

Impact of an Educational Intervention on Exclusive Breastfeeding

VR Selvaambigai¹ and Maria Therese^{2*}

¹Assistant Professor, Mother Theresa Post Graduate and Research Institute of Health Sciences, Puducherry, India

²Professor in Nursing, Mother Theresa Post Graduate and Research Institute of Health Sciences, Puducherry, India

***Corresponding Author:** Maria Therese, Professor in Nursing, Mother Theresa Post Graduate and Research Institute of Health Sciences, Puducherry, India.

Received: July 27, 2020; **Published:** January 30, 2021

Abstract

Human milk is considered as the gold standard for infant feeding. Breastfeeding advantages extend beyond the properties of human milk itself. A complex of nutritional, environmental, socioeconomic, psychological as well as genetic interactions establish a massive list of benefits of breastfeeding to the health outcomes of the breastfed infant and to the breastfeeding mother. For this reason, exclusive breastfeeding is recommended for about 6 months and should be continued for 2 years of life. Antenatal period is the best period the mother can be prepared for breastfeeding. Many primi mothers are not even aware about the initiation of breast feeding. This study was conducted to assess the knowledge of antenatal mothers regarding breastfeeding using an educational intervention. The findings of the study indicated that before implementation of an educational interventional the primi antenatal mothers (81%) had moderate knowledge (12%) had adequate knowledge and seven of them had poor knowledge about breast feeding. After implementation of an educational intervention, in all aspects of breastfeeding the primi antenatal mothers (78%) had adequate knowledge, about (22%) antenatal mothers had moderate knowledge and none of them were in poor knowledge group. The study revealed that educating the mothers will definitely increase the knowledge about breast feeding. Once the knowledge about breast feeding increases than the mothers will put in practice to benefit their newborns.

Keywords: Breast Feeding; Primi Antenatal Mothers; Initiation

Introduction

Breast milk is nature's most precious gift to the new born, an equivalent of which cannot be innovated. The benefits of breastfeeding for the infant and nursing mother are well established. The world health organization recommends exclusive breastfeeding up to 6 months and continued breastfeeding along with weaning food up to the age of 2 years. After birth all off-springs need mother for survival, so the human baby. Breastfeeding fulfills all the attributes of survival to the maximum. Exclusive breastfeeding is the most effective intervention to reduce infant mortality and is estimated to prevent 13% of under 5 mortality in low income countries. In many hospital the mothers are told about breast feeding only after delivery, many expert accept that the best time to talk to a mother about breastfeeding is during the antenatal period. It is a vast time during which the mother will have adequate time to prepare herself for breast feeding. Antenatal visit should include the education of mothers about the preparation of breast and also the knowledge about benefits of breast feeding. This study attempts to find out the benefits of giving education to antenatal mothers about breast feeding [1-4].

Objectives of the Study

1. To assess the knowledge on breastfeeding among primi antenatal mothers before and after administration of an educational intervention.
2. To develop an educational intervention in terms of knowledge of breastfeeding.

Materials and Methods

The present study was conducted among 100 primi antenatal mothers. The study was conducted in a antenatal clinic among the mothers who attend the regular antenatal clinic. The subjects were selected using simple random sampling technique. After obtaining their consent the validated interview schedule was administered to collect their demographic data and to assess their knowledge on breastfeeding. Their knowledge of breastfeeding was assessed using a questionnaire which contains items related to initiation of breast feeding, positioning of breastfeeding, colostrums and the signs of good attachment. The tool was prepared in the regional language. It took 35 - 40 minutes to collect the data. Then the educational intervention which was a book let containing the information about the preparation of breast for breast feeding, Initiation of breast feeding, colostrums, Positioning and the signs of good attachment was given on the second day. The post test was given to them after one week using the same tool.

Results and Discussion

Major findings of the study indicated that before implementation of an educational interventional among the primi antenatal mothers (81%) had moderate knowledge (12%) had adequate knowledge and seven of them had poor knowledge about breast feeding. After implementation of an educational intervention, in all aspects of breastfeeding, (78%) had adequate knowledge (22%) antenatal mothers had moderate knowledge and none of them were in poor knowledge group. This indicated the effectiveness of educational intervention. There was no association between the pre-test knowledge score on breastfeeding with demographic variables. There was a significant association between the post-test knowledge score on breastfeeding with demographic variables such as age of mothers, type of family, educational status and occupational status. The findings of the study showed that the pretest mean was 45 and SD was 67. After educational intervention given to the antenatal mothers, the post test result showed the mean score of 88 and Standard deviation 56. The mean difference was 67 which show significant improvement in the knowledge among the antenatal mothers.

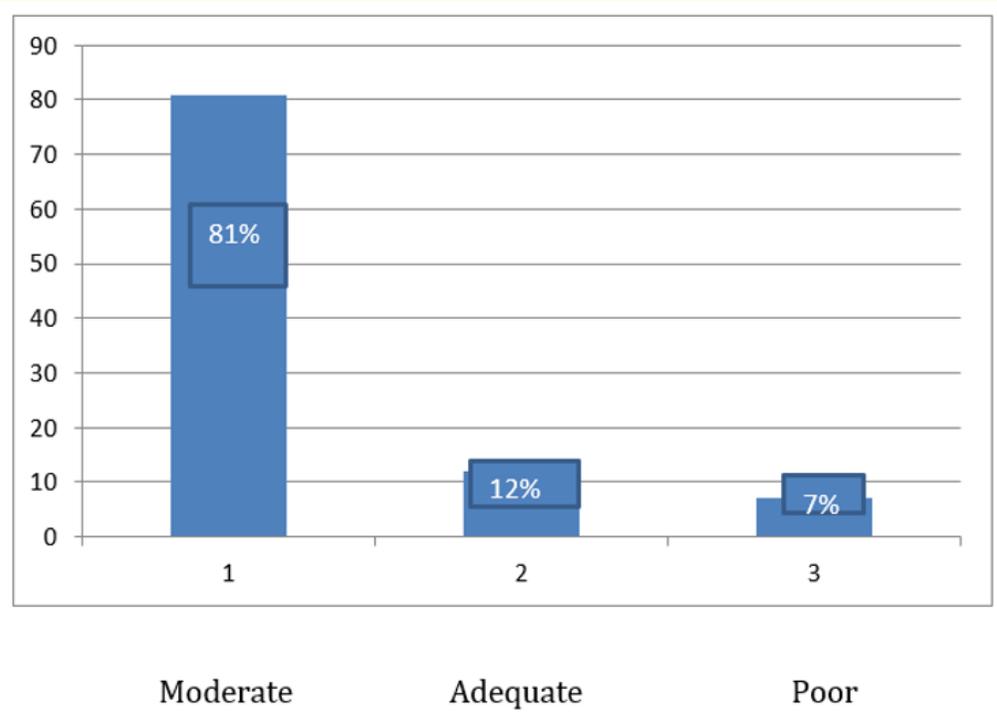


Figure 1: Pretest knowledge among antenatal mothers.

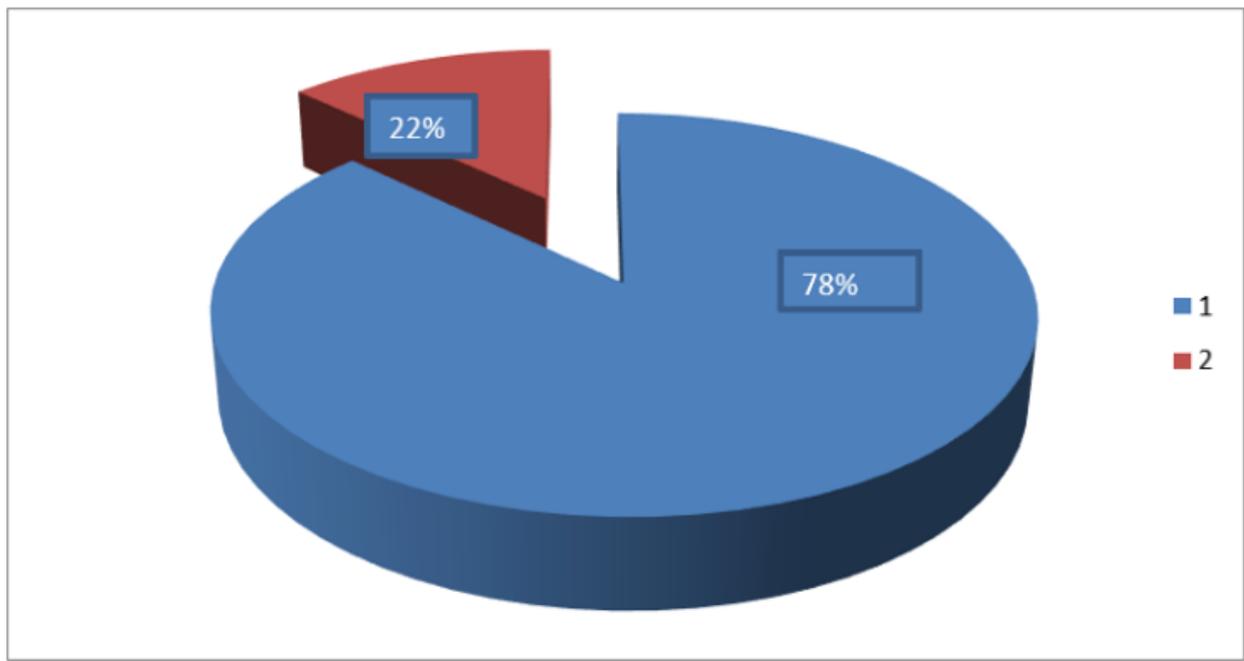


Figure 2: Posttest knowledge among antenatal mothers.

1: Adequate knowledge, 2: Moderate knowledge.

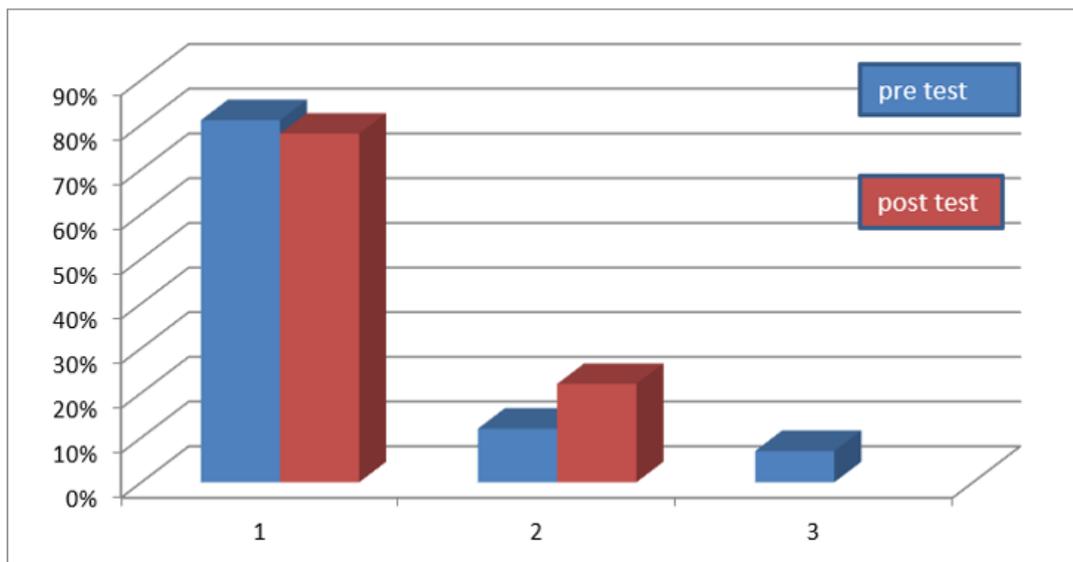


Figure 3: Pretest and post test knowledge among antenatal mothers.

Conclusion

Infants are important vulnerable groups in the segments of population and they are the determinants of health of Nation. The future of the country depends on the care and nutrition given to children. This study shows educational intervention can improve the knowledge about breastfeeding among primi antenatal mothers. It is essential to educate women during their pregnancy regarding breastfeeding to ensure safe motherhood. However, rate of exclusive breastfeeding is alarmingly low in our country. Mothers who face problems in breastfeeding immediately resort to top feeds. It is the responsibility of the health professionals to identify and manage breastfeeding problems appropriately. UNICEF/World Health Organisation, through Baby Friendly Hospital Initiative (BFHI), have recommended good health care practices that support breastfeeding and increase likelihood of optimum breastfeeding.

Breastfeeding is the right of the child.

Bibliography

1. Dutta DC. "Textbook of obstetrics" 3rd edition. New Central Book agency, Calcutta.
2. Lawrence RA. "Breast feeding a guide for the medical profession, 6th edition". St. Louis CV Mosby (2005): 278-281.
3. Parul Datta. "Paediatric Nursing, 2nd edition". Jaypee publications (2010): 51-55.
4. Kramer, *et al.* "Health benefits of Breast feeding Promotion". *Journal of the American Medical Association* 285.10 (2001): 2453.

Volume 10 Issue 2 Febuary 2021

©All rights reserved by VR Selvaambigai and Maria Therese.