

Stance of Undergraduate Students of Nursing and Clinical Sciences Regarding Breast Feeding: A Comparative Study

Students of
Nursing and
Clinical Sciences
Regarding Breast
Feeding

Nighat Seema¹, Bushra Zulfiqar², Erum Saboohi⁴, Zubaida Masood⁶, Zeeba Saeed³ and Neelam Saba⁵

ABSTRACT

Objective: To compare the stance of nursing & medical students in regards to breast feeding.

Study Design: Cross-sectional study

Place and Duration of Study: This study was conducted at the Al-Tibri Medical College, Karachi from March 2021 to August 2021.

Materials and Methods: This study was done among 200 students, 50 from nursing department & 150 from the institute's medical college were selected for the study, with all of them being informed about their inclusion in the study and seeking verbal consent. The questionnaire was distributed among all the participants and a brief explanation of the questionnaire was also given. The data was collected and then analyzed on SPSS 20.0 in the form of frequency and percentage. For comparison between nursing and medical students the chi-square test was applied with P-value set at <0.05.

Results: 44% Male & 66% Female participate from the medical side, and 56% Male & 34% Female were from the nursing group. In regards to awareness concerning breast feeding, No significant difference was seen between the nursing and medical students, except regarding the duration of breast feeding (P=0.012), the benefits of colostrum (P=0.023), and regarding digestion of Breast milk (P=0.035) which was significant. No significant difference was seen regarding the protective role of breast feeding for mother and child, however significant difference was seen when asked about the protective role of breast feeding in preventing ovarian cancer in the mother (P=0.045). No significant difference was found among medical and nursing students regarding the attitude towards breast feeding.

Conclusion: No significant difference was seen in the responses between nursing and medical students in regards to the awareness of breast feeding.

Key Words: Nursing Students, Breast Feeding, Breast Milk, Medical Students

Citation of article: Seema N, Zulfiqar B, Saboohi E, Masood Z, Saeed Z, Saba N. Stance of Undergraduate Students of Nursing and Clinical Sciences Regarding Breast Feeding: A Comparative Study. Med Forum 2022;33(2):99-103.

INTRODUCTION

Breast milk is a compound secretion that is rich, nutritious source of food for infants especially for initial 6 months of life.¹ The breast milk is essential for the growth and development of healthy baby.

Breast feeding is also beneficial for mother's health. It minimizes the postpartum complications and reduces the mother's weight as well.

¹. Department of Pediatrics / Obs and Gynae² / Community Medicine³, Al-Tibri Medical College & Hospital, Karachi.

⁴. Department of Pediatrics / Obs and Gynae⁵, Sir Syed College of Medical Sciences for Girls, Karachi.

⁶. Department of Obs and Gynae, KMDC, Karachi.

Correspondence: Dr. Nighat Seema, Assistant Professor of Pediatrics, Al-Tibri Medical College & Hospital, Karachi.

Contact No: 0334-3221412

Email: nseema74@yahoo.com

Received: October, 2021

Accepted: November, 2021

Printed: February, 2022

Breast feeding also decrease the risk of Breast, Ovarian cancers and Type 2 diabetes mellitus.² The quantity and composition of breast milk depend on mothers diet and health. During lacto genesis II the composition of the milk changes and utilized as a biochemical markers of onset of profuse milk secretion.¹ The world Health Organization recommendation is exclusive Breast Feeding (EBF) which reduces 13% to 15% children death among children under five years age. Various researches shows that children who receiving (EBF) has minimal risk to developed Gastroenteritis infections and respiratory infections.³ The breast feeding is help to maintain mother-child relationship, Hence it is to belief to secure the Bond between both of them.⁴

The significance and advantages of human milk for infants as well as mother and society benefits are proved through extensive research, advanced laboratory techniques. These advantages consist of health, nutritional, immunological, social, psychological and economic benefits.⁵ In spite that knowing of its benefits, breast feeding is no longer a standard in many communities. The positive and desired outcomes are achieved, when breastfeeding awareness through

different programs, campaigns, workshops are delivered by health care providers properly. To realize the negative impact on breast feeding because of massive marketing of infant milk substitute is necessary which effects children, mothers health and create economic burden as well. Political support and financial investment are required to protect and acknowledge the advantages of breast feeding.⁶ The antenatal breast feeding education is important to those mothers who are unable to follow the recommendation regarding breast feeding and having lack of education and less knowledge.⁷ Training of the Health care staff is necessary for the implementation of breast feeding specially those who are close to mother, infants and children. Health workers who are not much trained cannot be expected to give mother proper guidance and skilled practice. Moreover the subject regarding breast feeding is required in curriculum of basic training doctors, nursing staff and midwives.⁸ The encouragement and support the breast feeding by health care providers like Doctors, Nursing Staff may help to increase the rate of breast feeding.⁹ The minimum hospital support and non-serious efforts by Doctors and nursing Staff to encouraging breast feeding and initiate the formula milk substitute were most common cause for termination of breast milk in immediate postpartum period and initial six months.¹⁰ More education on breast feeding has found to belief for nursing staff, new mothers and families.¹¹ The nursing staff should having adequate knowledge of Ten steps of Baby-friendly Hospital initiative(BFHI), which is WHO and UNICEF recommendations for nursing staff and medical students. This is also the part of curriculum of nursing and medical course.¹²

MATERIALS AND METHODS

After taking an ethical approval from the concerned authority, the cross-sectional study was done among 50 numbers of students from the Al-Tibri nursing school and 150 students from the Al-Tibri Medical College and Hospital, Isra University Karachi campus. The study was conducted from the duration of March 2021 to August 2021. Verbal consent was taken from the students and the valid questionnaire were distributed with the briefing of the questionnaire. The questionnaire was filled by the students and the data were kept confidential. For the statical analysis the data were presented in the form of Frequency and percentage, and for the comparison between the response of the nursing and medical students the Chi-square test was applied. The level of significance was kept $P \leq 0.05$.

RESULTS

Figure 1: shows the Percentage of gender-based distribution among different students

Table 1.1: shows the frequency and percentage of awareness regarding breast feeding among different students of Medicine and Nursing. The level of significance was shown with P value.

Table No.1: Shows the frequency and percentage of awareness regarding breast feeding among different students of Medicine and Nursing. The level of significance was shown with P value

| | Awareness of Medical and Nursing students regarding Breast feeding | Medical Students | | Nursing Students | | P-Value |
|-----|----------------------------------------------------------------------------|------------------|--------|------------------|--------|---------|
| | | Yes (%) | No (%) | Yes (%) | No (%) | |
| Q1 | Breast feeding should be started within half an hour after delivery | 89 | 11 | 91 | 9 | 0.287 |
| Q2 | Breast feeding helps mother in reducing gestational weight gain | 83 | 17 | 87 | 13 | 0.987 |
| Q3 | Breast feeding helps in birth spacing | 88 | 12 | 99 | 1 | 0.891 |
| Q4 | Breast feeding should be continued exclusively for a period of 6 months | 54 | 46 | 70 | 30 | 0.012 |
| Q5 | Colostrum should not be discarded | 65 | 35 | 79 | 21 | 0.668 |
| Q6 | Colostrum is beneficial for babies | 66 | 34 | 85 | 15 | 0.023 |
| Q7 | Breast feeding should be continued for 2 years | 87 | 13 | 100 | 0 | 0.365 |
| Q8 | Nothing should be given to exclusively breastfed babies | 54 | 46 | 72 | 28 | 0.028 |
| Q9 | Weaning should be started at 6 months of age | 72 | 28 | 89 | 11 | 0.231 |
| Q10 | Breast milk is always sterile | 96 | 4 | 99 | 1 | 0.088 |
| Q11 | Breast milk is easier to digest | 79 | 21 | 92 | 8 | 0.035 |
| Q12 | Bottle feeding should be discouraged | 96 | 4 | 98 | 2 | 0.464 |
| Q13 | Bottle feeding has many adverse effects | 99 | 1 | 99 | 1 | 7.088 |
| Q14 | Twin babies should be breastfed | 74 | 26 | 72 | 21 | 0.568 |
| Q15 | expressed Breast milk can be given to preterm babies with improper sucking | 54 | 46 | 71 | 29 | 0.142 |

Chi-square test was applied

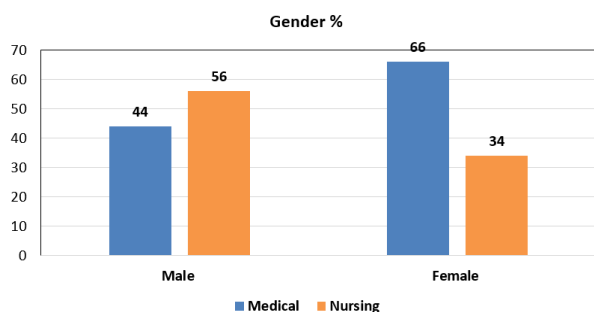


Figure No.1: Shows the Percentage of gender-based distribution among different students

Table No.2: Shows the Awareness about the protective role of breast feeding for both mother and child. The level of significance was shown with P value

| | | Medical Students | | Nursing Students | | P-Value |
|----|----------------------------------------------------|------------------|--------|------------------|--------|---------|
| | | Yes (%) | No (%) | Yes (%) | No (%) | |
| Q1 | Breast feeding protects mother from ovarian cancer | 66 | 34 | 87 | 13 | 0.045 |
| Q2 | Breast feeding protects mother from breast cancer | 85 | 15 | 89 | 11 | 0.698 |
| Q3 | Breastfeed infants are more intelligent | 74 | 26 | 88 | 12 | 0.613 |
| Q4 | Breast feeding protect babies from infection | 100 | 0 | 100 | 0 | 0.565 |
| Q5 | Breast feed is ideal nutrition for babies | 87 | 13 | 96 | 4 | 0.846 |

Chi-square test was applied

Table 2: shows the Awareness about the protective role of breast feeding for both mother and child. The level of significance was shown with P value.

Table 3: Shows the Attitude of the medical and allied students towards the breast feeding. The level of significance was shown with P value.

Table No.3: Shows the Attitude of the medical and allied students towards the breast feeding. The level of significance was shown with P value

| | Medical Students | | Nursing Students | | P-Value |
|---------------------------------------------------------------------------|------------------|--------|------------------|--------|---------|
| | Yes (%) | No (%) | Yes (%) | No (%) | |
| Breast feed should be started immediately after caesarean section | 74 | 26 | 89 | 11 | 0.054 |
| Breast feeding should be continued with maternal Hepatitis C infection | 76 | 24 | 79 | 21 | 0.495 |
| Breast feeding should be continued with maternal Hepatitis B infection | 71 | 29 | 74 | 26 | 0.715 |
| Breast feeding should be continued with maternal HIV infection | 44 | 56 | 51 | 49 | 1.000 |
| Breast feeding should be continued with active maternal Tuberculosis | 48 | 52 | 61 | 29 | 0.874 |
| Breast feeding should be continued if baby develops diarrhoea | 81 | 19 | 94 | 6 | 1.000 |
| Breast feeding should be continued if baby develops respiratory infection | 89 | 11 | 93 | 7 | 0.617 |
| Breast feeding should be continued if baby develop oral ulcers | 87 | 13 | 97 | 3 | 0.847 |

Chi-square test was applied

DISCUSSION

The present study was conducted at Isra University Karachi Campus. The aim of this study is to determine the frequency and percentage of awareness regarding breast feeding importance among medical students and nursing students. There were 50 nursing students and 100 medical students who were participated. The verbal consent has been taken before given them the questionnaire based proforma. The results of present study showed bar graph, which shows the comparison

between nursing students and medical students along with the gender difference. The result shows that in nursing students males are more aware than female nursing students. Although in medical students males are less aware than female students. The other study was conducted in 2018 regarding awareness of breastfeeding laws and provisions of medical students, staff, and employees of higher learning in Georgia. Results of the study showed Chi-square test were used as similarly we used in present study to know the differences between groups. Most of the participants were females and the results of this study shown less awareness regarding breast feeding laws. Similarly as in the present study that the female nursing students were less aware among all participants.^[1] In the present study the questions were asked to participants and the results were made on the basis of frequency of awareness between 2 groups consists of nursing students and medical students. The question was that continuation of breast feeding should be continued for exclusively 6 months? The nursing students were showed more awareness than medical students responding to this question with statistically p-value of (0.012). The another study which was conducted to know the association between type of health professionals at birth and exclusive breastfeeding. The results of this study suggests that initially 76% of mother were on breast fed on discharge but there was a decline in postpartum exclusively 3 months breastfed which was up to 27%. Two variants analysis showed statistically significant with type of health professionals at birth and exclusive breastfeeding at discharge ($p = .001$), and 3 months postpartum ($p < 0.001$). The results were showed insignificant association between type of health professional at birth and breastfeeding at discharge. However, there were differences shown in breastfeeding at 3 months postpartum are increase in women those delivered by midwives and nurses-midwives and comparatively those who delivered by obstetricians. ($p < 0.001$). In the present study one of the variable was about continuation of exclusive breast feeding for 6 months after delivery.² In the present study the another variable which is about the benefits of colostrum for babies with p-value is (0.023). One of the relevant study which was conducted in rural teaching hospital in India regarding awareness in breastfeeding postnatal mothers. According to the study results there is no significant difference seen among health professionals regarding advantages of breastfeeding and benefits of colostrum. Similar in the results of present study.^[3] In the context of the other variable in present study regarding anything should not give to babies except breastfeeding in early six months. There is a cohort study taken in South Africa at rural and urban setting Kwazulu-Natal, there were ten teenage mothers

participants age in between 15 to 19 years.⁵ are rural ($n=5$) and 5 are urban ($n=5$) to assess their knowledge regarding breast feeding recommended practices. Health care providers plays important role to educate such an immature mothers regarding breastfeeding practices. Among ten participants 8 stated that their intention regarding exclusive breastfeeding based on their knowledge which they were getting from nurses and midwives. And one of the statement noted that nurse told me not to give anything except breast milk. Similarly one of the given variable in present study with p-value of 0.02. Which shows the awareness in nurses regarding exclusive breast milk.^[4] The another important variable of present study regarding easily digestion of breast milk with p-value of (0.035). The study were found in the literature regarding benefits of breast feeding. That breast milk is best gift for baby from mother. It is easily digest and having all nutrients in the breast milk.^[5] C-section is considered to be related to be initiation and spell of breastfeeding comparatively with natural child birth. C-section may delay breastfeeding and also may effect on the duration of feeding. Initiation of breastfeeding after C-section is highly recommended to mothers.^[6] one study conducted in 2018 in India by nurses, pediatricians, obstetricians and anesthetics to determine the possible factors of delayed of immediate breastfeeding after delivery. And this study is quality enhanced based study were conducted in labor room in tertiary care hospital. The aim of the study is to improve the rates of first hour initiation of breastfeeding in neonate's birth from C-section. The results of this study suggest increased rates of first hour initiation of breastfeeding after C-section over the study period. This means that nurses and health providers are aware and insist to mother for start breastfeeding. Similarly as present study results showed that both groups are much aware regarding immediate start of breastfeeding after C-section and statistically shown insignificant difference with p value=(0.054).^[7]

CONCLUSION

No significant difference was seen in the responses between nursing and medical students in regards to the awareness of breast feeding.

Author's Contribution:

| | |
|----------------------------|------------------------------------------|
| Concept & Design of Study: | Nighat Seema |
| Drafting: | Bushra Zulfiqar, Erum Saboohi |
| Data Analysis: | Zubaida Masood, Zeeba Saeed, Neelam Saba |
| Revisiting Critically: | Nighat Seema, Bushra Zulfiqar |
| Final Approval of version: | Nighat Seema |

Conflict of Interest: The study has no conflict of interest to declare by any author.

REFERENCES

1. Kim YJ. Important role of medical training curriculum to promote the rate of human milk feeding. *Pediatr Gastroenterol, Hepatol Nutr* 2017;20(3):147-52.
2. Haile ZT, Elmasry M, Chavan B, Azulay Chertok IR. Association between type of health professional at birth and exclusive breastfeeding. *J Midwifery Women's Health* 2017;62(5):562-71.
3. Ambike D, Ambike A, Raje S, Chincholikar S. Knowledge, awareness and breast-feeding practices of postnatal mothers in a rural teaching hospital: a cross sectional survey. *Int J Reproduction, Contraception, Obstet Gynecol* 2017;6(12): 5429-34.
4. Jama NA, Wilford A, Haskins L, Coutsooudis A, Spies L, Horwood C. Autonomy and infant feeding decision-making among teenage mothers in a rural and urban setting in KwaZulu-Natal, South Africa. *BMC Pregnancy Childbirth* 2018;18(1):1-1.
5. Nadeem J, Nadeem A, Sarwar MH, Sarwar M. Breastfeeding Benefit from Mom Gives the Gift of a Lifetime to the Baby for Healthy Future. *Am J Food Science Health* 2017;3(5):95-101.
6. Li L, Wan W. Article Title: Breastfeeding after a cesarean section: a literature review. *Midwifery* 2021;14:103117.
7. Dudeja S, Sikka P, Jain K, Suri V, Kumar P. Improving first-hour breastfeeding initiation rate after cesarean deliveries: A quality improvement study. *Ind Pediatr* 2018;55(9):761-4.
8. Kent JC. How breastfeeding works. *J Midwifery Women's Health* 2007;52(6):564-70.
9. Gartner LM, Morton J, Lawrence RA, Naylor AJ, O'Hare D, Schanler RJ, et al. Breastfeeding and the use of human milk. *Pediatr* 2005;115(2):496-506.
10. Rollins NC, Bhandari N, Hajeebhoy N, Horton S, Lutter CK, Martines JC, et al. Why invest, and what it will take to improve breastfeeding practices? *The lancet* 2016;387(10017):491-504.
11. Salcan S, Topal I, Ates I. The frequency and effective factors of exclusive breastfeeding for the first six months in babies born in Erzincan Province in 2016. *Eur J Med* 2019;51(2):145
12. Hossain M, Islam A, Kamarul T, Hossain G. Exclusive breastfeeding practice during first six months of an infant's life in Bangladesh: a country based cross-sectional study. *BMC Pediatr* 2018; 18(1):1-9.