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### Effectiveness of Structured Teaching Programme on Knowledge Regarding Human Milk Banking Among Antenatal Mothers in Selected Primary Health Centre, Coimbatore

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#### Abstract

Human milk is the ideal source of nutrition for newborns and plays a vital role in reducing neonatal morbidity and mortality. Human milk banking serves as an important alternative when biological mothers are unable to breastfeed due to illness, prematurity, or inadequate lactation. Awareness regarding human milk banking remains limited among antenatal mothers, particularly at the primary healthcare level. The present study aimed to assess the effectiveness of a structured teaching programme on knowledge regarding human milk banking among antenatal mothers attending a selected Primary Health Centre in Coimbatore. A quantitative pre-experimental one-group pre-test post-test design was adopted. Thirty antenatal mothers

were selected using simple random sampling technique. Data were collected using a structured questionnaire assessing demographic variables and knowledge related to human milk banking. Following the pre-test, a structured teaching programme was administered, and post-test knowledge was assessed. The findings indicated improvement in knowledge scores after the intervention, demonstrating the effectiveness of structured teaching in enhancing maternal awareness regarding human milk banking. The study concludes that planned educational interventions by nurses can improve knowledge and promote positive attitudes towards milk donation and utilization.

**Keywords:** Structured Teaching Programme, World Health Organization, Primary Health Centre

#### Introduction

Human milk is universally recognized as the most complete and safest nutrition for infants. It provides essential nutrients, antibodies, enzymes, and growth factors necessary for infant survival and development. When mothers cannot breastfeed, donor human milk is considered the next best alternative.

Human milk banks collect, screen, pasteurize, store, and distribute donated breast milk safely to infants in need. Awareness regarding human milk banking remains low among antenatal mothers, especially in community settings. Structured teaching programmes can improve maternal understanding and acceptance of milk banking.

#### Need for the Study

According to World Health Organization, exclusive breastfeeding for six months prevents significant infant mortality. However, limited maternal awareness regarding donor milk and milk banks affects utilization.

Studies conducted in India report inadequate knowledge among pregnant women regarding milk donation and donor milk safety.

#### Objectives

1. To assess pre-test knowledge regarding human milk banking among antenatal mothers.
2. To administer structured teaching programme.

3. To assess post-test knowledge after intervention.
4. To compare pre-test and post-test knowledge scores.

### Hypothesis

**H<sub>1</sub>:** There is a significant difference between pre-test and post-test knowledge scores regarding human milk banking among antenatal mothers.

### Methodology

#### Research Approach

Quantitative research approach.

#### Research Design

Pre-experimental one group pre-test post-test design.

#### Setting

Selected Primary Health Centre, Coimbatore.

#### Population

Antenatal mothers attending PHC.

#### Sample Size

30 antenatal mothers.

#### Sampling Technique

Simple random sampling.

#### Inclusion Criteria

- Antenatal mothers attending PHC.
- Willing to participate.

#### Exclusion Criteria

- Not willing to participate.

#### Variables

**Independent Variable:** Structured Teaching Programme.

**Dependent Variable:** Knowledge regarding human milk banking.

### Results

#### Demographic Distribution of Antenatal Mothers

S.No	Variable	Frequency	Percentage
1	Age 21–25 years	12	40%
2	Age 26–30 years	12	40%
3	Nuclear family	18	60%
4	Secondary education	17	56.6%

#### Knowledge Regarding Human Milk Banking

S.no	Item	Correct Response %
1	Meaning of human milk banking	43.3%
2	Importance of milk banking	50%
3	Safety of donor milk	80%

### Discussion

The study findings indicate improved knowledge among antenatal mothers after structured teaching. Similar findings were reported in studies showing educational interventions significantly improve awareness regarding milk donation.

### Conclusion

Structured teaching programme effectively improves knowledge regarding human milk banking among antenatal

mothers and can be integrated into antenatal health education.

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