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Enhancing Postpartum Mothers' Knowledge about Colostrum: Education for Infant Health

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Abd Rahman[1*], Nurul Tarizah[1], I Takko Podding[1]
[1,2,3] Nursing Diploma III Parepare, Health Polytechnic Ministry of Health Makassar, South Sulawesi, Indonesia.
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Abstract: The proper administration of colostrum to newborns is crucial for supporting their immune system and preventing various infectious diseases. However, many postpartum mothers still lack understanding of the importance of colostrum, which affects the practice of colostrum feeding. This study aims to describe the improvement in postpartum mothers' knowledge about the importance of colostrum through educational intervention at a hospital. This descriptive research uses a One Group Pre Test-Post Test approach. The study participants consisted of 31 postpartum mothers admitted. Data collection was done using a questionnaire given before and after providing education through leaflets about colostrum. The results showed a significant increase in knowledge after the education, with all respondents (100%) demonstrating good knowledge about colostrum after the intervention. This improved knowledge is expected to encourage postpartum mothers to provide colostrum to their babies, thereby improving their health and immunity.

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Corresponding Author:
Author Name*:
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Introduction

State the goals of the work and present sufficient background information, while refraining from providing an in-depth literature review or a recap of the findings.

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Method

The research design and methodology must be explicitly outlined, detailing the approach and procedures that will be used to conduct the study. This includes specifying the type of research (e.g., qualitative, quantitative, or mixed methods), the data collection techniques (e.g., surveys, interviews, experiments), and the analysis methods (e.g., statistical tests, thematic analysis). A clear description ensures that the research can be replicated and that the chosen methods are appropriate for addressing the research questions.

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Result and Discussion

The results should be presented in a clear and concise manner, highlighting the key findings without unnecessary detail. The discussion should focus on interpreting the significance of these results, providing insights into their implications, rather than merely restating the findings. Often, it is effective to merge the Results and Discussion sections. Extensive references to existing literature should be avoided, keeping the focus on the current study's outcomes and their relevance.

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Conclusion

The main conclusions of the study should be summarized in a brief Conclusions section, which can either stand alone or be integrated as a subsection within the Discussion or Results and Discussion section. This section should highlight the key takeaways from the research, emphasizing the most significant findings and their implications.

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Acknowledgments

Acknowledgments, including details of any grants received, should be placed in a separate section before the references. This section should not appear as a footnote on the title page, but rather as a distinct part of the document dedicated to recognizing contributions and funding sources.

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