

Knowledge of Postnatal Mothers on Breast Milk Expression and Storage in a Selected Hospital of Bhubaneswar, Odisha, India

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Abstract: *Breastfeeding has many benefits for mother and the child. Successful initiation of breast feeding is the first step closer to correct nutrition. Breast feeding is the natural step after the childbirth and it is a very special gift from mother to her child. The use of expressed breast milk has been encouraged as an effective manner of prospects of garage of expressed breast milk for any big time frame is unavoidable in neonatal gadgets and in lots of households, in particular among working mothers. In this study. a) To determine the pre-existing knowledge of postnatal mothers on expression and storage of breast milk. b) To find an association between understanding score of Postnatal mothers concerning expression and storage of breast milk with selected demographic variables. Descriptive research method with a non-experimental ordinary descriptive layout changed into found to be suitable to explain the knowledge of postnatal mother on expression and storage of breast milk. Using non-probability purposive sampling, 50 postnatal mothers who have been admitted in decided on hospitals, Bhubaneswar. Assessment of the level of knowledge of mothers shows that the highest percentage (72 percent) of the mothers had moderate knowledge and 28 percent had poor knowledge regarding expression and storage of breast milk.*

Keywords: Breast milk expression, postnatal mothers, knowledge, Descriptive, Non experimental

1. Introduction

Children are our destiny and our maximum precious resource. After birth, the health of the baby relies upon upon the nurturing practice adopted by means of the circle of relatives. The perfect meals for the young infant are human milk. Breast milk contains suitable quantity of carbohydrate, protein, vitamins, minerals and fat. Breast milk is child's first immunization, as it contains precious antibodies from the mom that may help the toddler to withstand infections. Lack of breast feeding is an critical hazard factor for toddler and adolescence morbidity and mortality. Who estimates that 1. Five million toddler lives will be saved every year through improved breast feeding.

Direct breast feeding is not viable in some conditions like when the infant is premature, the infant is born with cleft lip or cleft palate, the mother is ill, or the child is separated from the mom for long or brief duration, in particular whilst the mother is going returned to work after maternity leave. Usually these moms wean in advance and their toddlers are at the chance of infections. In situations where direct breast feeding is not feasible so, a mother can explicit the breast milk with manual rub down or using breast pump, to feed her baby.

2. Objectives

- To determine the pre-existing knowledge of postnatal mothers on expression and storage of breast milk
- To find an association between understanding score of Postnatal mothers concerning expression and storage of breast milk with selected demographic variables .
- To provide health education pamphlet on expression and garage of breast milk amongst postnatal mothers.

3. Hypothesis

H1: There will be sizable affiliation between understanding rating of the postnatal mothers on expression and garage of breast milk and the selected variables. The hypothesis will be examined at zero.05 level of significance

4. Materials and Methods

Descriptive research method with a non-experimental ordinary descriptive layout changed into found to be suitable to explain the knowledge of postnatal mother on expression and storage of breast milk. Using non-probability purposive sampling, 50 postnatal mothers who have been admitted in decided on hospitals, Bhubaneswar.

5. Results

1) Description of demographic characteristics of postnatal mothers

Forty percent of the samples belonged to the age group of 27 and above years. 36 percent of respondents had been in Para II. Similar 30 percentage of respondents had number one and excessive school education respectively.

62 percentage of respondents had been employed mothers. 42 consistent with cent of the respondents have income of Rs. 20, 001 -30,000. 64 percentage of samples were residing in city region. 24 percentage of the respondents had records regarding expression of breast milk and garage by means of neighbours. 76 percent of the respondents had caesarean section and 54 percent of postnatal moms had initiated breast feeding within 1hour on expression and garage of breast milk from mass media.

Demographic Characteristics	Sub Categories	Frequency	Percentage
Age	18-21years	11	22.0
	22-26	19	38.0
	27 and above	20	40.0
Parity	Para I	17	34.0
	Para II	18	36.0
	Para III and above	15	30.0
Education	illiterate	14	28.0
	Upto 8 th std	15	30.0
	Upto 12 th std	15	30.0
	Degree and above	6	12.0
Employment	Employed	31	62.0
	Unemployed	19	38.0
Family income	Below Rs.10,000	6	12.0
	Rs. 10,001-20,000/-	14	28.0
	Rs. 20,001-30,000/-	21	42.0
	Rs.30,001 and above	9	18.0
Source of information	Self learning	9	18.0
	Mass media	9	18.0
	Health personnel	11	22.0
	Family members	9	18.0
	Neighbours	12	24.0
Residential area	Urban	32	64.0
	Rural	18	36.0
Mode of delivery	Normal vaginal delivery	12	24.0
	Caesarean section	38	76.0
Time of initiation of breast feeding	15 minutes	6	12.0
	30 minutes	5	10.0
	1 hour	27	54.0
	>1 hour	12	24.0

Table 2: Knowledge score of postnatal mothers, n=50

Percentage of range of score	Level of knowledge	No. of respondents	Percentage
0-40	Poor	14	28
1-70	Moderate	36	72
71-100	Good	0	0

2) Analysis of knowledge of postnatal mothers on expression and storage of breast milk:

Assessment of the level of knowledge of mothers shows that the highest percentage (72 percent) of the mothers had moderate knowledge and 28 percent had poor knowledge regarding expression and storage of breast milk.

Table 3: Association between knowledge of postnatal mothers regarding expression and storage of breast milk and demographic variables, n=50

Demographic variable	df	Fable value	Calculated value (χ^2)	Inference
Age	1	3.84	0.169	not significant
Parity	1	3.84	0.175	not significant
Education	1	3.84	0.618	not significant
Employment	1	3.33	2.80	not significant
Family income	1	3.84	0.751	not significant
Residential area	1	3.84	0.230	not significant
Mode of delivery	1	3.84	0.410	not significant
Source of information	1	3.84	1.82	not significant
Time of initiation of breast feeding	1	3.84	0.410	not significant

3) Association between knowledge of postnatal mothers regarding expression and storage of breast milk and demographic variables:

The findings revealed that the mean knowledge score was 12.76 ± 2.27 . Chi-square test was used for analysis & it showed that there was no significant association between knowledge on expression and storage of breast milk with demographic variables.

6. Recommendations

- A comparative study on the know-how of city and rural postnatal mothers concerning expression and storage of breast milk can be conducted.
- A planned teaching programme may be developed on the expression and storage of breast milk
- A follow-up take a look at may be conducted to assess the effectiveness of health schooling pamphlet
- A similar have a look at can be conducted by way of the use of large samples to generalize the findings.

References

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