sick or is admitted to the hospital, particularly in the cases of premature infant.

A human milk bank or breast milk bank is a service attached to hospitals or nursing homes where breast milk is collected, screened, processed, and dispensed as prescript which is donated by nursing mothers who are not biologically related to the recipient infant. ⁽¹⁾

The American Academy of Pediatrics endorses that human milk is species precise and the banked human milk is an appropriate ancillary to optimal nutrition for infants. ⁽²⁾

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Today, there are around 517 breast milk banks all over the world. ⁽³⁾ In 1909, Escherich opened the first human milk bank. The first milk bank in Asia under the name of Sneha, founded by Dr. Armeda Fernandez, was started in Dharavi, Mumbai on November 27, 1989. ⁽⁴⁾ Currently, the number of human milk banks (HMB) has grown to nearly 50 all over India. ⁽⁵⁾

OBJECTIVES

- To assess the knowledge regarding human breast milk banking among women in selected rural area.
- To find out the association between knowledge score of women regarding human breast milk banking with selected demographic variables.
- To develop and distribute the information booklet regarding human breast milk banking among women in selected rural area.

OPERATIONAL DEFINITION

Knowledge - In this study it refers to correct responses given by women to the given items in a structured knowledge questionnaire regarding human breast milk banking elicited by the investigator.

Human milk banking - A service which collects, screens and processes human milk donated by nursing mothers who are not biologically related to the recipient infant.

Women - In this study it refers to those female who are married.

Literature Survey

A retrospective study on the influence of donor milk supplementation on duration of parenteral nutrition in preterm infants conducted by China Bibiana Jimenez. The study sample comprised of 248 newborns less than ≤ 32 weeks and was selected by convenience sampling technique. The newborns were divided into 2 groups and each group include 142 newborns. The results revealed that the duration of

parenteral feeding was same before and after: 12 (8.23) and 11 (7.19) days ($p = .822$). The z scores for weight and height of newborns was lower in Group 2. ⁽⁶⁾

A quasi experimental study conducted by Ghuge S, Aghamkar J and Salvi R to assess knowledge and attitude of postnatal mothers regarding donation of milk to human milk bank in Bhosari hospital PCMC. The sample composed of 60 postnatal mothers and was selected by non -probability convenience sampling technique. The study results revealed that 78.33% of the sample is excellent level of knowledge score followed by 21.67% had good level of knowledge score 53.33% of the sample had good level of attitude score and 46.67% had excellent level of attitude score ⁽⁷⁾.

A descriptive study on attitude towards donor breast milk in an inner city population at Kings County Hospital in Brooklyn, New York conducted by Pal A. The study sample was comprised of 174 postpartum women and was selected by convenient sampling technique. The results revealed that 34% were aware of the use donor breast milk banks and 66% were unaware about donor breast milk banks, 62% of the mothers preferred the use of formula compared to donor breast milk. ⁽⁸⁾

MATERIALS AND METHOD

Research Approach

A Quantitative research approach was adopted to accomplish the objectives of the study to assess the knowledge regarding Breastmilk Banking among women in selected rural area of district Mohali Punjab.

Research Design

A descriptive research design is adopted to assess the knowledge of human breast milk banking of women in Kubbaheeri village, distt. Mohali.

Research Setting

The research study was conducted in Kubbaheeri village, district Mohali. The criterion for selecting this setting was:

- Familiarity with the setting.
- Availability of the subjects.
- Feasibility of conducting the study.

Target Population

The target population for the present study consists of 60 married women of Kubbaheeri village, district, Mohali.

Sample and Sampling Technique

The present study was conducted on a sample consists of 60 married women of Kubbaheeri village, district, Mohali. The sample was selected by using non probability purposive sampling technique.

Development of Research Tool

The tool was developed after thorough review of literature and in consultation with experts in the field of Research and Nursing.

Description of Tool

The tool comprised of 2 sections:

PART A

Socio- Demographic data

It comprises of 7 items related to demographic profile of women of Kubbaheeri village, district, Mohali such as age, religion, family type, education, occupation, family monthly income, source of information.

PART B

Self- Structured knowledge questionnaire

It consisted of 20 knowledge questions regarding human breast milk banking.

Criterion Measure

The child rearing practices of each area was assessed by frequency percentage method.

Reliability of tool

Reliability of tools was calculated by using split half method and the reliability of tool was 0.7 which indicates tool was reliable.

Data Collection Procedure

The data was collected after obtaining permission in the last week of February 2020. The investigators explained the purpose of the study to each respondent. Written permission was taken and they were assured that their responses would be kept confidential and used for research purpose only. Time taken by each respondent to fill the questionnaire for data collection was 30-40 minutes. Paper pencil method was used to collect the data. So, in all together the researchers spend an average of total time 40-45 minutes to collect the data.

Plan of data analysis

The collected data was planned to be organized, tabulated and analyzed based on the objectives of the study by using descriptive statistics i.e. percentage and inferential statistics i.e. Chi square. The Chi square test would be used to find out the association between level of knowledge score of women with selected demographic variables. The findings of the study would be presented in the form of tables and figures

FINDING

Table 1 depicted the level of knowledge score of women, maximum women (22%) had excellent level of knowledge followed by (18%) had good level of knowledge, (45%) had average level of knowledge and (15%) had poor level of knowledge.

Table 1: Knowledge score of women of selected rural area

(N=60)

<i>Level of Knowledge</i>	<i>Frequency (F)</i>	<i>Percentage (%)</i>
Poor (1-5)	09	15
Average (6-10)	27	45
Good (11-15)	11	18
Excellent (16-20)	13	22

Maximum Knowledge Score: 1
Minimum Knowledge Score: 0

DISCUSSION

The aim of study is to assess the knowledge regarding Human Breast Milk Bank among women in selected rural area of district Mohali, Punjab with a view to develop an information booklet. The findings of the study have been discussed as per objectives along with findings of other studies

The 1st objective was to assess the knowledge regarding human breast milk banking among women in selected rural area. It showed that women of rural area (22%) had excellent level of knowledge followed by (18%) had good level of knowledge, (45%) had average knowledge and (15%) had poor level of knowledge. The findings of the study were consistent with a study conducted by Kaur M, Raghuvanshi S, Kang HK to assess the knowledge and attitude of parous women toward human milk bank in rural and urban community health centres of Patiala district, Punjab. The study was carried out on 200 parous women selected by purposive sampling technique. The study results revealed that 56.5% had inadequate knowledge and only 43.5% of respondents had adequate knowledge.⁽⁹⁾

CONCLUSION

Women must know about human breast milk banking. It was concluded that that women of rural area had average knowledge.

Conflict of interest: Nil

Source of Funding: Self

Ethical clearance: Taken

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