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Pre-Experimental Study To Assess The Effectiveness Of Video Assisted Teaching Program On "Human Milk Bank"

[1]N. Grace Amitha, [2]Manju Chhugani, [3]Somibala Thokchom

[1]Nursing Tutor, [2]Dean, [3]Assistant Professor

[1] Obstetrics and Gynecology Department

[1] St. Stephen's Hospital College of Nursing, Delhi, India

Abstract: Study was conducted to assess the effectiveness of Video Assisted Teaching Program on "Human Milk Bank" in terms of Knowledge and Opinion among Final Year Students of Selected Nursing College of New Delhi" with the objective to develop a video assisted teaching program on Human Milk Bank and to assess the effectiveness of video assisted teaching program in terms of knowledge score using structured knowledge questionnaire regarding Human Milk Bank and to assess the effectiveness of video assisted teaching program in terms of opinion score using structured opinionnaire regarding Human Milk Bank among Final Year Students in selected Nursing College of New Delhi. The data was collected from final year Nursing Students in Rufaida College of Nursing, Jamia Hamdard were selected by total enumerative sampling technique. For experimental and control group pre-test was conducted and Video Assisted teaching program was provided for once for 15 minutes for experimental group. The post-test results has revealed that there was a significant difference between the Pre-test and Post-test knowledge scores on Human Milk Bank among Final Year students in selected college of New Delhi. There was no significant association between age, gender, religion, residence, type of family, anyone from the medical field in the family with post-test knowledge scores. The result of the study inferred that administration of Video-Assisted Teaching Program on Human Milk Bank is effective in improving knowledge and changing opinion of Final Year Nursing students.

Index Terms **–** Assess, effectiveness, video-assisted teaching, knowledge, opinion, gain, Nursing students

I. Introduction

Mothers are chosen with a blessing to breastfeed the baby. Breastfeeding not only provides nutrition to the baby but also builds the bond between the mother and the baby. Breastfeeding is the normal way of providing young infants with the nutrients they need for healthy growth and development. Breast milk is not only the best food but also a necessary medicine for preterm babies. Virtually, all mothers can breastfeed, provided they have accurate information and the support of their family, the health care system and society at large. Breast milk is known to remedy conditions stemming from prematurity, intractable diarrhoea, malabsorption, nephrotic syndrome, short-gut syndrome and congenital abnormalities. Colostrum, the yellowish, sticky breast milk produced at the end of pregnancy, is recommended by WHO as the perfect food for the newborn, and feeding should be initiated within the first hour after birth. Exclusive breastfeeding recommended up to six months of age, with continued breastfeeding along with appropriate complementary foods up to two years of age or beyond. A newborn should be fed soon after birth. The longer a gap is left, the harder it gets to establish a feed cycle. Human milk sourced from a milk bank is considered second best to a mother's own breast milk.[1] Breastfeeding the baby can be very difficult at times, and the stars do not always align for mother's to be able to provide for their baby. Sometimes there may be a situation where mother may not be able to breastfeed the child or where the child is abandoned. A new emerging concept of Human Milk Bank provides helping hand for mothers and the babies. After direct breastfeeding and expressed breast milk, donor milk is a very viable option as a means of feeding the child when the baby cannot receive milk from the mother.

II. Review of Literature

A Study was conducted by Arslanoglu S et al, Italy among 4277 very low birth weight babies in Italian NICUs. The 83 Italian NICUs were divided into two groups: centers with a human milk bank (HMB) and centers without a HMB; the available parameters in the network--"any and exclusive breastfeeding rates" and "exclusive formula rate" at discharge were compared. Exclusive breastfeeding rate at discharge was significantly higher in NICUs with a HMB than in NICUs without (29.6% vs. 16.0%, respectively). Any breastfeeding rate at discharge tended to be higher in the NICUs with HMB (60.4% vs. 52.8%, P = 0.09), and exclusive formula rate was lower in the NICUs with HMB (26.5% vs. 31.3%), but this difference was not significant. This report shows that the presence of a HMB and the use of DHM in NICU are associated with increased breastfeeding rate at discharge from the hospital for VLBW infants.

A Study was conducted by H Kadi et al, in France among 214 mothers. A Survey Questionnaire was conducted to assess the knowledge of what motivates mothers to donate their milk could lead to better communication regarding human milk donation. Around 25% of mothers were given information on human milk donation during pregnancy, and two thirds after delivery, mainly by the maternity ward midwives (53.4%) or by collectors during their visit (14.1%). Most mothers (72%) found the human milk donation process easy and most of them (92.5%) were willing to donate their milk again after their next pregnancy. This survey shows that more than 90% of mothers are satisfied with donation to human milk banks. However, efforts should be

made to provide information on breastfeeding and human milk donation to the general population and health professionals.

A Study was conducted by A Schaffar, et al, among 33 Pharmacies. The objective of this study was to establish the opinion and knowledge of pharmacists from a selected semi-urban territory of the Lille metropolitan area on breastfeeding. The survey was divided into 6 topics with 26 questions it also evaluated their willingness to promote breastfeeding and the assistance needed for undertaking this promotion. Professional and personal experience had no influence on the grades. Results showed that Fifty-five percent of the participants were aware of the WHO recommendations on exclusive breastfeeding up to 6 months of age. The desire to promote breastfeeding was strong (68%). Thus, all pharmacists favoured the distribution of a leaflet giving information on breastfeeding.

III. Research methodology

Research Approach: Quantitative Research Approach

Research Design: Pre experimental Research design (one group pre-test post-test design)

Target population: Final Year Students in Selected College of New Delhi

Sample size: 45

Sampling Technique: Total Enumeration Sampling Technique

Research Setting: College of Nursing, Jamia Hamdard

Demographic variables: age, gender, Religion, Marital Status, Residence, Type of Family, State of Domicile, Family Income.

Tool: 30 items Structured Opinionnaire

Independent Variable: The intervention of video assisted teaching program on Human Milk Bank.

Dependent Variable: Knowledge and Opinion of Nursing Students Regarding Human Milk Bank.

IV. Analysis and Interpretations :

The results are based on the data obtained through Structured Knowledge Questionnaire and Structured Opinionnaire on Human Milk Bank- About Human Milk Bank, the process, Protocols and all the information related to the Human Milk Bank also knowing the opinion about Human Milk Bank.

1. Results has revealed that the sample With respect to age, almost half of (48.9%) the students were of 22years, majority of the students were Females with 80% followed by 20% of Males, the maximum number of the students were from Islam i.e. (46.7%), majority (84.4%) lived in Urban Residence while (15.6%) from Rural Residence. In terms of type of Family maximum number of students (84.4%) of the students were from Nuclear Family, (17.8%) Joint Family with and (6.7%) from Extended Families. In relation to the Medical

Background in the Family maximum number of the students (64.4%) were from Non-Medical Background

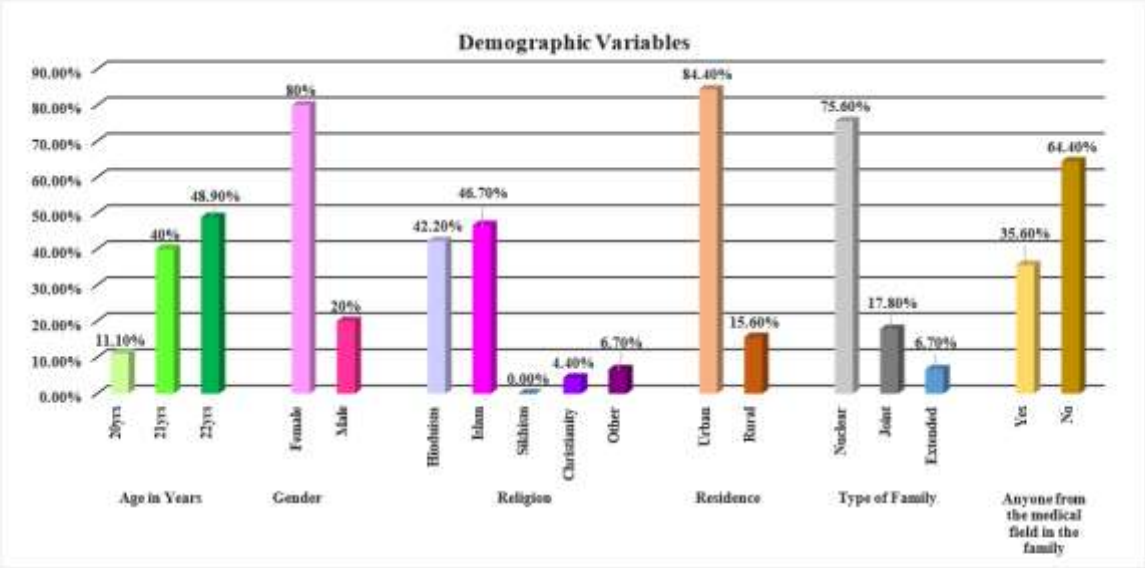

Fig 1: Bar Diagram showing the Frequency Percentage of the demographic Variables- Age in years, Gender, Religion, Residence, Type of Family and anyone from the family in the medical field.

whereas (35.6%) with Medical Background.

2. The findings reveal that the Frequency Percentage for Pre-Test Good Knowledge was 0%, Average Knowledge was 22.22% and Poor Knowledge was 77.77% while Frequency Percentage for Post-Test Good Knowledge score was 100%, Average and Poor Knowledge was 0%. The data shows that there is significant difference between the Pre-Test & Post Test Knowledge Scores.

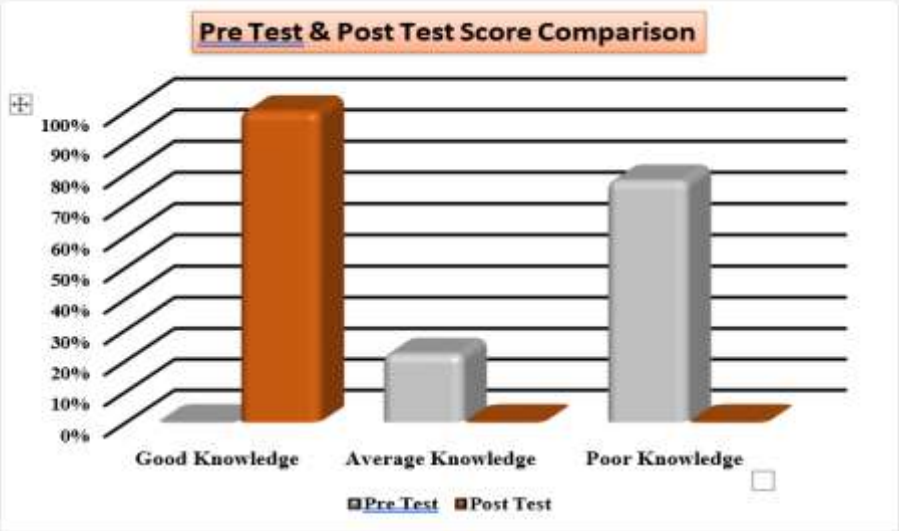

Figure 2 - Bar Diagram Showing Percentage Distribution of Students Comparison for their Category of Pre-Test & Post Test Knowledge Scores on Human Milk Bank.

3. The Opinion scores are categorised into Positive Opinion (<65%) with Possible Range Opinion of Scores (8-20) and Negative Opinion (50%-65%) with possible range opinion of scores (1-7). The findings reveal that the Full majority (100%) of the students had Positive Opinion in Post-Test as compared to the Opinion in the Pre-Test i.e. (88.8%). In terms of Negative Opinion, there was no percentage of Students no had negative Opinion in the Post-Test as compared to Pre-Test Negative Opinion i.e. (11.1%). The Post- Test mean was (18.53) was greater than the mean of Pre-Test i.e. (13.68). In terms of median Post-Test Median (20.00) was also greater than the Pre-Test Median (14.00). The standard deviation for the Pre-Test defines that the variability was wide (3.87) whereas the Post-test variability was Condensed (2.26).

Group	Categories of Opinion Scores	Obtained Range of Opinion Scores	Possible Range of Opinion scores	Frequency	Percentage	Mean	Median	SD
Pre- Test	Positive Opinion (>65%)	10-19	8-20	40	88.8%	13.68	14.00	3.87
	Negative Opinion (50%-65%)	4-6	1-7	5	11.1%			
Post-Test	Positive Opinion (>65%)	10-19	8-20	45	100%	18.53	20.00	2.26
	Negative Opinion (50%-65%)	0	1-7	0	0%			

The table 1 shows the Pre-Test and the Post-Test Opinion Score.

V. Conclusion:

The study findings revealed that 0% of samples were having Good Knowledge, while 22.22% students were having average Knowledge and 77.77% students were having poor knowledge on Human Milk Bank. 88.80% were having Positive Opinion while 11.10% were having Negative Opinion regarding Human Milk Bank. The final results has revealed that there is a significant difference between the Pre-test and Post-test knowledge scores as well as in attitude on Human Milk Bank among Final Year students in selected college of New Delhi.

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