

Study to Assess the Effectiveness of Structured Teaching Programme on Human Milk Banking among the Adolescents from Selected Colleges of Thiruvananthapuram

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Abstract: Human milk bank plays an essential role by providing human milk to infants who would otherwise not be able to receive human milk. This study is to assess the effectiveness of structured teaching programme on human milk banking among the adolescents from selected colleges of Thiruvananthapuram and the objectives are “to assess the pre test score on human milk banking among adolescent; to provide structured teaching programme on human milk banking; to assess the post test score on human milk banking among adolescents; and to evaluate the effectiveness of structured teaching programme on human milk banking among adolescents. By Convenient sampling technique, 30 students from NSS women’s college, Thiruvananthapuram were selected for this study. The effectiveness of teaching programme was assessed by using self-administered questionnaire. The data were analyzed by inferential and descriptive statistics. The findings revealed that there is a significant increase in mean post test score regarding human milk banking after structured teaching programme.

Keywords: Adolescent, Human milk bank, Structured teaching programme

1. Introduction

“Breast milk is love turned into food it takes someone special to share that Love”

Health is wealth. For the good health we need good nutrition. Nutrition for babies gets from mother’s milk. Breast Milk is the safest and best protective food for infants and also the best choice to feed premature and ill babies. It provides total nutrient requirement for the first six months of life. It also prevents malnutrition and allows the child to develop fully. But when there is not enough. Mothers’ milk available due to some reasons like mother has insufficient milk glands, has had past breast surgery or is taking medication (e. g. chemotherapy for cancer) and has an infection that could spread to her baby through breast feeding. For these babies an alternative must be sought.

According to WHO, breastfeeding can save up to 80% of infant mortality as mother’s milk is the best source of nutrition for the baby. However, there are cases when a mother is unable to lactate during the first few days or weeks, which further worsens the condition of a preterm or low-birth weight baby. And in such a case, human milk banks or breast milk banks act as a life savior for such babies.

Human breast milk, compared with artificial formula milks, may provide insufficient nutrition for growth and development in preterm or low birth weight infants. However, human milk may confer advantages to infants in terms of a decreased incidence of adverse outcomes.

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2. Background of the Problem

“Don’t cry over spilled milk. Unless it’s breast milk, in which case, cry a lot.”

Breastfeeding and human milk are the normative standards for infant feeding and nutrition. Given the documented short-and long-term medical and neuro developmental advantages of breastfeeding, infant nutrition should be considered a public health issue and not only a lifestyle choice. The American Academy of Pediatrics reaffirms its recommendation of exclusive breastfeeding for about 6 months, followed by continued breastfeeding as complementary foods are introduced, with continuation of breastfeeding for 1 year or longer as mutually desired by mother and infant. Medical contraindications to breastfeeding are rare.

Globally 2.5 million children died in the first month of life in 2018. There are approximately 7 000 newborn deaths every day, amounting to 47% of all child deaths under the age of 5-years, up from 40% in 1990. About the same number of babies were born stillbirth (2015).

The world’s first human milk bank was set up in Vienna, Austria in 1911. The first Asian country to set up a breast milk bank was India, way back in 1989 (Lokmanya Tilak Hospital, Mumbai).

3. Need and Significance of the Study

Breast milk is the best natural feeding and breast milk is the best milk. The basis food of infant is mother’s milk.

Breastfeeding is the most effective way to provide a baby with a caring environment and complete food. It meets the nutritional as well as emotional and psychological needs of the infant. Milk banks serve a vital function by providing human milk for premature infants who, for a variety of reasons, would otherwise not have access to human milk.

The recipient of the human milk banking are vulnerable preterm and sick babies and special cares where mother's are unable to supply sufficient milk for their babies due to if mother having disease such as infectious diseases such as tuberculosis and venereal diseases, if mother's are taking medications which might be harmful to the infant, mother is on antiretroviral therapy or taking chemotherapy for cancer and on radio pharmaceuticals.

Breast milk donation also provides benefits to mother such as reduces the risk of cancer of breast and ovaries, reduces the risk of osteoporosis in later life, help to regain the contour of body, helps in birth spacing, reduces the risk of mastitis and make breast feel more comfortable.

Lactating mothers donate breast milk, the milk is then collected and then undergoes a pasteurization process and then analysis of essential micronutrients content is done. After the quality check, is subsequently stored at low temperature. There is a strict procedure is to be followed, which involves assessment and thorough screening of the mother before the milk is collected.

Statement of the Problem

Study to Assess The Effectiveness Of Structured Teaching Programme On Human Milk Banking Among the Adolescents from selected colleges of Thiruvananthapuram.

4. Objectives of the Study

- To assess the pre test knowledge regarding human milk banking among the adolescent.
- To provide structured teaching programme on knowledge regarding human milk banking.
- To assess the post-test knowledge regarding human milk banking among the adolescent.
- To evaluate the effectiveness of structured teaching programme on knowledge regarding human milk banking.

Research Methodology

The researcher used quantitative research approach in this study. It is a quasi-experimental study design used for this study was one group pre test post-test design

The sample for the study consists of 30 adolescent of 17-21 years of age and convenient sampling technique is used for the study. Students exposed to similar study or project recently were excluded from the study

Description of the Tool

A structured questionnaire to assess the knowledge on human milk banking which consist of two sections and each correct answer carries one mark and total score was 30. The

answers were interpreted as Poor: 0-10; Average: 11-20; Good: 21-30.

Section A: Demographic data such as age, education, gender, religion, area of residence, source of information, etc.

Section B: The section deals with effectiveness of structured teaching programme on human milk banking through.

- Assessment of pre-test knowledge regarding human milk banking.
- Assessment of post-test knowledge regarding human milk banking.
- To evaluate the effectiveness of structured teaching programme by comparing pre test and post-test knowledge of adolescents regarding human milk banking.

5. Results of the Study

- In this study 86.6% belongs to 19-20years of age group, 6.66% belongs to 17-18 years and another 6.66% belongs to 21-22 years of age group.
- About 30% of students having previous knowledge through newspapers and magazine.
- About 3.33% of students have previous knowledge through social media and 66.6% adolescence have no knowledge regarding human milk banking.

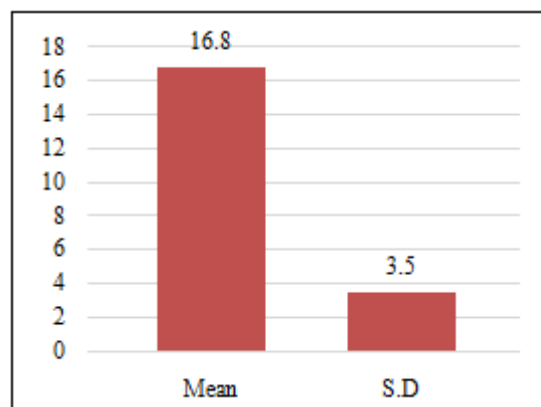
6. Objectives

To assess the level of knowledge of human milk banking among adolescents

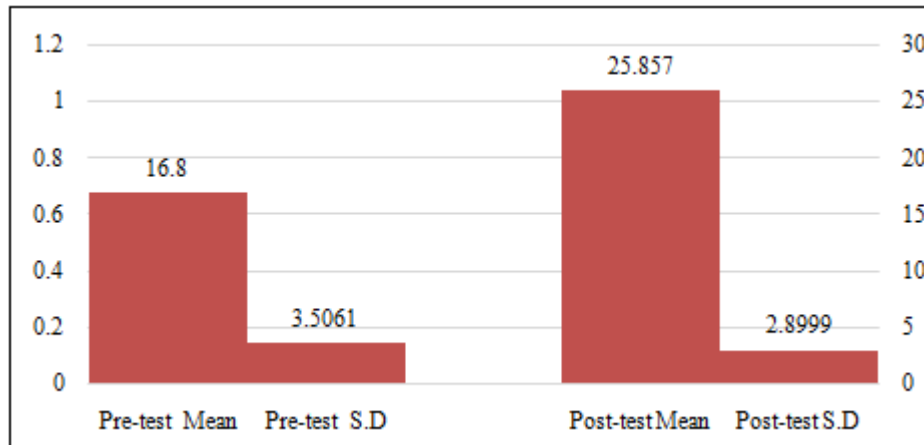
It was found that about 83.3% students have average knowledge, 16.6% have poor knowledge about human milk banking.

Effectiveness structured teaching programme regarding human milk banking

After structured teaching programme 89.29% of students have good knowledge and 10.72% have average knowledge regarding human milk banking.



Knowledge of selected adolescents regarding human milk banking before structured teaching programme.



Effectiveness of structured teaching programme on human milk banking by comparing the pre-test and post-test knowledge among adolescents

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