A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING HUMAN MILK BANKING AMONG STUDENTS OF B.SC. NURSING FROM SELECTED COLLEGE OF DEHRADUN, UTTARAKHAND.

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INTRODUCTION

"While breastfeeding may not seem the right choice for every parent,

It is the best choice for every baby"

A child is an individual who always need special care to survive and thrive. They are the major consumers of health care. In India, about 35% of total populations are children. They are not only large in number but also vulnerable to various health problems and considered as special risk group.

Breastfeeding is the most suitable source of nutrition for preterm infants, and aids the cognitive development of premature babies; the psychological advantages have a positive effect on long-term prognosis.

According to the recent National Family Health Survey (NFHS)-4 that was released last year, 41.6% children under 3 years of age were breastfed within one hour of birth in 2015-16 as compared to 23.4% in 2005-06. Close to 55% of country’s children are exclusively breastfed, which was 46% till about a decade ago.27

Despite increase in institutional deliveries, the number of children in India being breastfed in the first hour of birth is less than half.

According to WHO, breastfeeding can save up to 80% of infant mortality as mother’s milk is the best source of nutrition for the baby. However, there are cases when a mother is unable to lactate during the first few days or weeks, which further worsens the condition of a preterm or low-birth-weight baby. And in such a case, human milk banks or breast milk banks act as a life savior for such babies, said Dr Raghuram Mallaiah, Director and HOD Neonatology, Fortis La Femme, Delhi at ‘LactoClave 2016’ organized by Medela India. Donation of breast milk from one woman to an unrelated infant has a long history. Before this century, the infant would have been directly breastfed by the woman who was referred to as a "wet nurse". Breast milk donation has been an age-old practice. In earlier times,
a woman, who was referred to as a *wet nurse*, used to breastfeed an unrelated infant directly. Today, this practice has been revolutionized by making it safer for the child and the volunteer.

The first breast milk bank in India was set up in 1989 in Mumbai. As human milk is the best and safest feed for a baby, infants who don’t have access to mother’s milk are benefitted by the milk banks.

A Human Milk Bank is a service which collects, screens, processes and dispenses by prescription of human milk donated by nursing mothers who are not biologically related to the recipient infant.

Researches have shown that even staff nurse don’t have adequate knowledge about human milk banking. Present study attempts to assess and update the knowledge of B.Sc. Nursing interns so that they may have updated knowledge regarding Human Milk Banking.

**OBJECTIVES OF THE STUDY**

To assess the pre-test knowledge of the students regarding Human Milk Banking.

To administer Structured Teaching Programme on Human Milk Banking.

To assess the post-test knowledge of the students regarding Human Milk Banking.

To compare the pre-test knowledge of the score with the selected demographic variables.

**METHODOLOGY**

A Pre-Experimental Research Design was selected for the study. Study subjects were selected using a non-probability Purposive sampling method. Total 50 B.Sc. Nursing 4th year students participated in study. A Structured questionnaire was used for the data collection consisting of Part 1: Demographic Variable (age, gender, religion, area of residence and previous knowledge about human milk banking)

Part 2 Section-A: Questionnaire Regarding Human Milk and Section-B Questionnaire Regarding Human Milk Banking

Students were made to give pretest and structured teaching programme was conducted for the students and after 10 days post test was conducted for the students.

**FINDINGS**

Major findings of the study are:

- Majority (76%, n=38) of the subjects were in the age group of 22-24 years.
- Majority (90%, n=45) of the subjects were female.
- Majority (98%, n=49) of the subjects were Hindu.
- Majority (66%, n=33) of the subjects were from urban community.
- Majority (66%, n=33) of the subjects don’t have previous knowledge regarding HMB.
- Majority (20%, n=10) of the subjects gained previous knowledge from Mass Media.

The pre-test mean knowledge score of the respondents was 11.9 (35%) and post-test knowledge mean was 27.5(80.8%). The difference between pre-test and post-test knowledge scores shows difference at the level of p<0.05. Hence, it was interpreted that post-test knowledge score is statistically significantly higher that the pre-test knowledge.
score regarding knowledge on Human milk Banking.
The calculated chi-square value with regards to age (2.054, \( p < 0.05 \)), gender (0.368, \( p < 0.05 \)), religion (2.608, \( p < 0.05 \)), area of residence (1.894, \( p < 0.05 \)), previous knowledge (3.841, \( p < 0.05 \)), and source of knowledge (9.488, \( p < 0.05 \)) were less than the table values at 0.05 level of significance. Hence it is concluded that the pre-test knowledge score of the students was not significantly associated with the selected demographic variables.

**CONCLUSION**

The findings of the study revealed that there was significant gain in knowledge score of students of B.Sc. Nursing after structured teaching programme. So the study concluded that structured teaching programme had a great potential for accelerating the awareness regarding Human Milk Banking.

**REFERENCES**