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## RESEARCH ARTICLE

### ASSESSMENT OF KNOWLEDGE ON BABY-FRIENDLY HOSPITAL INITIATIVE (BFHI) AMONG STAFF NURSES IN MCH UNIT AT MGMCRI, PUDUCHERRY

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#### ABSTRACT

The breast milk is very healthy and full of nutrition, it provides the primary source of nutrition for newborns before they are able to digest more diverse food. The breast milk also contains balanced nutrients that are required for brain development, growth and a healthy immune system that act against viruses, bacteria, and parasites, since an infant's immune system is not fully developed until the age of 2 yrs. It is required to timely evaluate knowledge and to bring about positive attitude in the staffs regarding the implementation of the Baby Friendly Hospital Initiative policy. **Objective:** 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 Baby-Friendly Hospital Initiative (BFHI). The data were analyzed both descriptive (mean, Frequency, Percentage and standard deviation) and inferential statistics (Kruskal-Wallis). **Results:** Discussion on the findings were 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 Baby-friendly Hospital Initiative Policy. **Conclusion:** The study reveals that most of the Staff Nurses had moderately adequate knowledge of the Baby-Friendly Hospital Initiative Policy.

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## INTRODUCTION

**"A healthy body and soul come from an unencumbered mind and body."**

### Ymber Delecto

Promotion of breast feeding is one among the goals of World Health Organization. Many mothers have been followed to achieve this goals such as establishment of children - friendly hospital and conducting breast feeding education for the mothers. Despite all the conducted activities a high number of mothers feed their infants with formulas due to their inadequacy of breast milk. Babies who are breastfed are generally healthier and achieve optimal growth and development compared to those who are fed formula milk. If the vast majority of babies were exclusively fed breast milk in

their first six months of life – meaning only breast milk and no other liquids or solids, not even water – it is estimated that the lives of at least 1.2 million children would be saved every year. If children continue to be breastfed up to two years and beyond, the health and development of millions of children would be greatly improved. Global incidence shows that optimal breastfeeding is the most important child survival intervention and the earlier the baby is breastfed, within the first hour of birth, the better. Only 25 percent of mothers in country initiate breastfeeding within the first hour after birth, whereas in Rajasthan is 14 percent, while in Bihar and Uttar Pradesh is 4 and 7 percent. The Government of India and international organizations recommend that infants be fed only breast milk for the first six months of life, with no other foods or fluids added, not even water. Health workers should be motivated and convinced that, breast milk is the best milk for babies, there is no real alternative to breast milk-, they are key people in the success or failure of lactation, promoting breastfeeding contributes to the long-term health and economic interests of a society and their efforts to promote breastfeeding are worth-while and should be commended including,

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- Initiating breastfeeding with- in a half-hour of birth;
- Breastfeeding on demand;
- Rooming-in - 24 hours a day;
- No supplementary food or drink other than breast milk, unless medically indicated;
- No bottles, artificial teats or pacifiers for breastfeeding infants.

### Objectives

- To assess the knowledge on Baby-Friendly Hospital Initiative policy (BFHI) among staff nurses in the MCH unit at MGMCRI&H, Puducherry.
- To find the association between knowledge on Baby-Friendly Hospital Initiative policy (BFHI) 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 & 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 question to assess the knowledge of staff nurses on Baby-Friendly Hospital Initiative (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.

**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%

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 reveals that most of the Staff Nurses had moderately adequate knowledge of the Baby-Friendly Hospital Initiative Policy.

It can be inferred that most of the Staff Nurses had adequate knowledge of the Baby Friendly Hospital Initiative Policy. The findings of the study can be utilized for conducting further research in bringing any innovation in BFHI.

### Recommendations

- The study can be replicated on a larger population drawn from different hospitals of Puducherry.
- A study on the effectiveness of BFHI on breastfeeding and reduction of infant mortality can be done.
- A similar study can be done on the antenatal women to assess their knowledge and practice of BFHI.

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