Among the total 150 mothers, 74.7% mothers were falling in the age group between 18 to 20 years. 62% were the mothers of male babies. 52.7% were multi grvida followed by primi mothers (38.7%). 75.3% mothers delivered normally.

Among the total mothers, 52% mothers had high school education followed by 24% mothers who had lower primary education. 5.3% mothers had a pre university degree and 2 mothers had their bachelor degrees. Among the total 150 babies, 10% were in NICU. Only 6.7% mothers had heard about human milk banks. Only 17.3% mothers and 3 mothers among the 15 NICU babies think that a human milk bank is required.

Majority of the mothers including NICU babies’ mothers were neither willing to donate their milk nor willing to accept breast milk as their cultural and religious practices do not encourage the same. Only 6.7% mothers had heard about human milk banks. Only 17.3% mothers and 3 mothers among the 15 NICU babies think that a human milk bank is required.

Majority of mothers are unaware about the concept of human milk banking and are reluctant to neither donate nor accept donor breast milk. The major reason for this is the lack of knowledge about the importance of human milk and they think that the best top feed next to direct breast milk is the formula milk.

Conclusion

Majority of mothers are unaware about the concept of human milk sharing and donating. The results were entered in a master chart. The data was analysed using the Chi-square test on SPSS version 21. T-test was used for analysis of two quantitative variables. Z-test was used to compare frequency of qualitative variables among the two groups. Comparison and correlations were considered significant when P values comes < 0.05.

Results

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According to Bharadva et al, human milk banks should be situated proximal to NICU as the high risk babies can easily make use of the same with equipment such as pasteurizer to carry out the heat treatment of donor milk and deep freezers to store the donor milk donor milk has to prioritized for preterm babies, sick babies, babies whose mothers have post-partum illnesses, and babies whose mothers have lactation failure [9]. According to our study majority of mothers were unaware how to express and store breast milk and hence recommending the need of lactation experts to teach them the same.

According to the questionnaire based cross sectional study conducted by Chinnasami et al over 2 months on 200 lactating mothers, 47.5% had no knowledge whether early breastfeeding was good. Exclusive breastfeeding was given for six months by 72% of mothers. Cow’s milk was the most commonly used top milk (23.5%). Doctors were the preferred counselor (87.5%) regarding breast feeding [10].

According to Jahan et al, when compared between developed and developing countries, it was observed that the concept of donor milk bank, it’s popularity, awareness and acceptance were less among the mothers in developing countries. They concluded that before considering to establish human milk banks in developing countries, a standardized education is needed for health care providers to educate and encourage mothers to accept and donate human milk [11]. In our study, we observed that only 6.7% mothers know about the concept of human milk banking and hence recommend the service of health care providers in terms of counseling in this regard.

It is an argument that accessibility to donor milk is an ethical issue. In the United States, the availability of donor milk is only by physician’s order. They concluded that donor breast milk should be a standard of care for sick and premature infants [12].

Discussion
In our study, we tried to extract the preliminary knowledge of lactating mothers regarding donor human milk banking and to know the reason of their reluctance in terms of milk donation and acceptance. We also recommended the need of antenatal counseling sessions to all pregnant women regarding the importance of human milk banking. According to Tiwari et al, counseling and motivation sessions may be conducted by health care workers, lactation experts, trained nursing staffs and social workers. Potential donor also has to be counseled and should communicate with a video on the process of breast milk collection which is the most effective method of counseling. It can provide alleviation of anxiety and doubts among the mothers of both donor babies and recipient babies. Breast milk is being compared as a “liquid gold” and should be made easily available in the commercial market [8].

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Conclusion
In our study we concluded that the majority of mothers were unaware about the concept of human milk banking and were reluctant to neither donate nor accept breast milk. The major reason for this is the lack of knowledge about the importance of human milk. The government, health experts including pediatricians, lactation experts and NICU nursing staffs along with social workers should join hand to propagate the concept of human milk banking during the antenatal period itself for the sake of future of thousands of high risk neonates born in our society.

DECLARATIONS
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