



## Knowledge and attitude regarding human milk banking among postnatal mothers: A narrative review

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### Abstract

As the breast technique is full of nutrients, the memory glands, which are the secondary sex organs, play an essential role. The WHO and UNICEF instructed the mother to breast-feed their child within the first hour of life and continue for the 6 months and continue to breast-feed along the proper complimentary, feeding up to 2 years of duration and beyond nursing had been moved to the methodological ages. Modern human milk, banking, is in its children because of an Indian lack of awareness, guidance deficit, framework, and maintenance.

**Objective:** The objective of this narrative review is to find the effectiveness of information booklet among postnatal mother.

**Method:** Screened review literature review was completed, search done from pub-MED, EBSCO, DELNET, Google Scholar, etc. Using key words such as effectiveness of human milk banking among postnatal mothers in selected hospitals. Those were focused between the period from 2019-2022 of which around 37 published articles were investigated regarding A study to evaluate effectiveness of knowledge and attitude regarding human milk banking among post-natal mothers, from these 7 articles were selected and the studies included in the narrative review.

**Result:** The studies set up the theme and subtheme which were emerged regarding importance of human milk banking is significantly correlated with in a job unit. An assessment of the result of pre-test and post- test indicate it was concluded that mothers had poor knowledge with positive attitude towards the storage of breast milk.

**Conclusion:** This article is accomplished that considering the achievements.

**Keywords:** Effectiveness, knowledge, attitude, human milk banking, post-natal mothers

### Introduction

Mother's milk is a gift of nature for the neonates. The first six months of a child's life should be spent breast-feeding. Breast-feeding is an equivalent way of providing ideal nourishment for the well-being and development of children. It is also an essential part of fertile activity, with major implications for the health of the mother. Breast-feeding is a standard quality of all mammals, including individuals. As the breast technique is full of nutrients, the memory glands, which are the secondary sex organs, play an essential role. The WHO and UNICEF instructed the mother to breast-feed their child within the first hour of life and continue for the 6 months and continue to breast-feed along the proper complimentary, feeding up to 2 years of duration and beyond nursing had been moved to the methodological ages. Modern human milk, banking, is in its children because of an Indian lack of awareness, guidance deficit, framework, and maintenance. The first milk bank in Asia, under the name of the Sneha Foundation by Dr. Armida Fernandez, was started in Dharavi, Mumbai, on November 27, 1989. From 2005 to 2015, only 22 human milk banks were established, but in the past two years, the number has more than doubled. There are now about 50 milk banks in India, which are still sufficient to meet the mass you command. The growth of human milk banks has been very slow as compared to the growth of unit intensive care. Hence, it is important to educate the postal mothers regarding human milk and banking standards.

### Aim

The aim of this review is to investigate the effect of information booklet on knowledge and attitude regarding human milk banking.

### Objective

The objective of this narrative review is to find the effectiveness of information booklet among postnatal mothers.

### Methodology

#### Search strategy method

#### Type of studies

A computerized search has done to collect the articles which are available in different databases from the year 2019 – 2022. The search strategy was limited to only English language and considered only the studies which are conducted on human species. The initial search strategy made by using of terminology and its synonyms which are processed in databases such as Pub MED and EBSCO. The terminologies which have been used to collect the article are as follows.

#### Type of studies

In all, the study research design are used Quantitative, Non experimental descriptive study, Qualitative non-experimental approach, judgemental sampling, non-probability purposive sampling technique.

**Type of participants**

Postnatal mothers.

**Setting**

Most of the study was conducted in a hospital.

**Outcome**

The overall outcome of the study would be importance of human milk and milk banking is satisfactory.

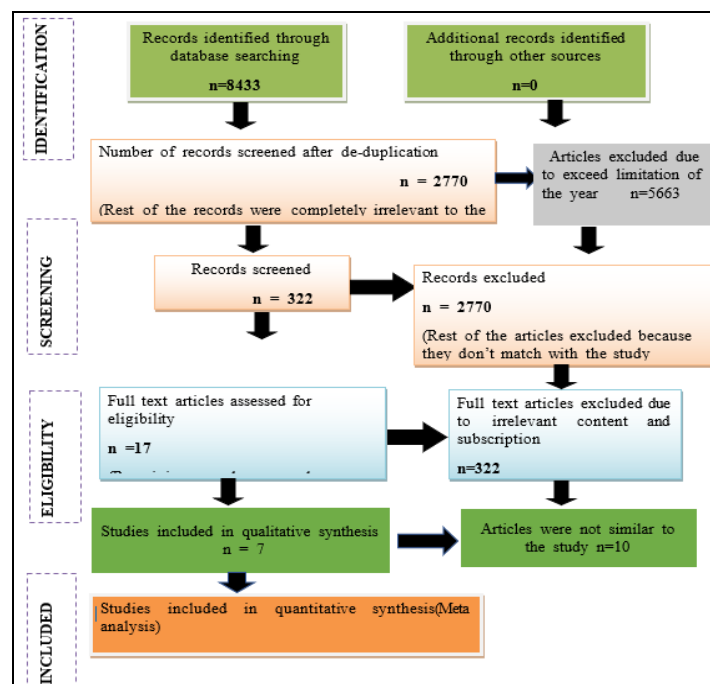
The systemic search was conducted by framing the terms individually and in combination with all synonyms, also according to the database. In addition to this, a manual

PUBMED search was undertaken using the keywords and search synonyms from already found articles. An addition of 7 articles was found. Initial search retrieved 8433 articles over which 2770 article were selected manually. Duplicate were removed and review 322 article over which 5663 article were selected manually. Duplicates were removed and review 435 article for eligibility. 2770 article were excluded because of duplication in two databases. 17 more studies were excluded due to unavailability of full text. Hence 7 article were screened which includes quantitative study.

**Table 1:** Data Extraction

Author name and year	Research design	Finding of the study
Kumari Poonam <i>et al.</i> 2019 <sup>[1]</sup>	Quantitative	Number of staff nurses having adequate knowledge regarding human milk banking. The knowledge of staff nurses is significantly associated with their professional area.
Akpinar Varer Ceren <i>et al.</i> 2022	Qualitative	According to the findings of the study, the respondents attitude towards HMB is affected by religious beliefs, cultural beliefs, and concern about the safety of breast milk collected and stored via HMB.
Yapmis Dogum Seyma <i>et al.</i> 2021	Cross-sectional-descriptive	The main age of the post-mother was 29.9; of the mothers, 41% were primary school and secondary school graduates; 79.5 were living in nuclear families; and 74.6% were unemployed. The majority of mothers wanted human milk banks in Turkey to be active. 72.5% considered donating their milk if they were a milk bank. 57.4% would like to benefit from the milk bank.
Kaur Parmees, Dr. <i>et al.</i> 2022	Descriptive study	A number of mothers have poor to average knowledge, whereas only you have good knowledge concerning human HMB.
S. S. Beevi Safeena <i>et al.</i> 2021	Cross-sectional study	The majority of health professional nurses have adequate knowledge regarding milk banks. The study also reveals the best clinical experience. The region of posting has a significant basic correlation in the knowledge level of the participants so that the organization can plan of action for in-service education organizations to bring up-to-date staff knowledge.
Kumar Rana <i>et al.</i> 2021 <sup>[4]</sup>	Non-experimental descriptive study	It will help in improving the health of the neonate and reducing the infant mortality rate. The study addresses the need for improving knowledge and attitudes regarding human milk banking.
J. Sheela <i>et al.</i> 2020 <sup>[6]</sup>	Qualitative descriptive, non-experimental	A study showed that a number of postnatal mothers had poor knowledge and attitudes regarding HMB. It is mandatory for health professionals, mainly nurses, to motivate mothers to proceed with breast-feeding and also to raise awareness about HMB.

**Prisma Flow**



**Fig 1:** Prisma flow chart of narrative review

### Summary of finding

Available 7 literature are quantitative, Qualitative, Descriptive. Out of 7 literatures, studies concluding that human milk banking and in sequence to provide standard care to child whose natural breast milk is inaccessible due to a medical or other cause human breast milk bank allow the breast milk safely for this reason the awareness of healthcare worker is primarily nurse have to be updated by regular in-service program and cyclical rotation of staff in each department.

### Importance in education

- The nursing curriculum should focus on apply formation to Community using different teaching method.
- Nursing students should be trained in planning incidental and planned the health education strategy regarding knowledge on human milk banking.
- Mother taught regarding human milk banking to reduce infant mortality rate

### Future Significance

Human milk banking is more effective among post-natal mothers. Milk banking promotes the milk feeding of child which is helpful in children growth and development towards life.

### Limitation

Computerized databases were limited.  
Limited to only in Human milk banking.

### Conclusion

The main aim of this study was to effect of significantly knowledge and attitude regarding human milk banking of post- natal mothers. Therefore, human milk bank donor milk is an option when the infant cannot be breastfed or when the mother's own expressed milk is unavailable. Thus nurse are recommended to increase their knowledge and have positive attitude towards breastfeeding. It will help improving the health of the newborn and reducing infant mortality rate study for improving the knowledge and attitude regarding woman bank.

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