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“Knowledge of nurses regarding baby friendly hospital initiative (BFHI) policy in a selected hospital, Bangalore”

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Abstract:

World Health Organization to support and promote breast feeding. BFHI has laid down Ten Steps of Successful Breastfeeding. The goal of BFHI policy is to promote, protect and support breastfeeding. Nurses play an important role in encouraging and supporting breastfeeding, as they have multiple interactions with the mother during pre-natal and post-natal appointments where they can advocate for breastfeeding through teaching. Thus the nurses should have enough knowledge regarding ten steps of BFHI policy.

Method:

A descriptive research study was adopted for the study. The study variables are knowledge of the nurses. The study was conducted in paediatric and maternity areas at Ramaiah hospitals, Bangalore. 200 nurses were selected by using non-probability convenient sampling technique. Data was collected by using structured knowledge questionnaire which were taken from the “WHO and UNICEF competency toolkit on ensuring competency of direct care providers to implement the Baby Friendly Hospital Initiative policy” to assess the knowledge of nurses regarding BFHI policy which is validated by 6 experts from different institutions.

Results:

The study result revealed that majority of nurses 131 (65.5%) had moderate knowledge, 54 (27%) had adequate knowledge and 15 (7.5%) had inadequate knowledge. There was significant association between level of knowledge and socio-demographic variables (attend any education or training programme on BFHI policy, awareness of BFHI

policy, source of information) $p < 0.05$ level of significance. Conclusion: The study concluded that most of the nurses had moderate knowledge regarding BFHI policy. Exclusive breastfeeding is the gold standard in infant nutrition and can reduce the infant mortality and morbidity rate. Thus, Nurses need to be trained about implementation of BFHI policy, so that nurses can play an important role in preparing, educating, encouraging and supporting mothers to breastfeed and provide infants with optimum nutrition for their early growth and development.

Keywords:

Nurses, knowledge, Baby Friendly Hospital Initiative (BFHI) policy.