

# Effectiveness of Lactation Management Training Programme for Nurses



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## Abstract

Studies have suggested that small, interactive workshops can increase the knowledge about breast feeding. This study was designed to examine the effect of lactation management training programme on staff nurse's knowledge. The study approach was evaluative with one group pre-test post-test design. Purposive sampling technique was used to select the staff nurses with sample size of 40. The tools used were demographic proforma and knowledge questionnaire. The Paired 't' test value was -8.277 and the p value is <0.000 which was significant at 0.05 level of significance. This shows a significant increase in the post test knowledge score. This study concludes that training programme on lactation management can increase the knowledge of staff nurses.

**Key words:** Lactation, Knowledge, Training programme

## Background

Most health care providers have positive views about breastfeeding but verbalizes the need for additional training on lactation management. Studies have suggested that small, interactive workshops can increase the knowledge of general practitioners about breastfeeding. **McIntyre E, (1996)<sup>1</sup>, Valdes V, (1995)<sup>2</sup>**

Educating hospital staff to improve breastfeeding-related knowledge, attitudes, and skills; implementing a written hospital breastfeeding policy; and ensuring continuity of prenatal and postnatal breastfeeding education and support may improve newborn breastfeeding rates. **Chuan-Ming Li et al (2014)<sup>3</sup>**

A longitudinal mail survey (1993-1994) conducted in United States revealed that nurses who received breastfeeding education in the past year were significantly associated with higher breastfeeding rates measured during newborn screening at 24 to 48 hours postpartum. Health care providers such as physicians, nurse-midwives, nurse practitioners and other nurses, dietitians, and lactation consultants and other health care staff have a substantial influence on women's decision to

breastfeed and their ability and desire to continue breastfeeding. **DiGirolamo AM et al(2003)<sup>4</sup>**

## Need of the Study & Literature Review

Randomized trial conducted in Brazilian maternity hospitals supports a growing body of evidence that training hospital health professionals in breastfeeding promotion and protection results in an increase in breastfeeding duration. **Taddei JA et al (2000)<sup>5</sup>** Training for at least three days with a course including practical sessions and counseling skills is effective in changing hospital practices, knowledge of health workers, and breastfeeding rates. **Cattaneo A(2001)<sup>6</sup>** The course, presented at the Catholic University in Santiago, Chile on breast feeding reported changes in clinical breastfeeding support practices. **Valdes V, (1995)<sup>2</sup>** To be truly supportive of breastfeeding, pediatricians should receive didactic and clinical training in breastfeeding management.

Previous reports have demonstrated that physician counseling can improve rates of breast-feeding initiation and duration but suggest that physicians are ill-prepared for this role. Deliberate efforts must be made to incorporate clinically based breast-feeding training into

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residency programs and continuing education workshops to better prepare physicians for their role in breast-feeding promotion. An interactive, problem-based workshop to teach residents the basics of breastfeeding problem solving can be implemented in residency and improve clinical diagnostic skills and residents' comfort with breastfeeding.

The promotion of breast-feeding involves motivation, training, and coordination of the efforts of many people. Since its success depends more on education and support offered to mothers than on curative care, it is an ideal area for the intervention of nursing personnel, whose initiative in lactation management can have a lasting impact on promotion programs.

The present study was designed to examine the effect of lactation management Training programme on staff nurses knowledge.

### Objectives

To determine the knowledge of staff nurses regarding lactation management

To find the effectiveness of training programme in terms of mean difference in pre and posttest knowledge score.

### Hypotheses

**H<sub>1</sub>**- The mean post-test knowledge score of the staff nurses on lactation management will be significantly higher than the mean pretest score at the level  $p=0.05$

### Methodology

**Research Design:** The study approach was evaluative with one group pre-test post-test design.

**Setting:** Selected hospitals of Mangalore, DK District, Karnataka.

**Sample and sample size:** Sample size consisted of 40 staff nurses working in the Maternal and child health setting.

**Sampling technique:** Purposive sampling technique was used to select the staff nurses.

**Tool:** The tool used for data collection in our research

study was organized in two sections-

**Section A-** Demographic Performa

**Section B-** Knowledge questionnaire on lactation management (consisted of 20 items, scoring criteria- poor knowledge:0-7, average knowledge: 8-14, good knowledge:15-20).

**Content validity:** To ensure the content validity, the tools along with the blue print and objectives of the study were given to 7 experts from the field of nursing.

**Reliability:** Reliability was calculated by administering the tools to 20 staff nurses by using split half method and the reliability coefficient was 0.82.

**Data Collection Procedure:** Formal administrative permission and informed written consent from staff nurses were taken prior to the study. Pretesting was done among 8 staff nurses. Based on pilot study, the feasibility and practicability was assessed and plan for data analysis was finalized.

The data were collected by administering the demographic performa and knowledge questionnaire. Knowledge was assessed before and after the training programme.

Training programme was designed in five sessions as follows:

**Session 1:** Lecture cum discussion - recommendations about breastfeeding, benefits of breastfeeding, physiology.

**Session 2:** Role-play, Group activity- initiating breastfeeding, assessing position and latch-on, perceived barriers.

**Session 3:** Lecture cum discussion - maternal nutrition, evaluating the adequacy of breastfeeding, and maternal medication use while breastfeeding.

**Session 4:** Role play, Demonstration- management of common lactation problems, maintenance of lactation.

**Session 5:** Panel discussion: focusing on lactation problems, sources of support, and identified needs.

### Findings

The data were analyzed based on the objectives and the

hypotheses by using the SPSS version 16.0.

### Section I. Sample characteristics of staff nurses

**Table 1: Frequency and percentage of staff nurses**

Sample characteristics	F	%
Age in years		
20-29	25	62.5
30-39	11	27.5
40-49	4	10
Educational qualification		
GNM	33	82.5
BSC	2	5
ANM	5	12.5
Underwent training on lactation		
Yes	2	5
No	38	95
Work experience		
1 to 2 years	25	62.5
3 to 4 years	11	27.5
5 to 6 years	4	10

Data presented in table 1 shows that majority of staff nurses (62.5%) belongs to 20-29 age group, 37.5% had more than 3 years of clinical experience and 95% had not undergone any training programme on lactation management.

### Section II. Distribution of Sample Based on pre-test and post-test knowledge score

**Table 2 Frequency and percentage of Pretest and post test knowledge scores of staff nurses.**

Levels	Pre-test knowledge		Post-test knowledge	
	Score		Score	
	F	%	F	%
(0-7) Poor knowledge	28	70	3	7.5
(8-14) Average knowledge	12	30	27	67.5
(15-20) Good knowledge	0	0	10	25

Table 2 shows that in the pretest majority (70%) had poor knowledge whereas in the posttest 67.5% had average knowledge and 25% had good knowledge.

### Section III. Range, Median and standard deviation of pre and posttest knowledge scores of staff nurses

**Table 3: Range, Median and standard deviation of pre and post test knowledge scores of staff nurses**

Knowledge Score	Range	Mean	Median	SD
Pretest score	7	7.52	7	1.739
Posttest Score	10	11.45	11	2.459

Data presented in Table 3 shows that the mean pretest knowledge score was 7.52 with SD  $\pm 1.739$  and the mean post-test knowledge score was 11.45 with SD  $\pm 2.459$ . Hence it is apparent that there is considerable gain in knowledge of staff nurses on lactation management.

### Section IV. Effectiveness of training programme in terms of gain in knowledge score

**Table 4: Comparison of pre-test and post-test knowledge regarding lactation management**

Knowledge	Mean	SD	Paired 't' value
Pre-test	7.52	1.739	-8.277
Post-test	11.45	2.459	

As the data follow the normal distribution as proved by Shapiro-Wilk test, paired 't' test was used for analysis. The Paired 't' test value was -8.277 and the p value is  $< 0.001$  which was significant at 0.05 level of significance. This shows a significant increase in the post test knowledge score. Hence, H1 was accepted.

## Discussion

### Effectiveness of training programme in terms of mean difference in pretest and posttest knowledge score.

Studies have suggested that small, interactive workshops can increase the knowledge of general practitioners about breastfeeding. McIntyre E, (1996)<sup>1</sup>, Valdes V, (1995)<sup>2</sup> This supports the current study finding which shows significant increase in the post test knowledge score. Training for at least three days with a course including practical sessions and counseling skills is effective in

changing hospital practices, knowledge of health workers, and breastfeeding rates. **Cattaneo A(2001)**<sup>6</sup> This supports the present study finding. An interactive, problem-based workshop to teach residents the basics of breastfeeding problem solving can be implemented in residency to improve clinical diagnostic skills and residents' comfort with breastfeeding. This supports the current study finding. The present study found that the lactation training programme has increased the staff nurses knowledge. The promotion of breast-feeding involves motivation, training, and coordination of the efforts of many people. Since its success depends more on education and support offered to mothers than on curative care, it is an ideal area for the intervention of nursing personnel, whose initiative in this regard can have a lasting impact on promotion programs. This supports the present study finding which confirms that training programme on lactation management results in improved knowledge of staff nurses. Our study suggests that by providing breastfeeding related education to nurses, hospitals are helping to ensure that they are prepared to give patients the support they need to breastfeed.

### Conclusion

The value of breastfeeding has been clearly documented. It is essential that staff nurses have adequate knowledge to counsel breast feeding mothers. Educational experiences can enhance the staff nurses knowledge. In this study we confirmed that training programme on lactation management results in improved knowledge of staff nurses.

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