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ORIGINAL ARTICLE

PROFILE OF WOMEN REGISTERED IN THE HUMAN MILK BANK OF A MATERNITY

PERFIL DAS MULHERES CADASTRADAS NO BANCO DE LEITE HUMANO DE UMA MATERNIDADE

PERFIL DE LAS MUJERES REGISTRADAS EN EL BANCO DE LECHE HUMANO DE UNA MATERNIDAD

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ABSTRACT

Objective: describing the sociodemographic profile of women enrolled in the Milk Bank. ***Method:*** a field research, document type, carried out with 50 entries in 2012 to the Human Milk Bank of the Central Hospital Coronel Pedro Germano in Natal-RN. The survey was conducted from the form of the Hospital and fulfilled specific instrument for this research, which had data presented in figures and tables. The project was approved by the Research Ethics Committee, Protocol n^0 419.104. ***Results:*** most women is in the age group of 20-29 years old, married, brown color and with completed the third grade. ***Conclusion:*** it was found the existence of a small number of donors in the period, requiring the need to increase the number of donations, and consequently benefits to donors and receivers. ***Descriptors:*** Breastfeeding; Milk Bank; Human Milk.

RESUMO

***Objetivo*:** descrever o perfil sociodemográfico das mulheres cadastradas num Banco de Leite. ***Método*:** pesquisa de campo, do tipo documental, realizada com 50 cadastros no ano de 2012, no Banco de Leite Humano do Hospital Central Coronel Pedro Germano de Natal-RN. A pesquisa foi feita a partir de formulário do Hospital e preenchido instrumento específico para esta pesquisa, que tiveram dados apresentados em figuras e tabelas. O projeto foi aprovado pelo Comitê de Ética em Pesquisa, Protocolo n^0 419.104. ***Resultados*:** a maioria das mulheres se encontra na faixa etária de 20 a 29 anos, casadas, de cor parda e completaram o terceiro grau. ***Conclusão*:** foi constatada a existência de um número reduzido de doadoras no período, requerendo a necessidade de aumentar o número de doações, e consequentemente benefícios para doadores e receptores. ***Descritores*:** Aleitamento Materno; Banco de Leite; Leite Humano.

RESUMEN

Objetivo: describir el perfil sociodemográfico de las mujeres inscritas en un Banco de Leche. ***Método:*** una investigación de campo, tipo de documento, realizada con 50 entradas en 2012, en el Banco de Leche Humana del Hospital Central Coronel Pedro Germano en Natal-RN. La encuesta se realizó por medio de registros del Hospital y llenado instrumento específico para esta investigación, que tenía los datos presentados en las figuras y tablas. El proyecto fue aprobado por el Comité de Ética en la Investigación, el Protocolo 419.104. ***Resultados:*** la mayoría de las mujeres se encuentra en el grupo de edad de 20-29 años de edad, casadas, de color marrón y completado el tercer grado. ***Conclusión:*** se encontró que contenía un pequeño número de donantes en el período que requieren la necesidad de aumentar el número de donaciones, y por lo tanto los beneficios para donantes y receptores. ***Descriptores:*** La Lactancia Materna; Banco de Leche; La Leche Humana.

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INTRODUCTION

The Human Milk (LH) is of great value to the newborn and infants because it contains proper proportions of nutrients needed for the beginning of life as well as being more digestive, since the intestinal tract is immature. High quality is also a big factor of LH and can provide better nutrition for the child, contributing to the growth and development and is also responsible for reducing child mortality. Since 60% of deaths from respiratory infection and 80% of cases of diarrhea are the two leading causes of death after the early neonatal period and can be prevented by breastfeeding.[1]

The Human Milk Banks (BLH) are deployed and work in maternity wards because there is a concern with LH supply in Intensive Care Units (ICU), and because there are situations where the newborn cannot get milk from his own mother. So it is extremely important to BLH receive the LH donation.[2]

LH is recognized as a reliable source of power for the development from the beginning of human life, and reflected its benefits in adulthood. HMB's role is to apply actions to encourage exclusive breastfeeding (EBF), collect LH, select, sort, process, control the quality and distribute the human milk for consumption, the donation being a gesture of love, where marketing is prohibited.[3]

For mothers who have difficulty of breastfeeding, that coming from donating milk is collected and processed in HMB to ensure a safe alternative in child development.[4] After receiving human milk raw (LHOC), the HMB, is the first step processing, registration and selection of milk, then to storage at -20°C for up to six months, defrost, new selection (by the presence of dirt, color, off-flavor and acidity Dornic), re-bottling, pasteurization, cooling, microbiological analysis and final freezing. The milk is assessed at each step, continuing the process only those adopted in the previous step.[5]

Breastfeeding is an important means to foster and immunize the newborn, being seen as an activity that requires the multiprofessional involvement.[6] For nursing professionals to help promote and support the promotion of breast feeding is necessary that they are skilled, trained and sensitized. Only then mothers received information and accessible and practical guidelines.[7]

The promotion of exclusive breastfeeding, the most correct and most potential intervention reduce child mortality.[1] HMB manipulate human milk, which are selected as recipients infants included in the categories: premature and low weight does not suck newborns, infected newborns, especially with enterinfection, people with immune deficiencies, protracted diarrhea, allergy to heterologous proteins and special cases, where the mother cannot breastfeed. Obligatorily, the milk must be suitable for safety parameters and nutritional value, to ensure growth and healthy and full development of the child.[4]

It is extremely important the participation of donor LH because the HBM are public institutions that are not aimed at profits; however, they are sites that encourage and promote breastfeeding. As a result, HMB can work only with the help of donors and meet its objectives are to collect and distribute the LH in order to meet the needs of its recipients. [1]

Breastfeeding is a nutrition policy and health promotion, the breastfeeding stimulus provides great benefits to both mother and baby. The breastfeeding policy in Brazil came up the Brazilian Network of milk banks, the Oswaldo Cruz Foundation (Fiocruz). The work undertaken by it aims to distribute breast milk to babies admitted to NICUs. The largest and most developed is the Brazilian network, with 206 human milk banks around the world, as well as international cooperation that exported technology to Latin America, and the Iberian Peninsula and Africa.[8]

To be a donor LH the woman must be healthy, it is breastfeeding and present higher milk production to the needs of their children, and are available to donate the surplus of production, of their own free will. According to Ministerial Decree n. 322/88, are considered unfit for donation to women, the physician's discretion, are carriers of infectious diseases; using drugs and or excretables drugs through milk, causing side effects in infants; do chemotherapy or radiotherapy and are underfed.[9]

Feed the child with breast milk makes her own iron in high bioavailability, protection against infection and anemia. The anemic child may generate large losses in cognitive and motor development and future academic success. Interference also occurs in the growth and development, impaired mental development, motor and language. [6]

Its main nutrition, breast milk supplies all the food needs of an infant during the 4-6 first months of life. From 6 to 12 months old, ¾ of the proteins it needs the child be provided by mother's milk, from six months breast milk remains as a protein supplement to infant

diet. Breastfeeding as indicated protects the Newborn (NB) against bacterial infections, polio, allergies, obesity and certain metabolic disorders.[10]

There are several strategies for newborn feeding, and one of them is to encourage breastfeeding and collaborate with the donation for newborns in need of hospitalization, a good example is the Brazilian Network of Human Milk Banks (REDEBLH). [11]

The first BLH in Brazil was implemented in 1943 in the city of Rio de Janeiro, at the National Institute of Child Care - Fernandes Figueira Institute, with the objective to support, promote and protect breastfeeding.[12]

The AME is an extremely rich and important food for the mother, the child and society, indicated up to six months. With this baby needs no other food such as water, tea, juice or other milk. In addition to functioning as a vaccine, immunizing children of various diseases, breastfeeding creates a greater bond between mother and son and develops speech and even a good breath. After 6 months, breastfeeding happens to be unique and should be enhanced with complementary foods up to 2 years or more.[13]

The advantages of breastfeeding not only benefit the child as a baby, it extends to their future health. The children who are breastfed for some time have reduced infection rates by parasites. Even in adulthood have a lower risk to cardiovascular disease, less likely the emergence of diabetes in susceptible individuals, half threatening neurological dysfunction and lower rate of developing cancer before the age of 15 by immunomodulatory action provided by milk. [6]

The World Health Organization (WHO) predicts that it supplied the nutritional needs of the infant with 850 ml (600 kcal) per day for the first six months of breastfeeding. [10]

The donation of human milk is linked to the act of breast-feeding women, since this donation will be made only when the donor passes through the experience of motherhood either by adoption or her baby breastfeeding. [14]

To the mother breastfeeding contributes to more fast weight reduction and decreases the risk of onset of breast and ovarian cancer, therefore the LH becomes advantageous donation.[8]

The benefits of breastfeeding for the mother should be informed by health professionals as a way of encouraging breastfeeding, reducing early weaning. The AME helps the uterus regain its normal size, decreases the risk of bleeding and postpartum anemia, reduces the risk of diabetes, may be a natural method to prevent a pregnancy in the first six months since the mother is exclusively breastfeeding.[13]

The theme was chosen in order to find the profile of women's donor human milk, thus establishing a way to show society the importance of LH donation, so that other women will be a donor as far as possible. We know the importance of exclusive breastfeeding up to the first six months of a child's life, since it can say it is the first vaccine of the newborn, to receive the mother's antibodies to protect against infection, leading causes of newborn mortality.

The present study aims to describe the sociodemographic profile of women enrolled in a milk bank.

METHOD

It is a documental research.[15,16] Data were collected through a survey in the medical records of 50 women human milk donors registered with the Human Milk Bank of the Central Hospital Coronel Pedro Germano, from existing form in said Hospital, in the year 2012 and completed a specific instrument and prepared for this research.

Data were tabulated and analyzed using Excel, where a database has been created through a spreadsheet. [16]

Regarding the Research Ethics Committee, the project was submitted for consideration and had a favorable opinion of the Ethics Committee and research from the University Potiguar (UNP) under the number 419.104, in view of Resolution No. 466/2012 of the National Health Council, involving human things.

RESULTS AND DISCUSSION

The profile of women registered who attend the BLAH of the Central Hospital Coronel Pedro Germano, evidenced by this study, it was women who are mostly in the age group 20-29 years old, married, completed the third grade and are of mixed ethnicity, all registered in the period from January to December 2012.

Most of the donors live in the capital of Rio Grande do Norte, Brazil, performed prenatal during pregnancy had cesarean birth, gestational age birth of 37-41 weeks and 6 days old, have 1 or 2 children, they did not breastfeed their children earlier because they were first-time mothers, did not use legal and illegal drugs, all of the 50 donors involved in

the research, suitable for the human breast milk donation. Such data may not be discussed and used in subsequent analyzes.

Table 1 characterizes the age of the women at the Central Hospital of HMB Coronel Pedro Germano to register and start giving. It was observed that among the 50 donor women where the age ranged from 15 to 41 years old, mostly in the age group of 20-29 years old. The women's ages ranged from 18 to 40, the majority of adult women who were aged between 21 and 34, in a sample of 54 women.[1] The age range of most LH donor from Londrina University Hospital HMB lies between 24 to 28 years old.[17]

Table 1. Classification of registered women by age. Natal/RN. January-December (2012).

Age (years)	n
15 – 19	02
20 – 29	26
30 – 41	19
Did not answer	03
Total	50

In Figure 1 it is representing the civil state that women are at the beginning of the donation, noting that most are married and none is divorced, a fact that greatly benefits in the growth and development of the newborn, to have affection and care of parents. The Amazon HMB the donor reported as marital status, having a stable, therefore a positive factor in the emotional state of the mother, contributing to good milk production, the research was done with the assessment of 50 donors.[18] Mothers involved in the research of the HMB of Mother and Child University Hospital, is marital status, consensual union.[19]

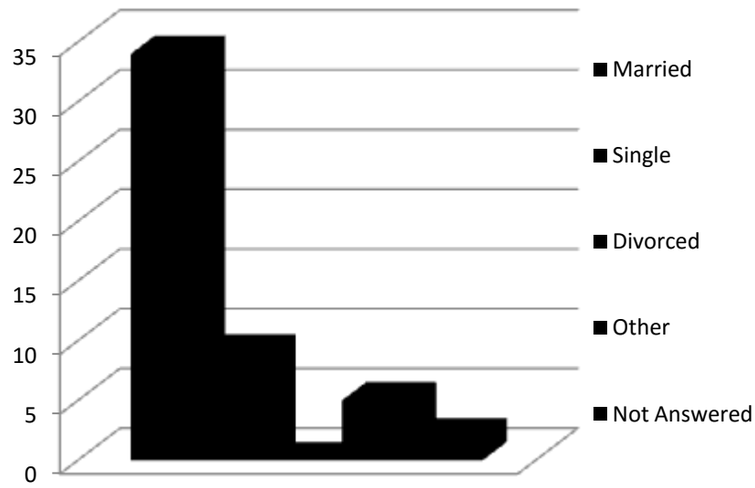

Figure 1. Women enrolled in the Human Milk Bank of the Central Hospital Coronel Pedro Germano, classified by marital status. Natal/RN, January to December (2012).

It is seen in Figure 2 that women mostly are informed and know about the importance of being a donor at the nursing stage, this fact is proven to result most women with complete college level and no illiterate. Most of the women interviewed had finished high school, in a sample of 145 women.[2] Of the donor women 66% have finished high school, probably a facilitator to obtain knowledge about the importance of breastfeeding and donate the surplus, the survey was conducted on a sample of 50 donor interviews.[18]

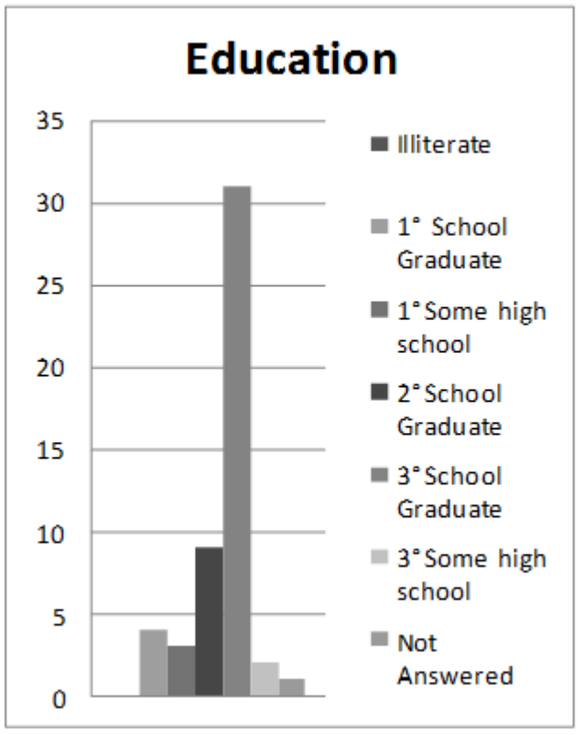

Figure 2. Women enrolled in the Human Milk Bank of the Central Hospital Coronel Pedro Germano, classified by educational level. Natal/RN, January to December (2012).

Table 2 is characterized by the color of the donors, which shows that most are of mixed race and no other etiology, as identified in the table. The 54 donor Hospital Nossa Senhora da Conceição, were for the white majority, totaling a percentage of 88,9%.[1]

Table 2: Women registered in the Human Milk Bank of the Central Hospital Coronel Pedro Germano, classified by color. Natal/RN, January to December (2012).

Color	Classification
White	22
Black	01
Brown	23
Other	00
Did not answer	03
Total	**50**

CONCLUSION

Data analysis showed that the profile of women enrolled in the maternity hospital under study; they are of mixed race, aged 20-29 years old, married and with complete college level. It was seen that there is a reduced index donor when it is a considerably long period for the number of admissions. There is a need for a disclosure to multiprofessional level, in order to increase the amount of LH donors, which will provide mutual benefits, both for the donor and for the breast milk receivers.

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