

KNOWLEDGE OF MOTHERS REGARDING EXPRESSION OF BREAST MILK AND STORAGE AMONG WORKING MOTHERS OF INFANT IN SELECTED PRIMARY HEALTH CENTRES OF TAMILNADU

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ABSTRACT

Almost all mothers can produce enough breast milk for one or even two babies. Usually, even when a mother thinks that she does not have enough breast milk, her baby is in fact getting all that he needs. Sometimes a baby does not get enough breast milk. But it is usually because he is not suckling enough, or not suckling effectively. It is rarely because his mother cannot produce enough. The study was carried out to assess the Knowledge of mothers of Infant regarding expression of Breast Milk. Quantitative approach and descriptive design was adopted for this study. Data was collected from 600 mothers by using convenient sampling technique. Results were interpreted and it was found that majority of the mothers (64.33%) were having moderate knowledge whereas only 11.16% were having adequate knowledge. The study concludes that the mothers who were having moderate or above knowledge and moderately favorable or above are having immensely insufficient found to be a major flaw. But majority of mothers were having basic knowledge importance of breast milk in terms of health of infant as well as EBM and its storage.

Key Words: Knowledge, breastfeeding, EBM, breast milk, baby.

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INTRODUCTION

Breastfeeding may not seem the right choice for every parent, it is the best choice for every baby

Amy Spangler

Background Of The Study

Insufficient breastfeeding rehearses fundamentally hinder the wellbeing, advancement and endurance of babies, youngsters and moms. Breast milk has been customary nourishment for infants. It satisfies the physical requirement for ideal development as well as upgrades passionate and scholarly turn of events. It keeps all the diseases from baby period to grown-up hood. Refinement of creature milk can never be reality as it would not be conceivable to include milk the immunological segments, development factors, hormones, proteins and different segments that make human milk a genuine living tissue. Today numerous ladies have decided to work after they have an infant; many must re-visitation of work in light of monetary need.

Almost all mothers can produce enough breast milk for one or even two babies. Usually, even when a mother thinks that she does not have enough breast milk, her baby is in fact getting all that he needs. Sometimes a baby does not get enough breast milk. Human milk banks gather, screen, purify, and circulate gave bosom milk to clinics or outpatient beneficiaries. Typically the assortment, stockpiling, and preparing in a human milk bank follows set up rules. Milk banks are by a wide margin the most significant suppliers of benefactor milk, the reality notwithstanding that different scenes of milk gift are additionally utilized. The fundamental capacity of milk banks is to fill in as archives of gave milk so it is accessible when required. Milk banks get milk from givers, measure it, and store it until utilized. Most regularly milk from various contributors is pooled, albeit a few banks pool milk just of individual benefactors (single-giver banks). Typically, milk gave by milk banks has gone through sanitization.

An investigation was led on meaning to bosom feed and work at New York among 61 moms who proceeded with bosom taking care of after they got back to work. Examination demonstrated 36 moms effectively consolidated bosom milk and work for a mean of 18.5 weeks. A few systems were utilized by the mother among them the most significant was bosom milk. Articulation and capacity of the bosom milk during missed feedings. (Mai Thao Nguyen et. al., 2016). An examination was directed for 597 moms to assess the impact of specific variables on the length of selective bosom taking care of during the initial a half year of life. Complete information were gotten until half year. At release, one month, multi month and a half year, the much of the time of selective bosom taking care of was 97.5%, 83%, and 56% and 19% individually. A bigger span of restrictive bosom taking care of was essentially connected with positive maternal mentalities towards bosom taking care of, satisfactory family uphold, suitable sucking strategies and no areola problems. (Robert Rebar, 2018). Also very few studies conducted in the state of Tamilnadu. So it is going to assess the knowledge of EBM as an initial stone print.

Statement of the Problem

“Knowledge of Breast Milk and Storage among working mothers of Infant in selected Primary Health Centres of Tamilnadu”

Objectives

1. To assess the Knowledge on EBM and Storage among working mothers of Infant

METHODOLOGY**Research Approach**

Quantitative research approach was considered as an appropriate one for the present study.

Research Design

Descriptive design helps to explain the knowledge about EBM and its storage.

Setting Of The Study

The present study was conducted in five Primary Health Centers such as Kanniseripudur, Amathur, Avudaiyapuram, Alagapuri and Sengundrapuram under Virudhunagar Block, Virudhunagar District, Tamilnadu state. Kanniseripudur is considered as a main PHC and other four PHCs meant for implementation of the planning done by Kanniseripudur.

Main occupation at location are Fireworks and Farming. Most of the housewives used to engage in working on the above mentioned. Location is accessible to Virudhunagar town by National Highway by Government & Private transportation (including mini bus service) as well.

Population

The accessible population of the present study were working mothers who were having infants in selected primary health centre in virudhunagar district, Tamilnadu.

Sample

The sample selected for the present study was the mothers who were visiting OPD and met inclusion and exclusion criteria at selected primary health centre in virudhunagar district, Tamilnadu.

Sample Size

The total sample size was 600 working mothers who were having infant at selected Primary health centres.

Sampling Technique

The researcher found convenient sampling technique was an appropriate one to pick out the mothers from available location since it has different number of population.

Description of Knowledge of mothers regarding EBM and storage

Table 1 : Knowledge on EBM and Storage among working mothers of Infant

n=600								
Sl. No	Aspect	Max score	Mean	Range	Median	SD	Mean %	SE of mean
1	Knowledge	40	21.53	8-32	21	3.96	53.82	0.18

The above table 1: describes the knowledge scores regarding the expression of breast milk, the mean percentage of knowledge was 53.82 with mean and SD of 21.53 ± 3.96 . The standard error was 0.18, the maximum and minimum score was 32 and 8 respectively. The median score was 21.

Table 2: Classification of mothers based on levels of knowledge

n=600			
Sl. No	Categories	Frequency	Percentage
1	Inadequate Knowledge (<35%)	147	24.5
2	Moderately Adequate Knowledge (35% – 68%)	386	64.33
3	Adequate knowledge (>68%)	67	11.16

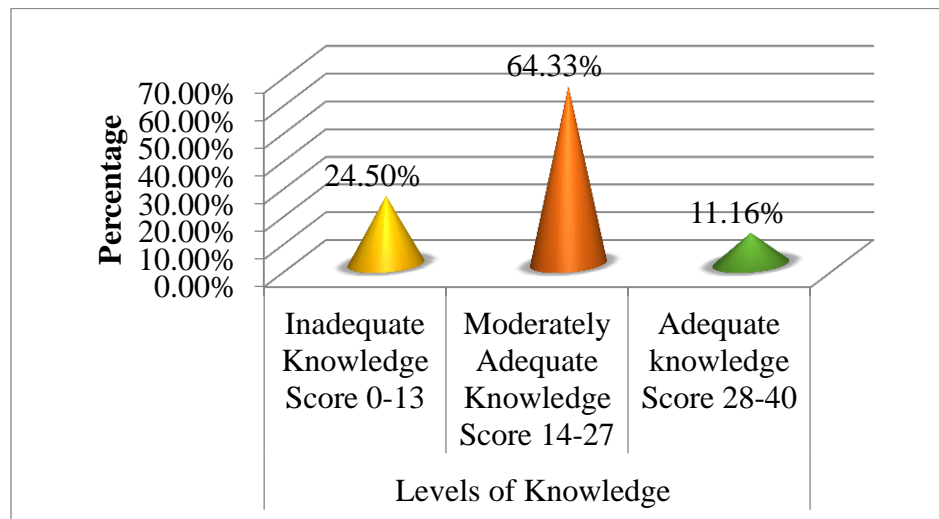


Fig. 1: Percentage distribution of mothers according to level of knowledge

Table No 2 and Figure 1 describes the classification of respondents based on the levels of knowledge, majority 386 (64.33%) were had moderately adequate knowledge, 147 (24.50%) were had inadequate knowledge and 67(11.16%) were had adequate knowledge.

DISCUSSION

Knowledge scores regarding the expression of breast milk as follows, the mean percentage of knowledge was 53.82 with mean and SD of 21.53 ± 3.96 . The standard error was 0.18, the maximum and minimum score was 32 and 8 respectively. The median score was 21. The classification of respondents based on the levels of knowledge, majority 386 (64.33%) were had moderately adequate knowledge, 147 (24.50%) were had inadequate knowledge and 67(11.16%) were had adequate knowledge. Totally 75.50% of mothers had basic knowledge about EBM and its storage.

These findings probably due to,

- Antenatal and postnatal education are default in all government and private institutions
- Knowledge transfers through generations verbally and many errors are ignored by prolong practices of EBM
- Awareness programs organizes by Government and Non Governmental Organizations since decades

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CONCLUSION

The study concludes that the mothers who were having moderate or above, found to be a major flaw. But majority of mothers were having basic knowledge importance of breast milk in terms of health of infant as well as EBM and its storage.

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