

Assessment of Knowledge on Baby-friendly Hospital Initiative among Staff Nurses in MCH Unit at MGMCRI, Puducherry, India

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ABSTRACT

Background: Breast milk is the perfect food for a normal neonate. It is the best gift a mother can give to her baby. It contains all the nutrients for the normal growth and development for the baby from the time of birth to the first 6 months of life. It is necessary to timely evaluate knowledge and to bring about positive attitude in the staffs regarding the implementation of the baby-friendly hospital initiative policy. To assess the knowledge on baby-friendly hospital initiative policy (BFHI) among staff nurses in the MCH unit at MGMCRI&H, Puducherry.

Materials and methods: Quantitative research approach, non-experimental descriptive design. The population for the study consisted of 60 staff nurses from the maternal and childcare unit of MGMCRI, Puducherry. The data were collected through a structured questionnaire to assess the knowledge of staff nurses on the BFHI. The data were analyzed both descriptive (mean, frequency, percentage and standard deviation) and inferential statistics (Kruskal–Wallis)

Results: Discussion on the findings was arranged based on the objectives of the study. The present study reveals that, among 60 staff nurses, 48 (80%) of them had moderately adequate knowledge, 9 (15%) of them had adequate knowledge and 3 (5%) of them had inadequate knowledge regarding BFHI policy.

Conclusion: The study reveals that most of the staff nurses had moderately adequate knowledge of the BFHI policy.

Keywords: BHFH policy, Knowledge, Staff nurse.

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INTRODUCTION

Breastfeeding is a natural way of feeding the infant with milk from the mother's breast.^{1,2} It is a living fluid and contains exactly the adequate amount of nutrients required by a baby, in the appropriate proportions, to make sure that the baby gets the perfect balanced meal through enriched breast milk.³⁻⁷ No other manufactured milk, no matter how fortified it is, comes even close to being as nutritious as breast milk.^{8,9} The social change brought about by the nuclear family has forced many people to ask whether our practices, recommendations, prejudices, commensurate with the scientific reality.¹⁰⁻¹² With this background, the world alliance for breastfeeding promotion has started appropriately the program Baby-friendly Hospital Initiative to protect, promote, and encourage exclusive breastfeeding in all hospitals.¹³

Recognizing and considering the vital role of nurses as health promoters and patient advocates, and their position as the largest group of healthcare workers in the hospitals, World Health Organization and United Nations International Child Emergency Fund are asking nurses to facilitate the implementation of BFHI in their hospital.¹⁴⁻¹⁶ Hence nurses play a vital role in the implementation of the same in all the hospitals.^{17,18}

The benefits of breastfeeding are more tremendous¹⁹⁻²¹ and the following benefits in BFHI hospitals are obvious, immediate and substantial;^{22,23} decreases infection rate,^{24,25} improves survival of low birth weight infants.²²⁻²⁴ Reduction in nursing load as rooming in and demand feeding make nursery care easier.²⁶⁻²⁸ Hence it is required to timely evaluate knowledge and to bring about positive attitude in the staff nurses regarding the implementation of 10 steps of BFHI policy in their respective

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hospitals and thus contribute to the reduction of infant morbidity and mortality.^{28,29}

Investigators personal experience from day-to-day staff nurse's practices in hospitals, though nurses play a vital role in motivating and supporting mothers regarding breastfeeding, many hospitals in India still are lagging behind in implementing the BFHI policy²⁸ either due to insufficient manpower, excessive tasks and more workload performed by nurses, lack of continuity in the teamwork, out-of-context guidelines, less commitment with proposal, lack of continuing nursing education program, for the staffs regarding this policy.³⁰⁻³⁴ They do not find time to educate mothers regarding BFHI policy.³⁵⁻³⁹ Hence it is needed to timely evaluate knowledge and to bring about positive attitude in the staffs regarding the implementation of 10 steps of BFHI policy in their hospitals and thus contribute in the reduction of infant mortality and morbidity.⁴⁰⁻⁴⁵

OBJECTIVES

- To assess the knowledge on BFHI policy among staff nurses in the MCH unit at MGMCRI, Puducherry.
- To find the association between knowledge on BFHI policy among staff nurses with selected demographic variables.

MATERIALS AND METHODS

Quantitative research approach was used for this study. The research design used for the study was non-experimental descriptive design. This study was conducted in Mahatma Gandhi Medical College and Research Institute, Puducherry. The population for the study consisted of 60 staff nurses from the maternal and childcare unit of MGMCRI, Puducherry. The data were collected through a structured questionnaire consists of 2 parts—part 1 consists of interview schedule to assess the demographic data such as age, gender, educational status, working area, experience, previous knowledge and part 2 structured questionnaire on BFHI policy which contains 30 questions to assess the knowledge of staff nurses on BFHI. The data were analyzed both descriptive (mean, frequency, percentage and standard deviation) and inferential statistics (Kruskal–Wallis).

RESULTS

Table 1 shows the distribution of the level of knowledge on BFHI policy among staff nurses. Among 60 staff nurses, 48 (80%) of them had moderately adequate knowledge, 9 (15%) of them had adequate knowledge and 3 (5%) of them had inadequate knowledge.

The data also revealed that educational status and previous knowledge has a significant association with the level of knowledge. The obtained test value was 2.170 and 7.12, respectively. It was significant at $p < 0.05$ level and thus there was a significant association between educational status and previous knowledge. Other variables were not significant.

CONCLUSION

The study revealed that most of the staff nurses had moderately adequate knowledge of the BFHI policy. It can be inferred that most of the staff nurses had adequate knowledge of the BFHI policy. The findings of the study can be utilized for conducting further research in bringing any innovation in BFHI.^{49,51}

RECOMMENDATIONS

- The research study can be replicated on a larger population drawn from different hospitals of Puducherry.
- A study on the effectiveness of BFHI on breastfeeding and infant mortality reduction can be done.

Table 1: Assessment of level of knowledge on BFHI policy among staff nurses

Level of knowledge	No. of subjects (n)	Percentage
Adequate knowledge	9	15
Moderately adequate knowledge	48	80
Inadequate knowledge	3	5
Total	60	100

- A study can be done on the antenatal mothers to assess their knowledge attitude and practice of BFHI.

DECLARATION OF PATIENT CONSENT

The authors certify that they have obtained all appropriate patient consent forms. In the form of patient(s) has/have given his or her their consent for his/her/their images and other clinical information to be reported in the journal. The patients understand that their names and initials will be published and due efforts will be made to conceal their identity, but anonymity cannot be guaranteed.

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