

Visit to Human Milk Bank (Sion Hospital)

Date: 25th April, 2024

Time: 10.30 am to 11.30 am

Place: Sion Hospital

We the students of Msc Foods Nutrition and Dietetics visited India's first Human Milk Bank Hospital which is Lokmanya Tilak Municipal General Hospital also known as Sion Hospital. The session was conducted on the 1st floor of the College building.



Ms. Himani Khandekar started the session by introducing the Sion hospital, its history that it was the first hospital with Human milk bank. She said that in older days, Wet Nursing (Mother who feeds someone else's babies) was common due to a common problem among mothers which is breast engorgement. But nowadays it is unsafe to do wet nursing due to hygiene problems therefore it was important that their own mother should breastfeed their babies. In the Sion Hospital, there are 4 pumping stations all in other departments.

3. Milk collection

Hand Expression of breast milk



Expression of breast milk using hospital grade breast pump



GPS Map Camera

Google

Mumbai, Maharashtra, India
RB2, West, RB2 Central Railway Quarters, Jain Society, Sion, Mumbai, Maharashtra
400022, India
Lat 19.03729°
Long 72.858228°
25/04/24 11:06 AM GMT +05:30

Human Milk is only provided in extreme condition. NICU (Neonatal intensive care unit), low birth weight and preterm babies are provided with the Human Milk at free of cost. Infact there is no cost for the human milk. Mother who cannot breastfeed their babies due to reasons like breast engorgement, etc cannot claim for the Human milk without a Doctors prescription. These mothers may be advised to give formula milk or cow milk. Also everyone cannot donate milk. And some who donates milk are told that donating milk is beneficial to themselves and not the hospital. They donate to relieve thier breast.

Labeling The Storage Container



- Name of the CLMC/LMU
- Unique ID of the donor mother
- IPD/OPD registration no. of the donor (optional)
- Name of the donor
- Date of donation
- Time of donation
- Volume collected in the container
- Gestational age of the child (to know whether he/she is preterm or term)
- Container number

 GPS Map Camera

 Google

Mumbai, Maharashtra, India
RB2, West, RB2 Central Railway Quarters, Jain Society, Sion, Mumbai, Maharashtra
400022, India
Lat 19.03729°
Long 72.858228°
25/04/24 11:08 AM GMT +05:30

When milk is expressed, it is stored in the freezer. This milk last for 3 months. Therefore to increase their shelf life, the milk is pasteurized so that their shelf life can increase upto 6 months and becomes pathogen free. The process of pasteurization involves.

Pre pasteurization test: to check for the infection.

Milk with 10^3 cfu/ml is considered safe for pasteurization.

Above 10^5 cfu/ml are directly discarded.

Between 10^3 and 10^5 cfu/ml are checked for infectious organisms.

All the milk which passed the pre pasteurization test and mixed together and filled in equal amounts in the bottle for pasteurization. In the pasteurization machines, the milk is heated till 62.5 degree celsius for 30 mins followed by rapid cooling till 4 degree celsius. The quality of the pasteurized milk is reduced by 20-30%

All babies in NICU (Neonatal intensive care unit) are first provided with the DHM (Donor Human Milk). Donor and Recipient consents are taken before giving the milk. Therefore, Donor cannot claim for their own milk after donation. These milk are not transferred to other hospitals and remain stored in the freezers in the Sion Hospital. Human Milk banks are now open in Wadia, KEM, JJ and Niar Hospitals.



Nirmala

INCHARGE PRINCIPAL
COLLEGE OF HOME SCIENCE
Nirmala Niketan,
40, New Marine Lines,
Mumbai - 400 020.