

# EXCLUDING BREAST FEEDING PRACTICES AMONG MOTHERS OF GIRWA TEHSIL OF UDAIPUR, RAJASTHAN

## Paediatrics

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### Abstract:

Breast feeding practices are known to mankind since centuries, as it is a readily available natural complete food for neonates & young infants protecting them from various infections as well as better physical and mental growth and development. Excellent substances like secretory IgA, immunoglobulins, high amount of amino acids and fatty acids, bifid factor, PABA & many protective cell series help baby protected from skin and respiratory infections, diarrhoeal diseases and even septicaemia. Brain growth is the best in first year of life - almost half of the brain. The total brain growth is facilitated by PUFA, fatty acid, micronutrients and keeps the baby warm preventing hypothermia and hypoglycemia, leading causes of morbidity and mortality.

Exclusive Breast Feeding (EBF) – defines only mother’s milk and no complimentary feeding, milk or even water, except medication and vaccines. We advise EBF for 6 months which saves millions of neonates and young infants. It is a single most important method which helps in marked reduction in neonatal mortality rate (NMR) and ultimately infant mortality rate (IMR) which reflects the health status of any nation.

This was a prospective study conducted in 100 mothers to study the incidence of exclusive breast feeding & its advantages among mothers attending pediatric OPD, ward & NICU. Also to study effectiveness of health education. During the study, EBF was given to 78 newborns and young infants. 14 were given breast feeding with complimentary feeding and 8 were given initially breast milk, then with bottle feeding due to complete lack of milk secretion.

In 78 newborns, no illness was found among EBF neonates and young infants. 15 neonates and young infants had diarrhoea and cough for which they took treatment from doctors. 7 newborns and young infants were admitted in the hospital for pneumonia, diarrhoea, severe bacterial skin infection and 1 had meningitis. No mortality was observed. Mother’s milk and exclusive breast feeding protect the child from many illnesses and reduces financial burden to family.

**Keywords:** Exclusive breast feeding, NMR, IMR, diarrhoea, pneumonia.

### Introduction

There is now a lot of public awareness among people to go for institution deliveries. In government hospital under JSSK (Janani Shishu Suraksha Karyakram),

all deliveries and their expenditure are free of charge.

In private hospital like Pacific Institute of Medical Sciences, under Bhamashah Scheme, every delivery is free of charge

including neonatal care (finance provided by the government to the hospital).

Starting breast feeding within half an hour or as early as possible is strictly done by obstetric and pediatric medical personnel with the help of trained nursing staff and care takers. Counseling of mothers regarding breast feeding is given during antenatal period and after delivery help of nursing with psychological support, awareness regarding many advantages of mother's milk for her baby explained by pediatricians to keep her baby healthy.<sup>1-3</sup> Care takers are also educated and supporting to mothers. Hospital facility includes bed rest, isolated environment, healthy diet and medication to all these mothers. All these help mother to build up confidence even among LSCS mothers.

The present study was conducted to study the incidence of exclusive breast feeding & its advantages among mothers attending pediatric OPD, ward & NICU. Also to study effectiveness of health education.

### Material And Methods

This was a prospective study conducted in 100 mothers coming to Pediatric Department of Pacific Institute of Medical Sciences, Udaipur for regular follow up, sickness and vaccination. This is a rural medical college conducting many deliveries, neonatal care and immunisation clinic.

Simple questionnaire was prepared for interviewing the mothers comprising newborn birth weight >2 Kg and delivered at this hospital, starting breast feeding within half an hour after birth. Education given by doctors and nursing staff regarding starting of breast feeding, advantages of mother's milk, methods of positioning and attachment and whether to continue for 6 months as an Exclusive Breast Feeding (EBF) note.

Exclusion criteria were newborn weight <2 Kg, neonatal admission, IV fluids, oxygen and antibiotics given.

Study period was for one year from January 2019 to December 2019 and EBF was given for 6 months.

Proper positioning of the 4 signs i.e.

- Keeping the baby straight – head and body
- Baby touching the mother's abdomen
- Head is supported with elbow of mother

- Facing her breast with baby's nose opposite the nipple

4 signs of attachment to breast were also taught with demonstration during the feeding act, e.g.

- Wide open mouth
- Areola also in baby's mouth
- Lower lip everted
- More areola seen upper part than lower part

During the study, EBF was given to 78 newborns and young infants. 14 were given breast feeding with complimentary feeding and 8 were given initially breast milk, then with bottle feeding due to complete lack of milk secretion.

All normal delivered mothers were discharged after vitamin K injection, 3 vaccines i.e. 0 OPV, Hepatitis 1<sup>st</sup> dose and BCG. All LSCS mothers were discharged as per obstetrician's advice.

### Results

All deliveries (100) were conducted at Pacific Institute of Medical Sciences, Umarda, Udaipur.

Birth Weight	Total
2 to 2.5 Kg	30
2.5 to 3.5 Kg	58
>3 Kg	12

Total number of normal deliveries was 82, whereas number of deliveries by LSCS was 18. Breast feeding was started within ½ an hour for all normal deliveries and within 1 hour for LSCS newborns.

On follow-up:

1	No. of mothers giving EBF after discharge	78 (78%)
2	No. of mothers giving their milk with complimentary feeding	14 (14%)
3	No. of mothers giving bottle feeding	8 (8%)

In 78 newborns, no illness was found among EBF neonates and young infants.

15 neonates and young infants had diarrhoea and cough for which they took treatment from doctors. 7 newborns and young infants were admitted in the hospital for pneumonia, diarrhoea, severe bacterial skin infection and 1 had meningitis. No mortality was observed.

## Discussion

Breast milk is the best food and diet for neonates and young infants for their very good physical and neonatal growth.<sup>2</sup>

Exclusive breast feeding for 6 months has excellent and many advantages for prevention of many diseases.<sup>4</sup>

Maternal education and psychological support by care takers, nursing staff and hospital are very important, helping them to secrete more and more milk including colostrum – the early milk, yellow in colour, less in amount, but gives large amount of IgA, proteins, carbohydrate, fat and many anti-infective substances.

In our study no illness was found among neonates and young infants fed on exclusive breast milk, whereas those on milk with complimentary feeding or bottle feeding suffered from various illnesses. Results of our study are in accordance with those by other studies.<sup>5-10</sup>

Doctors especially pediatricians play a vital role in hand washing, examination of newborn and advantages of mother's milk for her baby keeping them healthy with charts, pamphlets, photographs and videos during world breast feeding week celebration (i.e. first week of August every year). Verifying and stressing for EBF on follow-up and during immunization also play a key role for mother to go for EBF and not other milk formulas, etc.

## Conclusion

Mother's milk and exclusive breast feeding protect the child from many illnesses and reduces financial burden to family. Addition of early complimentary feeding and bottle feeding are very harmful which requires hospitalisation, IV fluids and antibiotic therapy and oxygen and causes weight loss and large amount of financial burden to the family including daily wages loss.

Breast feeding is the best. Exclusive breast feeding must be given to all newborns and young infants for 6 months.

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