

## **“A Study To Assess The Knowledge And Attitude Regarding Human Milk Donation Among Postnatal Mother In Selected Hospitals Of Pune City”**

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**ABSTRACT : Introduction: Breast milk is the vital nutrient for the new born baby all that they required. Some mothers are not able to feed their baby or some babies are not have that privilege to have their own mother’s milk, that time another mother’s milk is also a boon for that boon become reality Breast milk Donation is necessary. Human Breast Milk Donation is the bridge between helpful to needed one(*Mother’s milk is considered very essential for the newborn infant explain with reason., n.d.*). 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.(Ghughe et al., 2018) The present study title: A study to assess the knowledge and attitude regarding human milk donation among postnatal mother in selected hospitals of Pune city. The objective of study to assess the knowledge and attitude regarding Human breast milk donation, association between variables and associate those findings with demographic variables. Material and Methods: In present study, researcher adopted Non-Experimental descriptive design using structured questionnaire and Likert scale. Non probability convenient sampling technique used for data collection. Data analysis was done mainly using descriptive statistics. Result : The finding of the study reveals that majority of 46% postnatal mothers were from under the age group of 23-26 years, mothers do not having previous knowledge about Human breast milk donation. Present study shows that Mean knowledge score of the postnatal mothers regarding Human milk donation shows 8.89 with 3.06 Standard deviation. Result shows that mean attitude score of the post- natal mothers regarding Human milk donation shows 28.56 with 9.62 Standard deviation. co- relation between knowledge and attitude regarding Human Milk Donation was negative co There is no significant association between knowledge regarding Human Milk and Donation demographic variable Age (Years), Education, Type of Family, Occupation, Family Income per month and Area of Residence at 0.05 level of significance. Therefor the H<sub>0</sub> has accepted. there is no significant association between attitude score of mothers regarding Human Milk and Donation demographic variable Age (Years), Education, Type of Family, Occupation, Family Income per month and Area of Residence at 0.05 level of significance. Therefor the h<sub>0</sub> hypothesis has accepted. Conclusion: The knowledge of postnatal mothers regarding Breast milk donation was average nearly poor level. The attitude of postnatal mother is almost divided in to highly favorable , moderately favorable, unfavorable. Knowledge and Attitude has no co relation in this study.**

**Keywords: (knowledge, Attitude, Human breast milk, Human breast milk donation)**

## **INTRODUCTION**

Breast milk is the most important thing for the new born baby as it contained with the all primary nutrient that they required. Human milk is the best source of nutrition for all newborn babies. More specifically, a mother's breast milk is the first choice of nutrition for those who are preterm, have low birth weight, and are unwell. According to WHO, Breastfeeding is the normal way of providing young infants with the nutrients they need for healthy growth and development. Virtually all mothers can breastfeed, provided they have accurate information, and the support of their family, the health care system and society at large.(Martin et al., 2016)

WHO and UNICEF, made a joint statement in 1980. Where it is not conceivable for the biological mother to breast feed, the first substitute should be the use of human milk from other sources. Human milk banks should be made available in appropriate situations.(*KNOWLEDGE AND ATTITUDE OF POST NATAL LACTATING MOTHERS REGARDING HUMAN MILK DONATION IN OUR HOSPITAL - IJAR - Indian Journal of Applied Research*, n.d.) Mothers can produce milk more than the newborn requirements. Mother who has excessive breast milk secretion can simply donate her milk. Human milk bank has provided breast milk donation bottles to mother or they can call them at breast milk bank to donate their milk. Some breast milk has been provided the benefits to the mother and babies by their own institutionalize policy. And the needed baby gets a very healthy pasteurize but human breast milk.(*Breast milk bank / milk donation / Medela*, n.d.)

## **NEED FOR THE STUDY**

“World Health organization and United Nations Children's Fund in 1980 has stated that if the baby does not get his/her own mother's milk, the best food for that baby is Human breast milk from another lactating mother. Donor milk has a broad range of therapeutic uses common reasons for prescribing donor milk are prematurity, allergies, feeding formula intolerance; immunologic deficiencies etc. Breast feeding is not recommended for mothers who have certain health problems. In the absences of the infant's own mother's milk, donor milk offers the benefits of human milk for the infant including optimal nutrition, easy digestibility and immunological protection against many organisms. Human milk also contains growth factors that can protect immature tissue, promote maturation, particularly in the gastrointestinal tract, and promote healing of tissue damaged by infection.(*Infant and young child feeding Model Chapter for textbooks for medical students and allied health professionals*, n.d.) There are so many human breast milk banks that provide the services for baby and mother. But there are not much literature related breast milk donation. Researcher has noticed that if the community people are not aware regarding Human Milk donations, than there are no more donors for Human breast milk bank. Researcher also belief that if there is a proper and adequate knowledge regarding Human breast milk donation, Human Breast Milk Bank, its procedure and benefits of Human Milk there will be increased number of donors which is more preferably for current scenario. That is why researcher thinks that there is needs of this study that researcher will know the knowledge of postnatal mother regarding Human Breast Milk Donation and their attitude regarding Human Milk Donation. Breast milk donation is a very personal and sensitive issue. There could be lot of myths or taboos related to it.

## **OBJECTIVES OF THIS STUDY**

- To assess the knowledge regarding Human Milk Donation.
- To assess the attitude regarding Human milk Donation.
- To assess the association between demographic variable and knowledge regarding Human Milk Donation
- To assess the association between demographic variables and attitude regarding Human Milk Donation
- To assess the co-relation between knowledge and attitude regarding Human Milk Donation

## **REVIEW OF LITERATURE**

Review of the relevant studies was carried out from the textbooks, journals, articles; review of literature for the present study is organized under the following:

### **Literature related to Knowledge regarding Human milk donation**

A descriptive study was conducted to assess the characteristics of donation behavior and identify reasons, beliefs and feelings to donation of breast milk with women donors at two breast-milk banks. Data collection done on 36 samples with aged 14 to 33 years with different levels of schooling. 58.3% of subjects participated were first-time mothers. Data was collected thorough interviews conducted out during home visits. The study concluded that, the most frequently reported reasons for donating breast milk were altruism and excess milk production.(Doshmangir et al., 2019)

### **Literature related to attitude regarding human milk donation**

Knechukwu K. Iloh (2018) a study was conducted Perception of donor breast milk and determinants of its acceptability among mother sin a developing community: a cross-sectional multi-center study in south-east Nigeria. This study was cross-sectional multi-center study enrolled mothers attending antenatal or pediatric clinics. The result was adequate knowledge of the concept of donor milk, preference of donor milk to infant formula and requirement of financial remuneration were the only significant predictors of willingness to donate and/or receive donated breast milk.(Iloh et al., 2018)

### **Literature related to importance of human milk donation.**

An observational longitudinal was conducted to assess the feasibility of providing donor breast milk to infants after pasteurizations. 191 low birth weight infants were selected for the study, out of them 96 infants received their own mother's milk. Other 95 infants who were potentially eligible to receive donor milk, only 40 did in fact receive donor milk. Above study reported that it is feasible to supply donor milk to and there was no evidence of bacterial contamination in the samples analyzed, and no adverse events from feeding with donor breast milk.(Coutsoudis et al., 2011)

## **MATERIAL AND METHOD:**

In present study, researcher adopted Non-Experimental descriptive design using structured questionnaire and Likert scale. Non probability convenient sampling technique used for data collection. Data collected on 100 samples. Data analysis was done mainly using descriptive statistics.

### **Description of Tool:**

The tool includes three sections:

Section I: Baseline data: It consists of variables like age, educational qualification, Type of Family, Occupation, Family Income (Rs.) in month, previous information about Human milk donation, source of information, Area of Residence.

Section II: Structured questionnaire for assessing knowledge regarding Human Milk Donation

- 20 Structured Questionnaire for assessing knowledge regarding Human Breast Milk Donation.

Section III: Likert scale for assessing attitude regarding Human milk Donation.

- Likert scale for assessing attitude regarding Human Milk Donation.

**Plan for Data Analysis:**

Data analysis was done by using descriptive and inferential statistics based on objectives of study.

**RESULT AND DISCUSSION**

**Description of the postnatal mothers according to their demographic characteristics**

n=100		
Demographic variable	Frequency	Percentage
<b>1) Age (Years)</b>		
a) 19-22	36	36
b) 23-26	46	46
c) 27-30	17	17
d) 31-34	1	1
<b>2) Education</b>		
a) Primary Education	24	24
b) Secondary Education	28	28
c) Higher Secondary Education	28	28

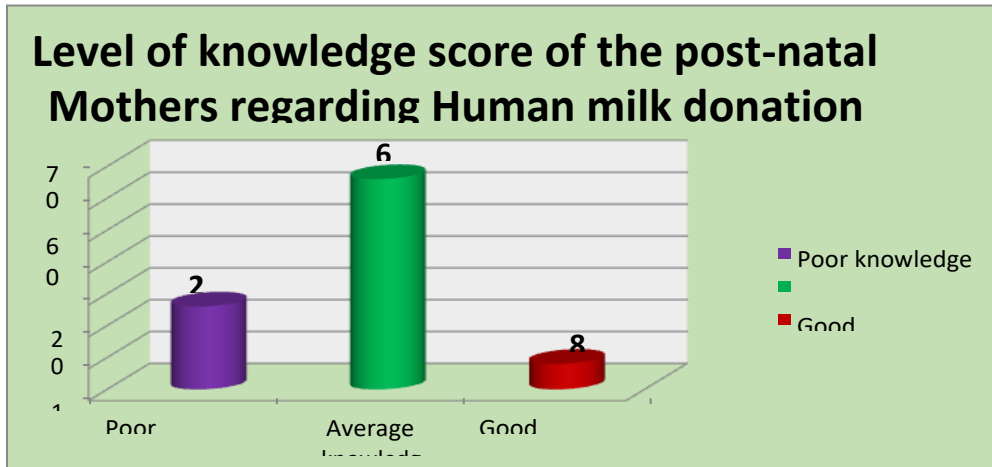
d) Diploma Holder	10	10
e) Graduate	10	10
f) Post-graduate & Above	0	0
<b>3) Type of Family</b>		
a) Nuclear family	48	48
b) Joint family	52	52

c) Extended family	0	0
d) Single Parent family	0	0
<b>4) Occupation</b>		
a) Housewife	79	79
b) Service	21	21
c) Businesswomen	0	0
d) Self-employ	0	0
<b>5) Family Income (Rs.)per month</b>		
a) Below 15000	0	0
b) 15000 to 25000	64	64
c) 25001 to 35000	25	25

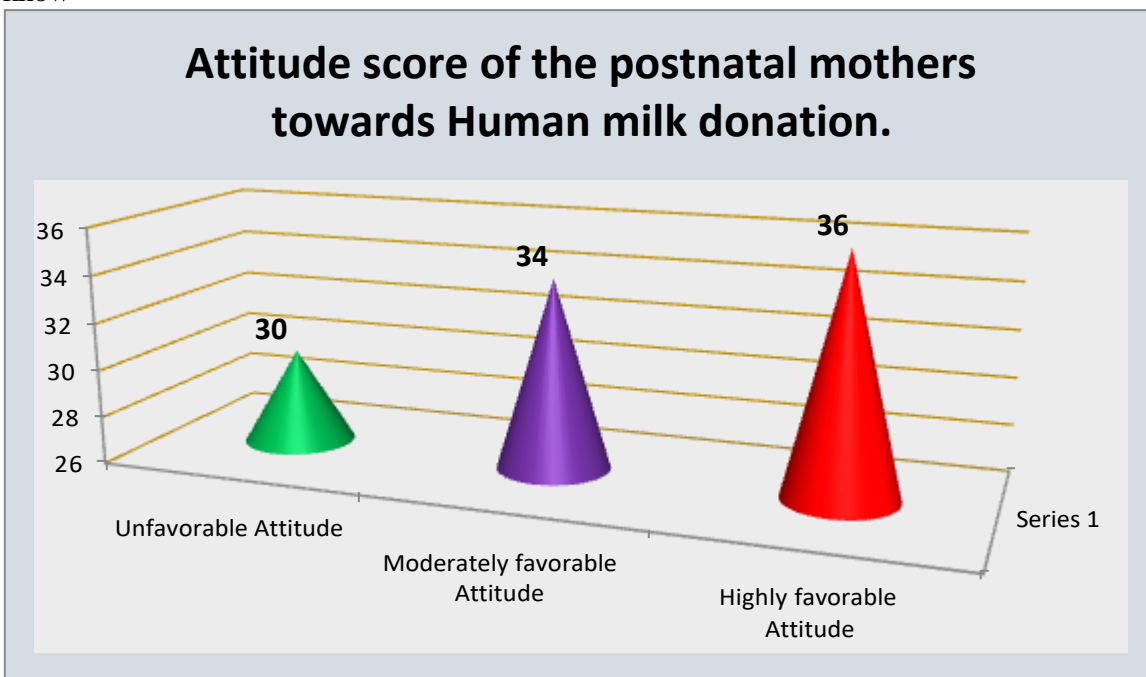
d) 35001 to 45000	11	11
e) Above 45000	0	0
<b>6) Do you have previous information about Human breast milk donation?</b>		
a) No	100	100
b) Yes	0	0
<b>If yes, What was the source?</b>		
a) Friends/ Relatives	0	0
b) Doctors, Nurses, ASHA workers	0	0
c) Whatsapp, Facebook, YouTube	0	0

<b>7) Area of Residence:</b>		
a) Urban area	61	61
b) Rural area	39	39

It shows 46% of majority postnatal mothers belongs to 23-26 age group, & there were 28% of majority postnatal mothers have secondary and higher secondary education, 52% postnatal mother belongs from joint family , Majority of the mother ,79% were housewife and 21% were service women. Post-natal mothers are not having any previous knowledge about Human breast milk donation. Area of residence distributed as 61% are belong to urban areas and 39% belongs to rural area.

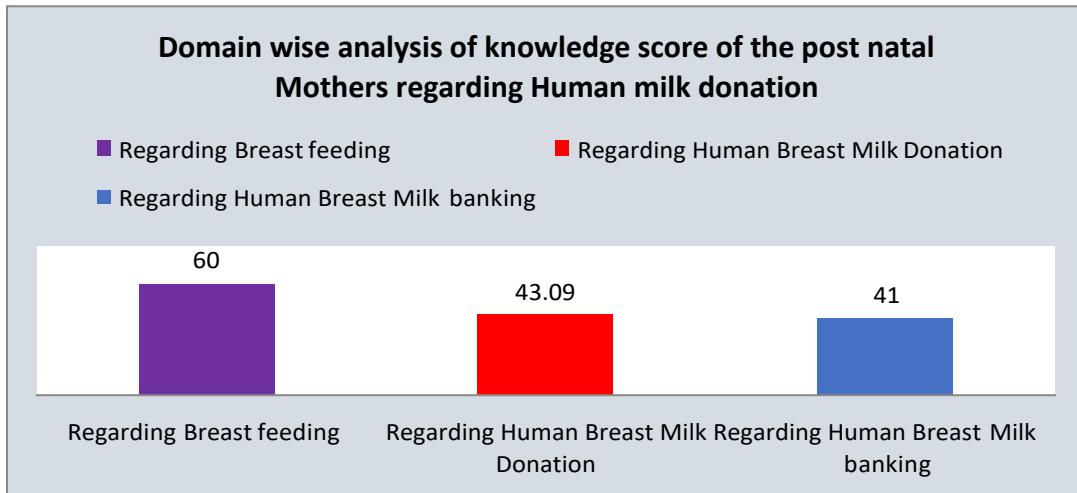


it shows level of knowledge score of the post-natal mothers regarding Human milk donation are majority 66% postnatal mothers are having average knowledge, 26% are having Poor know



ledge and 8% post-natal mothers are having Good knowledge.

it shows that attitude score of the post-natal mothers regarding Human milk donation majority 36% postnatal mothers are having highly favorable Attitude, 34% are having moderately favorable attitude and 30% are having Unfavorable Attitude.



It reveals that most of the postnatal mothers had 60 average score regarding human breast milk, 43.09 average score regarding human breast milk donation and 41 average score regarding human breast milk bank

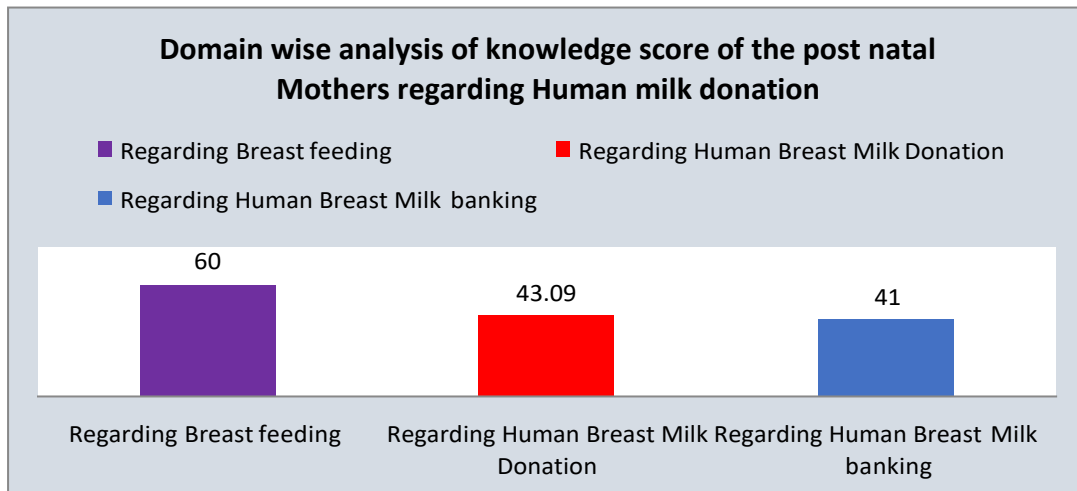




Figure reveals that most of the postnatal mothers had 60 average score regarding human breast milk, 43.09 average score regarding human breast milk donation and 41 average score regarding human breast milk bank

**Co-relation between knowledge and attitude regarding Human Milk Donation.**

n=100

Research variable	Mean	SD	r-value	Correlation
Level of Knowledge	8.89	3.06	-0.118	Negative correlation
Attitude score	28.56	<b>9.62</b>		

Table shows co-relation between knowledge and attitude regarding Human Milk Donation that shows when r value is less than 0 and more that -1 indicates Negative correlation although technically a Negative correlation, is the relationship between the variables.

**DISCUSSION:**

The result of the study is depending on the objectives. The present study undertaken to determine knowledge and attitude regarding human milk donating among postnatal mothers in selected hospital. 100 postnatal mother’s participants who mentioned were included in this study. Frequency and percentage was analysis which shows Majority 66% postnatal mothers had average knowledge, 26% poor knowledge and 8% had good knowledge related to level of knowledge and attitude regarding human milk donation.

## **IMPLICATIONS:**

### **NURSING EDUCATION**

The study enhances the nursing curriculum to provide opportunities for students to learn about breast milk donation. The study will enable the student nurse to acquire knowledge about donor breast milk donation.

### **NURSING PRACTICE**

The finding suggest that nurse should increase their knowledge on early and management of donor breast milk bank feed among preterm newborn. This study recommends that nurses should increases focus on preterm newborn health with a view to prevent and manage the donor breast milk bank feed centers. The study emphasizes that postnatal mothers, and health care members should be taught about effectiveness of donor breast milk feed among preterm newborns.

### **NURSING ADMINISTRATION**

This study suggest that nurse administrators should conduct in service education for the nursing staff regarding donor breast milk bank feed and its management. These findings will help the administrators to implement health education program on donor breast milk bank feed during hospitalization.

### **NURSING RESEARCH**

As there is prevalence of donor breast milk bank feed throughout the country, more research need to be conducted in the hospitals. The association between various determinants and donor breast milk bank feed can be explored. The study can be published in journals to disseminate knowledge regarding of donor breast milk bank centers and availability.

### **LIMITATION**

- As the study was conducted at 1 hospital in Pune city, the scope of generalization limits, self- prepared tools were administered which limits the standardization.
- Limited to selected post natal mothers only.

### **RECOMMENDATIONS**

- A similar study can be done on a large sample using a structured programme in hospitals settings.
- Awareness can be given among postnatal mothers.
- Awareness can be brought among health personals.
- Comparative study can also done between hospital which have Breast milk bank and Hospital which does not have breast milk bank.

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