



A STUDY TO ASSESS THE EFFECTIVENESS OF CERTIFICATE PROGRAMME ON PROMOTION OF BREAST FEEDING AND LACTATION AMONG STAFF NURSES IN SELECTED HOSPITALS OF NEW DELHI

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ABSTRACT

Lactation Nurses are professional breastfeeding specialists trained to teach mothers how to feed their baby. They help women experiencing breastfeeding problems, such as latching difficulties, painful nursing, and low milk production. Midwifery studies at least do include various aspects of breastfeeding promotion, covering anatomy and physiology, public health and counselling skills. However, clinical training may be insufficient for a midwife to recognize poor attachment to the breast and other feeding problems. So a proper training programme is required for empowering a registered Nurse as a Lactation Nurse. In lactation consultant training programs, the staff learn infant care and breastfeeding techniques. The present study was conducted to evaluate the effectiveness of the certificate programme on Promotion of Breast feeding and Lactation. A quasi experimental one group pre-test post-test design was adapted for the study. A group of 14 staff nurses were selected for the study by purposive sampling. The study revealed that there was a significant difference between the Pre-test and post-test knowledge score of the staff nurses. Therefore it is inferred that the staff nurses knowledge and the certification programme on promotion of breast feeding and lactation is found to be effective.

Key words: Breast feeding, Lactation, Certification programme, Staff nurses.

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INTRODUCTION

“To know one self is to study oneself in action with another person”

Breastfeeding has been recognized as a child survival strategy, while breastfeeding programs have been increasingly implemented in many communities. Breast milk in healthy mothers under normal conditions will be secreted in sufficient quantity, proper quality and over a sufficiently long period of time, to supply the entire milk- needs of infant [1]. Unsuccessful breastfeeding after discharging a mother and her new born infant from hospital, may be caused by many factors including maternal ignorance about importance of breast feeding, short age of

mother's information concerning proper practice of Breast feeding, deficient interventions for evaluation and removal of causative factors when Breast feeding fails, easy availability of infant formula, and early discharge of new born infant from nursery [2,3]. Proper breast feeding practices are effective ways for reducing childhood morbidity and mortality. Adequate nutrition during infancy and early childhood is essential to ensure the growth, health, and development of children to their full potential [4]. While many mothers understand the importance of breastfeeding, others are less knowledgeable on the benefits of breastfeeding. WHO has recommended EBF [exclusive breast feeding]to 6 months .To be able to achieve the WHO EBF goal, it is important



to understand the factors that influence EBF and how best to promote this behaviour[5].

A study in Singapore showed that antenatal breastfeeding education and post natal lactation support, both significantly improve rates of exclusive breast feeding up to six months after delivery. Post natal support was marginally more effective than antenatal education [6].

Various studies have investigated the effect of breast-feeding education/support on initiation and duration; although most show positive results. It seems likely that the lactation nurse by consistent advice, assistance, support, and encouragement enabled mothers to cope more successfully with difficulties and that this led to significantly fewer ending breast-feeding prematurely[7].

Studies shown that postpartum care augmented with individualized professional support commenced in the hospital and continued in the community significantly increases the duration of breastfeeding [8].

All studies revealed that the health workers can play a key role in supporting and promoting Breast feeding. Their presence at the time of delivery and subsequent contact with the mother and infant provide them with unique opportunities to help the mother and the baby to establish and maintain lactation. [9]

Lactation Nurses are professional breastfeeding specialists trained to teach mothers how to feed their baby. They help women experiencing breastfeeding problems, such as latching difficulties, painful nursing, and low milk production. They also helps babies who aren't gaining enough weight. Lactation Nurses may work at a hospital, clinic, or doctor's office. Some have a private practice. Lactation consultants often teach classes on breastfeeding to pregnant women. Lactation Nurse help women who want to return to work or school meet their breastfeeding goals. They're familiar with breastfeeding equipment, like breast pumps, and give breastfeeding moms tips on how to safely store expressed breast milk. Midwifery studies, at least, do include various aspects of breastfeeding promotion, covering anatomy and physiology, public health and counselling skills. However, clinical training may be insufficient for a midwife to recognise poor attachment to the breast, and to know how to help a ten-day-old breastfed baby with colic. So there is no guarantee that even midwives will give mothers adequate help in establishing breastfeeding. The nationwide shortage of midwives compounds the problem, and many feel very frustrated by the lack of available time for postnatal care. Voluntary breastfeeding counsellors give invaluable support, but they should not be expected to fill the gaps in

health service provision and staff training. So a proper training programme is required for empowering a registered Nurse as a Lactation Nurse. In lactation consultant training programs, the staff learn infant care and breastfeeding techniques. Lactation Nurses do not necessarily hold a specialist post, but breastfeeding support is usually an important part of their professional work. They can be instrumental in improving services to nursing mothers within the health service and the public sector. [10]

Problem statement

A study to assess the effectiveness of certificate programme on promotion of breast feeding and lactation among staff nurses in selected hospitals of New Delhi.

Objectives

To assess the knowledge of the staff nurses regarding Breast feeding before and after the certificate programme.

To compare the knowledge of the staff nurses before and after administering the certificate programme.

Hypothesis

H1: There will be a significant difference between the pre-test and post-test knowledge score of the staff nurses regarding Breast feeding at 0.05 level of significance.

H0: There will be no significant difference between the pre-test and post-test knowledge score of the staff nurses regarding Breast feeding at 0.05 level of significance.

Methodology

Research approach

Quantitative research approach was adapted for conducting this study

Research Design

A quasi experimental one group pre-test, post-test design was chosen for this study .Observation was made before and after the certification programme.

Setting of the study

The study was conducted among the staff nurses of Indraprasatha Apollo Hospital New Delhi.

Sampling Technique

Purposive sampling was done to select staff nurses for the study.

Analysis

Comparison of the pre-test and post test score to analyse the effectiveness of the certificate programme among the staff nurses.

Item	Mean	Median	Standard deviation	Mean difference	Standard error of mean difference	“t” test
Pre Test	3	3	3.74	5.42	1.96	2.76
Post Test	8.42	4	2.52			



N=14

The calculated “t” test value [2.76] is more than the critical value [2.06] at df 26 at 0.05 level of significance. The mean difference between the pre-test and post-test is significant and not by chance. So the research Hypothesis [H1] is failed to reject and Null Hypothesis [H0] is rejected.

DISCUSSION AND CONCLUSION

The results reveals that there is a significant difference between the pre-test and post-test knowledge score regarding Breast feeding among the staff nurses. Therefore it is inferred that the staff nurses have gained knowledge regarding breast feeding. The findings revealed

that the certificate programme on Promotion of Breast feeding and lactation was effective among the staff nurses of Apollo Hospitals, New Delhi. This kind of education programme will enable the staff nurses to gain knowledge and create awareness among the mothers to enhance breast feeding practices.

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