

Deanship of Graduate Studies
Al- Quds University



**Knowledge and Attitudes of Nurses toward Drug
Affecting Breastfeeding on Governmental Primary
Health Care Clinics**

Faten Ziad Madi

M. Sc. Thesis

Jerusalem – Palestine

1440/2018

**Knowledge and Attitudes of Nurses toward Drug
Affecting Breastfeeding on Governmental Primary
Health Care Clinics**

Prepared by:

Faten Ziad Madi

Bachelor in Science of Nursing – Palestine College of
Nursing - Palestine

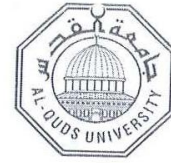
Supervisor: Dr. Ahmed A. Najim

PhD, Assistant prof. AL-Azhar University - Gaza

A Thesis Submitted in Partial Fulfillment of Requirements for the Degree of
Master of Maternal Child Health Nursing (MCH) / Al-Quds University

1440/2018

Al-Quds University
Deanship of Graduate Studies
MCH Program / Nursing department



Thesis Approval

Knowledge and Attitudes of Nurses toward Drug Affecting Breastfeeding on Governmental Primary Health Care Clinics

Prepared by: Faten Ziad Hamdan Madi
Registration No.:21610978


Supervisor: Dr. Ahmed A. Najim

Master thesis submitted and accepted. Date 23/12/2018
The names of signatures of the examining committee members are as follows:

1. Head of committee: Dr. Ahmed Najim
2. Internal examiner: Dr. Hamza Abdeljawad
3. External examiner: Dr. Areefa Al-Kaseeh

Signature.....

Signature.....

Signature.....

Jerusalem – Palestine

1440/ 2018

Dedication

I dedicate this work to Palestine

my homeland

my parents,

my husband,

and my brothers,

who has shown love and support from the beginning to end and encourages me to accomplish my work.

Declaration

I Certify that this thesis submitted for the degree of Master, is the result of my own research, except where otherwise acknowledged, and this study (or any part of the same) has not been submitted for a higher degree to any other university or institution.

Signed:

Faten Madi

...../...../.....

Acknowledgment

First, Allah helps me to complete this study and grant me the ability to study, to write, to read, to see and to think. I really, I extremely grateful for my God.

I'm very glad to express my special thanks to supervisor. Dr. Ahmed Najim, for his valuable suggestions, comments and constructive criticisms from the very beginning to the end of this study.

My special thanks also go to the command of Al-Quds University-Deanship of Graduate Studies, for great cooperation and support.

I don't forget the cooperation and contribution of all nurses and staff members in primary health care center THANK YOU SO MUCH'.

I offer my heartfelt gratitude, deepest love to my family and husband not only for their moral, financial and material support but they are everything to me.

Abstract

Many breastfeeding women require to take the drug, especially those available over-the-counter, and the safe use of these is dependent on the advice provided by nurses. This study aimed to assess the knowledge and attitudes of nurses toward drug affecting breastfeeding on governmental primary health care clinics (PHCCs) in Gaza strip. Observational analytical cross-sectional study design was used to assess the knowledge and attitudes of nurses toward drug affecting breastfeeding on governmental PHCCs in the Gaza strip. A non-probability purposive census sample was applied and consisted of 150 nurses who currently work at governmental PHCCs in the Gaza Strip. A structured interviewing questionnaire as a tool was used to collect the data from the target female nurses who working on governmental PHCCs in all 24 clinics which directed by the ministry of health (MoH) in the Gaza Strip with a response rate of 96%. Data collection took place from April to June 2018. Data was analyzed using SPSS version 24 both descriptive and inferential statistical analysis were utilized including frequencies, means, percentage, T- test, and One-way ANOVA. The study results showed that half (50.0%) of the nurses who participated in the study aged between 31–40 years, less than half of them (40.0%) have bachelor degree, more than half of them (56.0%) have an experience between 11 – 20 years. Also, results showed that more than one-third (37.7%) of nurses were knowledgeable about drugs that affect breast feeding and that three-quarters (75.3%) of nurses have positive attitudes toward drugs affecting breast feeding. In conclusion, the study concluded that the nurses retain lack information and inadequate knowledge toward drug affecting breastfeeding. The study raised the need to provide protocols and give many courses in their work about drug affecting breastfeeding in these clinics in order to support those nurses.

Table of Contents

Dedication -----	I
Declaration -----	II
Acknowledgment-----	III
Abstract-----	IV
Table of Contents-----	V
List of Tables-----	VIII
List of Figures-----	X
List of Annexes-----	XI
List of Abbreviations-----	XII
Chapter (1) Introduction	
1.1 Introduction	1
1.2 Research problem	2
1.3 Justification of the study	2
1.4.1 General objective	3
1.4.2 Specific objectives	3
1.5 Research questions	3
1.6 Operational definition of variables	4
1.7 Theoretical definition of variables	4
1.8 Context of the study	6
Chapter (2) Conceptual Framework and Literature Review	
2.1 Conceptual framework	9
2.2 Literature review	10
2.2.1 Background	10
2.2.2 Breastfeeding	10
2.2.3 Benefits of breastfeeding for mother and babies	12
2.2.4 Drug	14
2.2.5 Knowledge	16
2.2.6 Attitude	19
2.2.7 Research on drug affecting breastfeeding	20

Chapter (3)	Materials and Methods	
3.1	Introduction	24
3.2	Study design	24
3.3	Study population	24
3.4	Sample size and sampling method	24
3.5	Study Setting	25
3.6	Study variables	26
3.7	Eligibility	26
3.7.1	Inclusion criteria	26
3.7.2	Exclusion criteria	26
3.8	Period of the study	26
3.9	Ethical Consideration and procedures	26
3.10	Instrument of the study	27
3.10.1	Questionnaire design	27
3.11	Response rate	27
3.12	Data collection	28
3.13	Pilot Study	28
3.14	Data entry and statistical analysis	28
3.15	Scientific rigor	29
3.16	Internal consistency	29
3.17	Reliability of the instrument	30
3.18	Limitations of the study	31
Chapter (4)	Results and Discussion	
4.1	Introduction	32
4.2	Discussion	40
Chapter (5)	Conclusion and Recommendations	
5.1	Conclusion	44
5.2	Recommendations	44
	References	46
	Annexes	57
	Arabic Abstract	70

List of tables

No.	Table	Page
3.1	Sample size of the study populations and their distribution in PHCCs.	25
3.2	Correlation coefficient of each paragraph of “knowledge”.	29
3.3	Correlation coefficient of each paragraph of “Attitudes”.	30
3.4	Cronbach's Alpha for reliability.	31
4.1	Distribution of study participants according to socio demographic characteristics.	32
4.2	Knowledge of study participants about drugs affecting breast feeding. (A)	33
4.3	Knowledge of study participants about drugs affecting breast feeding. (B)	34
4.4	Attitudes of study participants toward drugs affecting breast feeding. (A)	35
4.5	Attitudes of study participants toward drugs affecting breast feeding. (B)	36
4.6	Differences in knowledge about drugs affecting breast feeding and selected variables.	37
4.7	Differences in attitudes about drugs affecting breast feeding and selected variables (A).	38
4.8	Differences in attitudes about drugs affecting breast feeding and selected variables (B).	39
4.9	Correlation between knowledge and attitudes	39
4.10	Effect knowledge on attitudes	40
4.11	Simple linear regression model and equation to test effect of knowledge on attitude among participants	40

List of figures

No.	Figure	Page
2.1	Diagram of conceptual framework	9
4.1	Distribution of the study participants according to residency	32

List of annexes

No.	Annex	Page
1	Map of historical Palestine	57
2	English questionnaire	58
3	Arabic questionnaire	62
4	Sample size calculation	66
5	Approval from Al-Quds university	67
6	Approval from Helsinki Committee	68
7	Approval from MoH	69
8	Arabic abstract	70

List of abbreviations

AAP	American Academy of Pediatric
ANOVA	Analysis of Variance
GS	Gaza strip
MoH	Ministry of Health
PHC	Primary Health Care
PHCCs	Primary Health Care Clinics
SPSS	Statistical Packages for Social Science
SIDS	Sudden infant death syndrome
UNRWA	United Nations Relief and Works Agency
USA	United states of American
WHO	World Health Organization

Chapter 1

Introduction

1.1 Background

World Health Organization (WHO) recommends breastfeeding as a main source of food for babies for the first six months, and encourages mothers to consider breastfeeding as the only feeding source. Between six months and two years old, it is recommended that mothers could use other supplemental sources (such as water, other liquids, or solid baby food) to feed their babies along with breastfeeding (WHO, 2013).

The Centers for Disease Control and Prevention (2012) states that one of the most effective preventative measures a mother can take to safeguard the health of her infant is to breastfeed. There is a wide range of variation in the practice of exclusive breastfeeding of developing countries for example Brazil 58% (Wenzel, et al., 2010). According to the World Bank (2014), collection of development indicators, compiled from officially recognized sources in Egypt was reported at 39.7%, Jordan at 22.7%, Sudan at 55.4% and West Bank and Gaza was reported at 38.6 % of infants who were exclusively breastfed for the first six months. On other hand, the use of medications by the nursing mother is a common reason for breastfeeding cessation. Health professionals may inappropriately advise to discontinue breastfeeding or to avoid taking essential drugs, due to an unnecessarily cautious approach (Sachs, 2013). Only a few drugs have been demonstrated to be absolutely contraindicated during breastfeeding (Berlin&van den Anker, 2013).

Therefore, the proposed study will take place as an initial step in Gaza strip to get the role of nurses in promoting, supporting and advice to use medication during breastfeeding and to find that appropriate nurse's intervention can result in a greater number of women oriented to avoid medication during breastfeed and to assess knowledge and attitude of nurses toward drug affecting breastfeeding in government at primary health care clinics in Gaza Strip.

1.2 Research Problem

Breast milk has benefits; mothers have to be cautious as the things they consume can be passed to the baby through their breast milk. It is recommended that women completely avoid the use of any types of drugs while breastfeeding for the health of their babies. It is important that nursing mothers know the facts about drugs and breastfeeding. Therefore, the researcher is interested in promoting the awareness of knowledge and attitudes of nurses toward drug affecting breastfeeding in primary health care clinics in the Gaza Strip.

1.3 Justification

Despite all efforts and preventive programmers of the United Nations Relief and Works Agency (UNRWA) and Ministry of Health (MoH) to encourage breastfeeding, there is a still major lack in programs that demonstrate the nurses' knowledge and attitudes towards drug affecting breastfeeding.

Primary health care clinics are the first line of dealing with patients where about 75% to 85% of the population seeks primary health care yearly. It provides both the initial and the majority of health care services of a person or population (Leiyu Shi, 2012).

The studies on this issue are limited because there are no previous published studies on the knowledge and attitude of nurses toward drug affecting breastfeeding in government at primary health clinics. So, the aim of this study is to assess the knowledge and attitudes of nurses toward drug affecting breastfeeding in government at primary health care clinics in