

A Study to Assess the Knowledge and Attitude Regarding Importance of Colostrum among Postnatal Mothers in Selected Hospitals

Pritama Dhale¹, Manjusha Mahakalkar²

¹M.Sc. Nursing Student, Department of Obstetrics and Gynaecological Nursing,
Smt. Radhikabai Meghe Memorial College of Nursing, Sawangi (Meghe), Wardha, Maharashtra, India

²Lecturer, Department of Obstetrical and Gynecological Nursing, Smt. Radhikabai Meghe Memorial College of Nursing,
Sawangi (Meghe) Wardha, Maharashtra, India

Abstract: Background: Colostrum feeding not only provide for the fundamental nutritional Need but also the emotional need of the neonate. Establishment of lactation within one hour after birth may have important consequence for the health and development of the new born. Objectives: 1.To assess the knowledge regarding importance of colostrum among postnatal mothers. 2.To assess the attitude regarding the importance of colostrum among postnatal mothers. 3. To correlate the knowledge score and attitude score regarding importance of colostrum among postnatal mothers. 4. To associate the knowledge scores of the postnatal mother regarding importance of colostrum with selected demographic variables. 5. To associate the attitude scores of the postnatal mothers regarding importance of colostrum with selected demographic variables. Hypothesis H₁. There is significant knowledge regarding importance of colostrum among postnatal mothers. H₂. There is significant attitude of postnatal regarding importance of colostrum among postnatal mothers. H₀₁- There is no significant attitude regarding importance of colostrum among postnatal mothers. H₀₂- There is no significant knowledge regarding importance of colostrum among postnatal mothers. Material and Method: In this study Descriptive Research Design was used. The samples were 100 postnatal mother. Setting of the study was selected hospitals and sampling technique was non probability convenience sampling technique. A structured questionnaire to assess knowledge and Likert scale for assessing the attitude was used to collect the data from postnatal mothers from selected hospitals. Results: The result shows that the level of knowledge regarding importance of colostrum were 0% of the study subjects had poor level of knowledge score, 25% had average, 70% had good and 5% had excellent level of knowledge score. The level of attitude regarding colostrum feeding were 8% of the study subjects were "strongly Agree", 64% were "agree", 28% were uncertain and 0% were "Disagree" and "strongly disagree" about attitude score. It was statistically interpreted that, the knowledge of study subjects regarding kidney transplantation were average (25%) and only good (70%) and excellent (5%) were very less. There was no significant association between age, education, religion, occupation, previous knowledge and source of information. Conclusion: The study shows that study subjects had good knowledge about importance of colostrums and they have proper attitude regarding importance of colostrum feeding. The association of knowledge scores with age, education, religion, occupation, previous knowledge and source of knowledge is not significant. The association of attitude scores with age, education, religion, occupation, previous knowledge and source of knowledge are not significant.

Keywords: Postnatal mothers, Colostrums feeding, Knowledge, Attitude

1. Introduction

Feeding an infant is an exciting, satisfying but often worrisome task for a mother but meeting the essential need of their new child helps them to strengthen their attachment with the baby as a nurturer and provider. Mother is gifted by which she feeds her baby even though she is hungry she may not be having enough money to feed herself but the natural gift which is present in the mother will never keep the baby fast. Colostrum intake is a key factor for newborn ruminant survival because the placenta does not allow the transfer of immune components. Therefore, newborn ruminants depend entirely on passive immunity transfer from the mother to the neonate, through the suckling of colostrum. Understanding importance of specific colostrum proteins has gained significant attention in recent years. However, proteomics studies of sheep colostrum and their uptake in neonate lambs has not yet been presented.

More than 15% of 24 lacs child deaths could be avoided in India by optimal breastfeeding practices but very few women in India have access to counseling services on infant and young child feeding¹¹. Despite the knowledge of benefits of

breastfeeding, its prevalence and duration among general population in many countries are still lower than the international recommendations of six month of exclusive breastfeeding¹². The prevalence of exclusive breastfeeding of six months duration is 46.4% and the early initiation of breastfeeding in India is less than 41% which are far from the desired level and interestingly breastfeeding practices vary among different regions and communities^{13, 14}. In India it is common practice among mothers to extract the initial breast milk which they think is watery and is harmful to the baby

2. Problem Statement

To assess the knowledge and attitude regarding importance of colostrum among postnatal mothers in selected hospitals

3. Objectives

- To assess the knowledge regarding importance of colostrum among postnatal mothers.
- To assess the attitude regarding the importance of colostrum among postnatal mothers.

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- To correlate the knowledge score and attitude score regarding importance of colostrum among postnatal mothers
- To associate the knowledge scores of the postnatal mother regarding importance of colostrum with selected demographic variables.
- To associate the attitude scores of the postnatal mothers regarding importance of colostrum with selected demographic variables.

4. Hypothesis

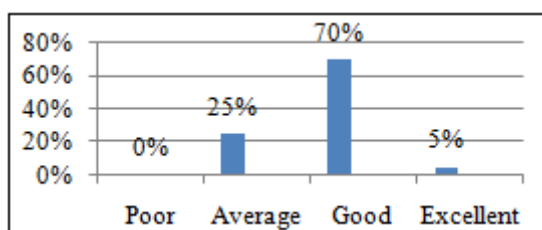
- 1) **H₁**- There is significant knowledge regarding importance of colostrum among postnatal mothers .
- 2) **H₂**-There is significant attitude regarding importance of colostrum among postnatal mothers.
- 3) **H₀₁**- There is no significant knowledge regarding importance of colostrum among postnatal mothers.
- 4) **H₀₂**- There is no significant attitude regarding importance of colostrum among postnatal mothers

5. Methodology

In this study Descriptive Research Design was used. The samples were 100 postnatal mothers . Setting of the study was selected hospitals and sampling technique was non probability convenience sampling technique. An inclusion criterion were postnatal mothers who are willing to participate in the study and postnatal mothers available at the time of study were taken. An exclusion criteria were postnatal mothers who are medical personnel. Structured questionnaire were used to assess the knowledge and Likert scale for assessing the attitude regarding importance of colostrum among the postnatal mothers.

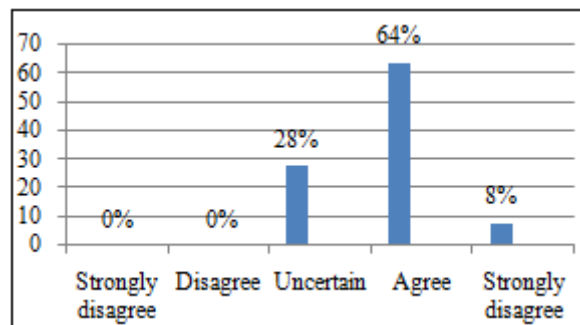
6. Result

The present study has been taken up to assess the knowledge and attitude regarding importance of colostrums among the postnatal mothers in selected hospitals. Analysis and interpretation is based on the objectives of the study. A structured questionnaire to assess knowledge and Likert scale for assessing the attitude of study subjects was used for data collection. The analysis was done with the help of inferential and descriptive statistics.



Graph 1: Assessment with knowledge scores

The above graph 1 shows that distribution of study subjects according to level of knowledge regarding importance of colostrum were 25% of the study subjects had average level of knowledge score, 70% had good, 5% had excellent and level of knowledge score.



Graph 2: Assessment with attitude scores

The above graph 2 shows that distribution of study subjects according to level of attitude regarding importance of colostrum. The levels of attitude were seen into 5 categories, strongly agree, agree, uncertain, disagree and strongly disagree. 0% Of mother “disagree” and “strongly disagree”, 64% of the patients were “Agree”, 24% were uncertain and only 8% were “strongly agree” about attitude score.

Correlation of Knowledge Scores and Attitude Scores of the Postnatal Mothers Regarding Importance of Colostrum

The statistical Pearson’s correlation coefficient reveals positive correlation between knowledge score and attitude score of the postnatal mothers knowledge regarding importance of knowledge.

7. Discussion

The study conducted regarding the importance of breast feeding in antioxidant defence so they investigated the importance of two enzymes (superoxide dismutase--SOD and glutathione peroxidase--GSHPx) in the antioxidant defence of newborns and analyzed their activity in human colostrum milk, gastric fluid and plasma. The results of the study showed that there was statistically significant increased activity of SOD ($p < 0.001$) in colostrum compared to mature milk. The activity of SOD in the gastric fluid of the artificially-fed newborns was statistically significantly lower than in the breast-fed newborns ($p < 0.001$). The same results were found for mature mother's milk. Researcher discovered a significant increase of SOD plasma activity in the newborns with sepsis, compared to the breast-fed newborns, with no signs of infection. The negative correlation between the activities of SOD and GSH-Px in the gastric fluid samples of the breast-fed and the artificially-fed newborns and the newborns with sepsis, showed that the activities of both enzymes were important for adequate antioxidant defence during the neonatal period. Breast-feeding with both colostrum and mature human milk is probably very important for adequate antioxidant defence in newborns.

A descriptive study was conducted to explore the knowledge, attitude and practice towards breast feeding among postnatal mothers in South India. The result showed that the knowledge of the mothers was inadequate in the areas of time of initiation of breast feeding (92%), colostrum feeding (56%), duration of exclusive breast feeding (38%) and knowledge on expressed breast milk (51%). The study concluded that there is a need for programmes, which

support and encourage breast feeding particularly at a primary care level, focusing more on younger, less well-educated women and those from lower socio economic class

a sample of chinese mothers in ireland.<http://www.journalofnursingstudies.com>
[8] Rinda john. Knowledge, attitude and practices of employed mothers about breast feeding.

8. Conclusion

The knowledge of study subjects regarding importance of colostrums was only good and others average and excellent knowledge was very less. The majority of study subjects had agree attitude towards importance of colostum feeding. There was no significant association between age, education, religion, occupation, previous knowledge and source of knowledge. Hence, there is a need to provide more information regarding importance of colostrumst study subjects.

9. Recommendations

On the basis of findings of the study, it is recommended that the following studies can be conducted -

- A similar study can be undertaken for large sample to generalize the findings.
- A similar study can be conducted to assess the knowledge and attitude regarding importance of colostrum among postnatal mothers in view to develop an information booklet.
- A similar study can be conducted to assess the knowledge regarding importance of colostrum among student nurses on a large population.
- A similar study can be conducted to assess the attitude towards importance of colostrum among student nurses on a large population.
- A study can be undertaken to assess the effectiveness of self-instructional module on knowledge regarding importance of colostrum among postnatal mothers.

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