

Effectiveness of Self - Instructional Module on Knowledge Regarding Baby Friendly Hospital Initiative among Staff Nurses in Selected Hospitals, Kolhapur

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Abstract: Breast milk is best for baby, and the benefits of breast feeding extend well beyond basic nutrition. In addition to containing all the vitamins and nutrients baby needs in the first six months of life, breast milk is packed with disease - fighting substances that protect baby from illness. Numerous studies from around the world have shown that stomach viruses, lower respiratory illnesses, ear infections, and meningitis occur less often in breastfed babies and are less severe when they do happen. The benefits of breast milk are incalculable and incomparable. Breast feeding is considered the ideal nutrition for neonates. Breast feeding contributes to the health and well - being of mothers. Exclusive breast feeding for six months seems to offer the most protection. Nurses are the backbone of the health care delivery system. Being a primary health care delivery personnel she can teach the mothers about breast feeding its importance and benefits. It is the duty of nurses to give education to the mother's about breast feeding. Therefore, it is necessary for the nurses to have adequate knowledge regarding breast feeding. **Objective of the Study:** 1) To evaluate the effectiveness of SIM on knowledge regarding BFHI among staff nurses. 2) To find out the association between pre - test knowledge score among staff nurses with the selected socio - demographic variables. **Method:** A Pre - experimental, one group pre - test, post - test research design was used. which consisted 60 staff nurses by using non - probability, purposive sampling technique. Data was collected using selected socio - demographic variables and structured questionnaire related to BFHI from selected hospitals, Kolhapur. **Results:** The results of the study revealed that the significant difference between mean pre - test and post - test of SIM was assessed using paired 't' test, the value computed, $t_{cal}= 21.07$ which was greater than the ($t_{tab}=2.001$) with $df=59$. The association between the mean pre - test with selected socio - demographic variable like Age in years [$t_{cal}= 7.59$, $t_{tab}= 7.82$], Gender [$t_{cal}= 1.88$, $t_{tab}= 3.84$], Educational qualification [$t_{cal}=3.13$, $t_{tab}= 7.82$], Area of working [$t_{cal}= 5.74$, $t_{tab}= 3.84$], Years of experience [$t_{cal}=5.91$, $t_{tab}= 7.82$], Do you know about BFHI [$t_{cal}= 4.77$, $t_{tab}= 3.84$]and source of information [$t_{cal}= 9.13$, $t_{tab}= 9.49$]was assessed using 'chi - square' test, the findings were found to be significant at 0.05 level of significance. The pre - test revealed association between knowledge scores with the socio - demo graphic variables. **Interpretation and Conclusion:** The study revealed that in pre - test majority of staff nurses 40 (66.66%) had average knowledge regarding BFHI where, as in post - test 44 (73.34%) staff nurses had good knowledge regarding BFHI. Therefore, it was concluded that SIM was effective in increasing the knowledge of staff nurses regarding BFHI.

Keywords: Breast milk, Breastfeeding, Neonates, Nurses, Benefits.

1. Introduction

Breast feeding is a natural way of feeding the infant with the milk directly from the mother's breast. It is a living fluid and contains exactly the right amount of nutrients required by a baby, in the right proportions, to ensure that the baby gets the perfect balanced meal. No manufactured milk, no matter how fortified it may become even close to being as nutritious as breast milk. It is a mixture of nutrients and antibodies. It prevents many gastro - intestinal disorders in infants. Reduce risk of breast, ovarian, cervical, and endometrial cancers in mothers. Helps delay return of fertility and to space subsequent pregnancies. Reduced health care costs; breast fed infants typically need fewer sick care visits, prescriptions, and hospitalization¹

The baby friendly hospital initiative (BFHI) is a global effort launched by WHO and UNICEF to implement practices that protect, promote and support breastfeeding. It was launched

in 1992 in response to the innocent declaration. The global BFHI materials have been revised, updated and expanded for integrated care. The foundation of the BFHI are ten steps to successful breast feeding described in protecting, promoting and supporting breast feeding. The hospital with maternity services, have to follow the ten steps to successful breast feeding.²

Lack of knowledge regarding exclusive breast feeding among the mothers is a major cause of their children sufferings. Mostly infection during the infancy due to lack of immunity. This leads to high infant mortality rates in India. Recognizing the vital role of nurses as patient advocates and health promoters, and their position as the largest group of hospital - based health care workers, WHO and UNICEF are asking nurses to facilitate the implementation of the initiative in their hospital. Hence, nurses play a key role in the implementation of the initiative in hospitals³

Methods of Data Collection

The various reviews of literatures were done. An intense search of related literature was carried out, guided by guide for developing an appropriate tool item and checked for ambiguity and error by consulting with expertise from obstetrics and gynecological nursing.

A Pre - experimental, one group pre - test, post - test research design was used. which consisted 60 staff nurses by using non - probability, purposive sampling technique. Data was collected using selected socio - demographic variables and structured knowledge questionnaire regarding BFHI in selected hospitals, Kolhapur.

2. Results

The results of the study revealed there was a significant difference between mean pre - test and post - test knowledge score which was assessed using paired 't' test, the value computed, $t_{cal} = 21.07$ which was greater than the (t_{tab}

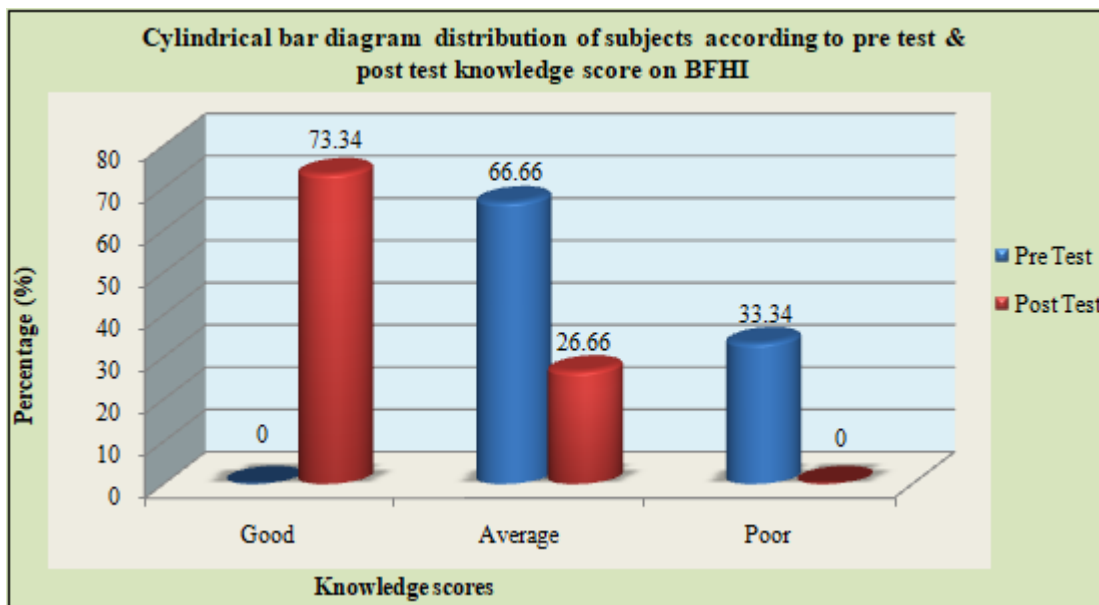
=2.001) with $df=59$

Section II: Findings relate to distribution of pre - test and post - test knowledge scores of staff nurses regarding BFHI.

In this section the researcher analyzed and categorized the pre - test and post - test knowledge scores of staff nurses regarding BFHI.

Table 1: Frequency and percentage distribution of pre - test and post - test knowledge score of staff nurses regarding baby friendly hospital initiative, n=60

Knowledge Scores	Pre - test		Post - test	
	Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
Good (22 - 32)	00	00	44	73.34
Average (12 - 21)	40	66.66	16	26.66
Poor (0 - 11)	20	33.34	00	00



1) Findings related to knowledge scores of staff nurses regarding BFHI.

In the present study, majority of samples 40 (66.66%) had average knowledge while minimum 20 (33.34%) had poor knowledge, where as in post - test majority of samples 44 (73.34%) had good knowledge while minimum 16 (26.66%) had average knowledge regarding BFHI.

A cross sectional descriptive study was conducted to assess knowledge regarding BFHI among staff nurses, Capetown findings of the study showed that in post - test knowledge score (68.35%) staff nurses had adequate knowledge and (31.7%) had moderate knowledge.4

2) To evaluate the effectiveness of SIM on knowledge regarding BFHI among staff nurses.

In the present study, the effectiveness of SIM was calculated by using paired 't' test which compute was ($t_{cal} = 21.07$) was greater than tabulated value ($t_{tab} = 2.001$). at 0.05 level of significance.

A similar study was conducted to assess the effectiveness of information booklet on knowledge regarding BFHI among staff nurses, Haryana. The findings of the study computed "t" value (" t "=12.47) was statistically significant at 0.05 level of significance.5

3) Findings related to the significant association between knowledge scores with selected socio - demographic variables.

In the present study, there was significant association between pre - test knowledge scores and selected socio - demographic variables, Area of working [$\chi^2_{cal} = 5.74$, $\chi^2_{tab} = 3.84$], Do you know about BFHI [$\chi^2_{cal} = 4.77$, $\chi^2_{tab} = 3.84$], . The calculated Chi - square values were higher than tabulated value at 0.05 level of significance.

A similar study was conducted to assess the knowledge regarding BFHI among staff nurses. In this study findings showed significant association with knowledge scores and socio - demographic variables such as education ($\chi^2 = 12.22$ $p > 0.05$), Source of information ($\chi^2 = 19.13$ $p > 0.05$).6

3. Conclusion

Based on the findings the study concluded that SIM was effective in increasing the knowledge regarding BFHI among staff nurses.

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