

A Study to Evaluate the Effectiveness of a Self-Instructional Module on Knowledge Regarding Baby Friendly Hospital Initiative Policy Among Staff Nurses of the Pediatric and Obstetric Unit at Jeyaharan Hospital Nagercoil

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Abstract:

Introduction: The Baby-Friendly Hospital Initiative (BFHI), launched by the World Health Organization (WHO) and UNICEF in 1991, aims to promote, support, and protect breastfeeding through evidence-based maternity care practices. This global program encourages hospitals and maternity facilities to implement the "Ten Steps to Successful Breastfeeding" to ensure optimal infant feeding and mother-infant bonding. Despite proven benefits, implementation remains varied, highlighting the need for evaluating BFHI practices and outcomes. **Statement of the Problem:** A study to evaluate the effectiveness of a self-instructional module on knowledge regarding Baby Friendly Hospital Initiative policy among staff nurses of the Pediatric and Obstetric unit at Jeyaharan Hospital Nagercoil. **Objectives:** To assess the knowledge regarding baby friendly hospital initiative policy among staff nurses of the Pediatric and obstetric unit. To find out the effectiveness of a self-instructional module regarding baby friendly hospital initiative policy among staff nurses of the pediatric and obstetric unit. To find out the association between the pre-test knowledge score regarding baby friendly hospital initiative policy among staff nurses of the pediatric and obstetric unit with their selected demographic variables. **Methodology:** Quantitative research approach with pre-experimental one group pre-test post-test research design is adopted. 30 staff Nurses of the Pediatric and Obstetric unit at Jeyaharan Hospital Nagercoil were selected for the study. **Results:** The obtained pre-test mean value (128.69) was lower than post -test mean value (139.93). The mean difference is 16 and the obtained "t" test value is 6.9. Since the obtained t value is highly significant at $p < 0.05$. **Conclusion:** The main aim of the study is to assess the effectiveness of self-instructional module on baby friendly hospital initiative among staff nurse, the conclusion drawn from the findings of the study concludes that there are significant differences between pre and post-test knowledge score. This shows the self-instructional module to the staff nurse helpful to improve the quality of baby friendly hospital initiative.so it may be stated that self -instructional was effective.

INTRODUCTION

Care of the new born and infants is required whether they are born healthy, small or unwell. It includes appropriate preventive care, routine care and care of sick and small babies. The success with which mortality and morbidity are prevented will depend to large extent on the commitment and expertise of health care workers

responsible for new born care. Breastfeeding is considered the ideal nutrition for neonates. It not only provides the essential micronutrients and macronutrients but also helps in building a bond between the baby and the mother apart from its long-term effects. For the promotion of breastfeeding several steps have been initiated by the UNICEF and WHO of which BFHI is the most important initiative.

The baby friendly hospital initiative (BFHI) also known as baby friendly initiative (BFI), is a worldwide program of the world health organization (WHO) and the United Nations children's fund (UNICEF), launched in 1992 in India following the adoption of the innocent Declaration on breastfeeding promotion in 1990. The initiative is a global effort for improving the role of maternity service to enable mothers to breast feed babies for the best start in life. It aims at improving the care of pregnant women, mothers and new born at health facilities that provide maternity services for protecting, promoting and supporting breast feeding, in accordance with the international code of marketing of breast-milk substitutes.

NEED FOR THE STUDY

Breastfeeding is a natural way of feeding the infant with milk from the mother's breast. 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. No other manufactured milk, no matter how fortified it is, comes even close to being as nutritious as breast milk. 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. 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 hospital. 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. Hence nurses play a vital role in the implementation of the same in all the hospitals.

STATEMENT OF THE PROBLEM

A study to evaluate the effectiveness of a self-instructional module on knowledge regarding Baby Friendly Hospital Initiative policy among staff nurses of the Pediatric and Obstetric unit at Jeyaharan Hospital Nagercoil

Objectives:

To assess the knowledge regarding baby friendly hospital initiative policy among staff nurses of the Pediatric and obstetric unit.

To find out the effectiveness of a self-instructional module regarding baby friendly hospital initiative policy among staff nurses of the pediatric and obstetric unit.

To find out the association between the pre-test knowledge score regarding baby friendly hospital initiative policy among staff nurses of the pediatric and obstetric unit with their selected demographic variables.

Hypothesis

H1 - There will be a significant difference between the pre-test and post test score regarding baby friendly hospital initiative policy among staff nurses of the pediatric and obstetric unit.

H2 - There will be a significant association between the pre-test knowledge score of the staff nurse of pediatric and obstetric unit and their selected demographic variables.

Assumptions

Staff nurses may have basic knowledge regarding baby friendly hospital initiative.

Self-instructional module could be an affective teaching tool in enhancing the knowledge regarding baby friendly hospital initiative among staff nurse.

Self-instructional module is an accepted teaching strategy aimed at improving the knowledge of staff nurse regarding baby friendly hospital initiative.

Delimitation

The period of data collection of 4-6 weeks.

The selective hospital at Jeyaharan Hospital Nagercoil

REVIEW OF LITERATURE

CHIKA L. NDIOKWELU (2016) This study investigated the impact of the baby friendly hospital initiative (BFHI) program on the breast-feeding knowledge, attitude and practices of mothers attending Mother of Christ Specialist Hospital, Enugu. The study randomly sampled 146 breast-feeding mothers whose babies were between 0-23 months. A validated

questionnaire was used to obtain useful information from the mothers. The data obtained was analyzed into frequency and percentages. The result showed that 12.3% of the mother-initiated breastfeeding within 30 min of delivery, 93.2% of them fed colostrum, 9.6% of the respondents perceived that colostrum should not be fed to infants and 31.5% exclusively breast-fed their babies for 6 months. The major factors that militated against exclusive breast-feeding were that it caused firm breast to fall (6.4%) and ties mother down (19.2%). It was obvious from the study that there was a wide gap between knowledge and practice of exclusive breast-feeding in the study area. There is urgent need to plan strategies to aggressively promote exclusive breast-feeding practice. Lactation support groups as well as opinion leaders and women group in the communities should mother down (19.2%). It was obvious from the study that there was a wide gap between knowledge and practice of exclusive breast-feeding in the study area. There is urgent need to plan strategies to aggressively promote exclusive breast-feeding practice

SMRITI MATHEMA (2020) Background within a hospital setting, health professional plays a key role in providing the right information on breastfeeding and often this source are the nurses who have the primary opportunity to counsel, support and educate mothers on

breastfeeding the BFHI has helped to motivate facilities maternity and new born service world -wide to better support breastfeeding of the newborn baby. Objective: the aim of this studies is to help identify the knowledge gaps on the BFHI practice among nursing staff in a tertiary care center in Kathmandu. Methodology: a total of 27 nursing staff who encounter pregnant women admitted in the hospital up until post -delivery discharge was selected for the study statistical analysis was done using SPSS version 20 -only result only 41% with the ten steps to successful breastfeeding of BFHI, out of whom more than half 55% had a good level of knowledge.

RESEARCH DESIGN- Pre- experimental one group pre-test and post-test research design.

SAMPLE AND SAMPLE SIZE -30 staff Nurses

SAMPLE TECHNIQUE -Simple Random sampling technique is used in study.

SAMPLING SELECTION CRITERIA

The sample frame structured by the researcher includes the following criteria

INCLUSION CRITERIA

Staff nurse attending pediatric obstetric unit and hospitalization.

Staff nurse willing to participate and present during the period of data collection.

Staff nurse those who can understand Hindi or English.

EXCLUSION CRITERIA.

Staff nurse undergone any training programme or health information.

DATA COLLECTION TOOL

The Tools in this study are

Socio demographic perform.

Questionnaire for assessing the knowledge regarding baby friendly hospital initiative among staff nurse in pediatric and obstetric unit.

SECTION A: SOCIO DEMOGRAPHIC DATA

Socio demographic profile it includes age, gender, education, religion, types of family, monthly income, job experience information about baby friendly hospital initiative, obstetric and pediatric unit, and information regarding baby friendly hospital initiative.

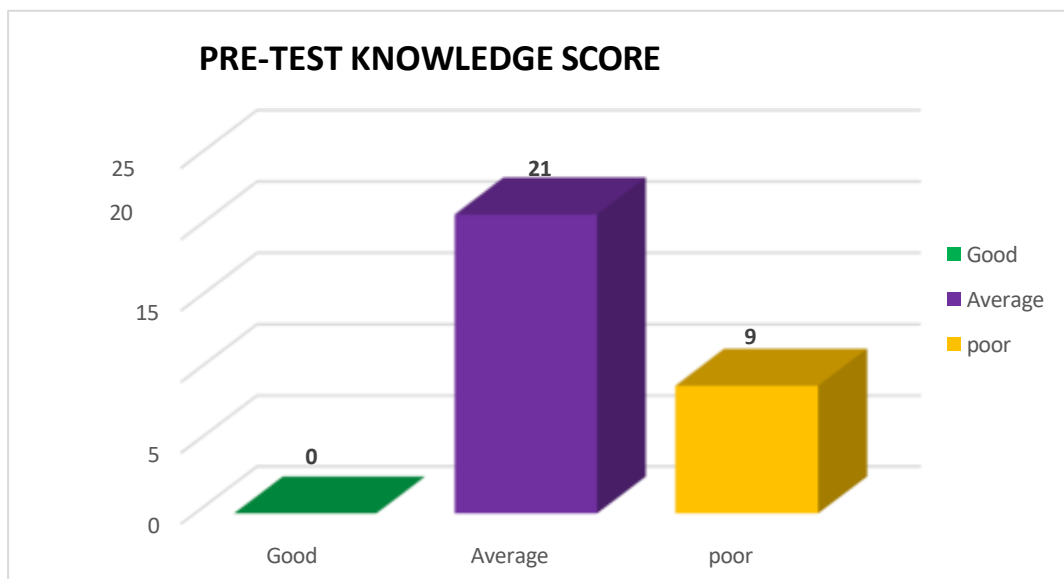
SECTION B: KNOWLEDGE QUESTION

The section B include 20 item seeking information regarding the knowledge of staff nurse Score

Interpretation: Score Grade 0-40% Inadequate knowledge 41-70% Moderate knowledge 71-100% Adequate knowledge

Assess the level of knowledge score of pre- test regarding baby friendly hospital initiative in experimental control group .

TABLE 1



S. NO	Knowledge score	Frequency	Percentage	Mean	SD
1.	Good	0	0	128.69	0.38
2.	Average	21	70%		
3.	Poor	9	30%		
Total		30	100%		

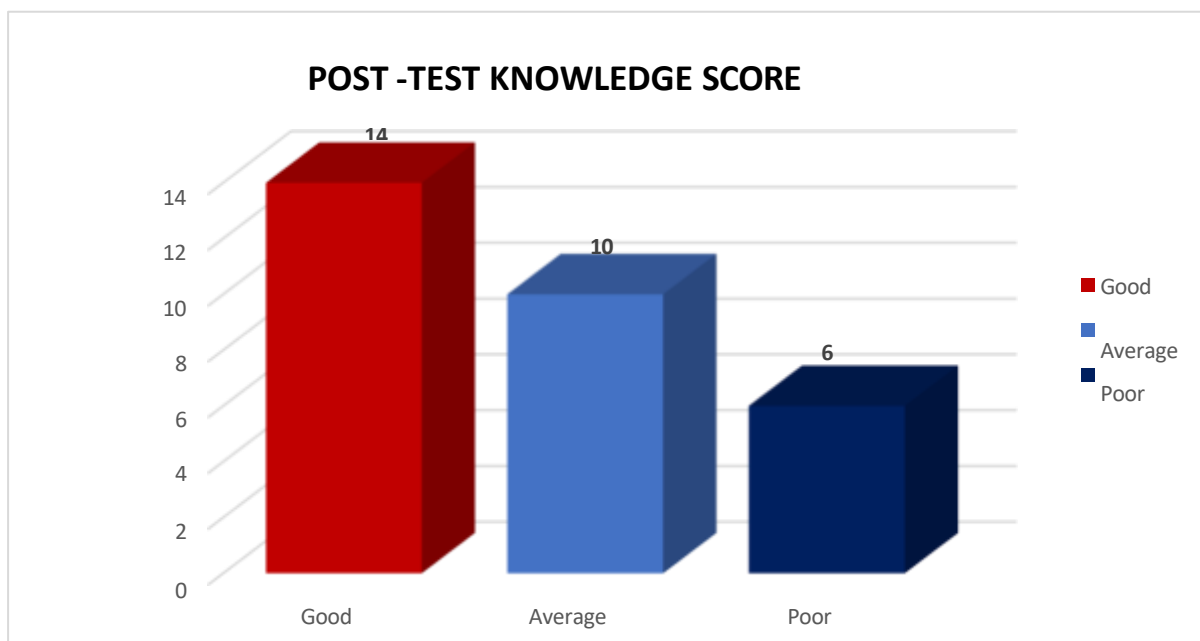
The data given in table no. 1. Shows that out of 3 Subject in the samples size, 21 (70%) sample had average knowledge, 9 (30%) sample had poor knowledge and 0 (0%) sample had good knowledge.

Figure No. 1 Bar diagram representing the frequency and percentage of staff nurse according to level of knowledge score.

Assess the level of knowledge score of post- test regarding baby friendly hospital initiative.

TABLE NO. 2

S.NO	Knowledge score	Frequency	Percentage	Mean	SD
1.	Good	14	46.67%	139. 93	0.40
2.	Average	10	33.33%		
3.	Poor	6	20%		
Total		30	100%		



The data given in table no. 2 shows that out of 30 samples, 14 (46.67%) sample had good knowledge, 10 (33. 33%) sample had average knowledge and 6 (20%) sample had poor knowledge.

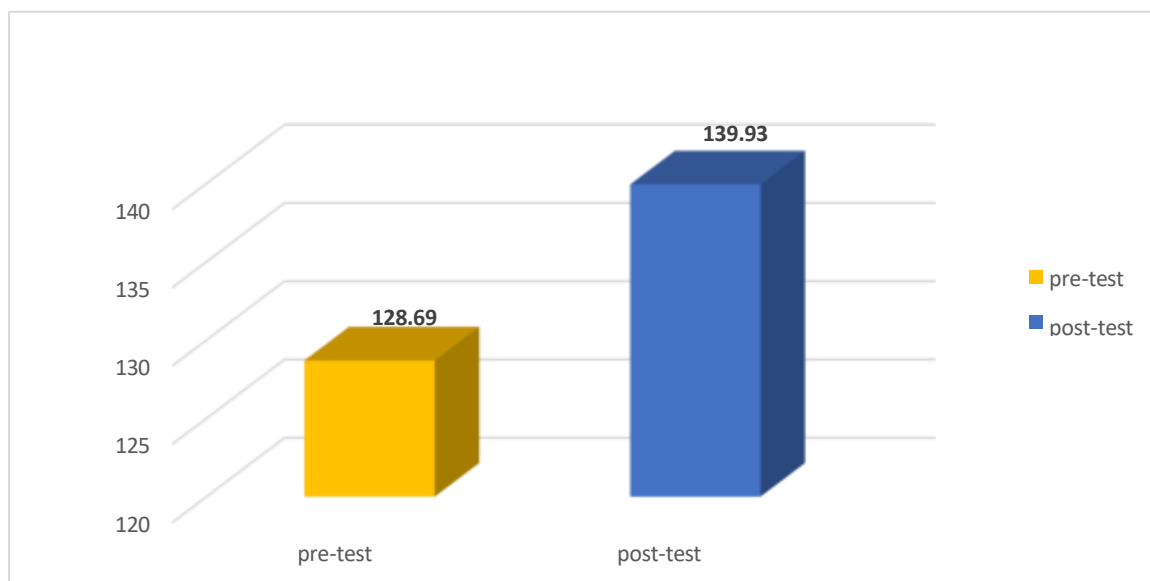
Figure No. 2 Bar diagram representing the frequency and percentage of staff nurse according to post- test knowledge score.

Compare the pre- test and post- test level of knowledge regarding Baby friendly hospital initiative among the staff nurse in obstetric and pediatric unit .

TABLE NO.3

S.No	Subject	Mean	SD
1.	Pre-Test	128.69	0.38
2.	Post-Test	139.93	0.40

The data given in Table no. 3 Show that out of 30 samples, pre – test mean score is 128.69 and post -test mean score is 139.93.



PRE-TEST KNOELEDGE SCORE AND POST-TEST KNOWLEDGE SCORE

There were 30 samples include in the study for assessment of pre- test knowledge score out of which none had good knowledge. 21 had average knowledge and 9 had poor knowledge regarding baby friendly hospital initiative. The mean pre- test knowledge score was 128.69 and SD was 0.38. Thus, data fulfill the objective no. 1. There were 30 samples include in the study for assessment of post- test knowledge score out of which 14 had good knowledge, 10 had average knowledge and 6 had poor knowledge regarding baby friendly hospital initiative. The mean post- test knowledge score was 139.95 and SD was 0.48. Thus, data Fulfill the objective no. 2.

FINDING RELATED TO COMPARISON OF THE PRE-TEST AND POST- TEST LEVEL OF KNOWLEDGE SCORE

The obtained pre-test mean value (128.69) was lower than post-test mean value (139.93). The mean difference is 11.24 and is highly significant at $p < 0.05$

FINDING RELATED TO ASSOCIATION OF EACH VARIABLE WITH LEVEL OF KNOWLEDGE SCORE

On the pre intervention, it was found that the socio demographical variables age (chi value-0.9 (9.49)) was found non-significant. The variable educational status [chi value 17.9 (12.5)] was found significance. The variable religion [chi value-4.63 (12.5)] was found non-significance. The variable type of dietary pattern [chi value- 28.93 (9.49)] was found significant. The variable obstetrical score [chi value- 17.99 (12.5)] was found significant. The variable antenatal visits [chi value-0.0196] were found non- significant. The variable gestational weeks (chi value-45.53 (12.5)) were found significant. The variable information regarding baby friendly hospital initiative chi value- 4.63 (12.5)] were found non-significant according to knowledge score.

RECOMMENDATION

Based on the findings of the present study the following recommendations are self – instructional module method should be used widely knowledge on practice.

Study can be done to assess the knowledge regarding baby friendly hospital initiative. Similar study can be

done for including the practice

A pre-experimental study can be conducted to assess the effectiveness of Self -instructional module among staff nurse.

Staff nurse with low grade should motivate assisted to gain knowledge better. Similar study can be conducted using pre-experimental research design.

A similar study can be conducted among the antenatal staff nurse.

A follow up study can be conducted to evaluate the effectiveness of self- instructional module on practice.

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