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## Identify the indicators of adequacy of breast milk intake in neonates in Narayana medical college Hospital, Nellore

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### Abstract

**Background:** The healthy new born is who born at term between 38 to 42 weeks, cries immediately after birth, establishes independent rhythmic respiration, quickly adopts with the extra uterine environment, having an average birth weight and no congenital anomalies. The period from birth to 28 days of life is called neonatal period. A new born baby has only 3 demands. They are warmth in the arms of the mother, food from her breasts, and security in the knowledge of her presence and breast milk satisfies all three. Natural and nutritious food provided by nature for new born is the breast milk.

**Objectives:** 1. To assess the frequency of breast feeding of neonate. 2. To assess the frequency and characteristics of stool among neonates. 3. To identify the indicators of adequacy of breast milk intake in neonates.

**Material and method:** The present study was conducted by using quantitative approach and descriptive design. The samples were selected by using non probability convenience sampling technique.

**Results and Discussions:** Regard to characteristics of adequate breast feeding among 30 mothers, regarding Fullness of breast before feeding the baby all the 30 (100%), about let down sensation in their breasts all the 30 (100%) had let down sensation, 27 (90%) mothers had Softening of breast after feeding the baby, 22 (73%) mothers had wet nipples 6 or more 24 hrs, 24 (76%) mothers feeds the baby more than 8 times a day, 24 (76%) mothers feeds the baby on demand, 27 (90%) mothers feeds her baby at night time at least 3 times and all the mothers 30 (100%) feeds the baby in both breasts.

**Conclusion:** The study concluded that majority of neonates has the indicators of adequacy of breast milk intake.

**Keywords:** Breast milk intake and neonates

### Introduction

The healthy new born is who born at term between 38 to 42 weeks, cries immediately after birth, establishes independent rhythmic respiration, quickly adopts with the extra uterine environment, having an average birth weight and no congenital anomalies. The period from birth to 28 days of life is called neonatal period. The first week of life is known as early neonatal period and the late neonatal period extends from 7<sup>th</sup> to 28 days of age.

A new born baby has only 3 demands. They are warmth in the arms of the mother, food from her breasts, and security in the knowledge of her presence and breast milk satisfies all three. Natural and nutritious food provided by nature for new born is the breast milk. It is universally acknowledged to be the best food and complete food for the newborn including sick and preterm neonates. It is the best food for the neonates due to its unique physical, biochemical and immunological qualities. Colostrum is full of antibodies, leukocytes and immunoglobulin but has less of carbohydrates and fats. It not only helps to protect new born as they come in to our world of bacteria and viruses, but also has a laxative effect that helps to expel the ferry first stool.

Breast feeding is like the basic foundation that has long lasting impacts on a baby's health and development. It is not only help the baby to become healthy, but also helps to build a very unique and strong emotional bonding between mother and her child. This has also been supported and proved scientifically. Breast feeding is also beneficial for the mothers, women who breast feed are known to have a lower incidence of hip fractures after menopause, ovarian and premenopausal breast cancer, and post partum bleeding.

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Owing to all these benefits, health care professionals, all over the world, strongly recommended breast feeding.

### Need for the Study

**WHO (2015-16)** published the result of the first part of the two phase collaborative study on breast feeding in countries. This was followed in 2015 by a critical review of available information on breast feeding prevalence in Asia, Africa and North American as a part of WHO'S regular nutrition.

Infant mortality rate is a good indicator of the maternal & child care of the community. WHO reported global childhood mortality rates to be 51.4 per 1000 live births. In the same year by the exclusive breast feeding infant mortality rate reduced to 47 per 1000 live births. Infant mortality rate in Asia reported that 106 per 1000 live births. Infant mortality rate in India according to 2014 survey is 69 per 100 live births.

UNICEF(2013) reports that about 3000-4000 infants die from diarrhea and acute respiratory tract infection because the ability to feed adequately has been taken away due to misconception about colostrums feeding in the society due to this reason developing countries have large population of neonates with many problems.

India has witnessed a significant reduction in the number of neonatal deaths from 1.34 million to 0.76 million in 2015, neonatal deaths reduced by 44% and children deaths reduced by 69%.

MAASTRUP (2012) conducted a study on Exclusive breast feeding among Neonates. The study concluded that 99% of new born were breast feed worldwide, where as 9.99% were on lack of breast feeding. 79% of the newborns were on only breast feeding, 8% feed combination of breast and bottle feed and 13% were only bottle feed.

KUMARD GOEL N.K. (2011) conducted a study on gap between awareness and practices regarding maternal and child health among women in an urban slum. A total sample size is 240 women. The method of sample collection is random sampling. The study concluded that wide gaps exists between awareness and practice related with maternal and child health due to non-adoption of knowledge in to actual practice except some related components lacking in both knowledge and practice.

### Statement of the Problem

A study to identify the Indicators of adequacy of breast milk intake in neonates in Narayana Medical College Hospital, Nellore.

### Objectives

- To assess the frequency of breast feeding of neonates.
- To assess the frequency and characteristics of stool among neonates.
- To identify the indicators of adequacy of breast milk intake in neonates.

### Assumptions

There are some indicators to determine the adequacy of breast milk among neonate.

### Delimitations

The study is delimited to

1. Neonates in NMCH, Nellore.
2. 30 new born babies and mothers.
3. 1 week of data collection duration only.

### Methodology

**Research Approach:** quantitative approach

**Research Design:** descriptive design

**Setting of The Study:** The study was conducted in postnatal ward of Narayana Medical College Hospital, Nellore.

**Target Population:** The accessible population for the present study includes Mothers & neonates in post natal ward.

### Accessible Population

Mothers and Neonates who are admitted in post natal ward of NMCH, Nellore.

### Sample

The sample for the present study includes the mothers and neonates who are admitted in NMCH at Nellore.

### Sampling Technique

Convenient sampling technique was used to select the subjects.

### Sample Size

Sample size of the study is 30 Mothers and neonates.

### Criteria for Sample Selection

#### Inclusion Criteria

- Neonates who are born at term, preterm & post term.
- Neonates between birth to 28 days.
- Neonates of both boy and girl babies.
- Post natal mothers who are willing to participate in the study.

#### Exclusion criteria

- Mothers who don't breast feed the baby.
- Mothers who does not understand and speak Telugu.

### Variables of the Study

Variables of the study are research variables and demographic variables.

### Research Variables

It includes, indicators of adequacy of breast milk, Characteristics of adequate breast milk in take in neonate, Characteristics of adequate breast feeding mother, Assessment of growth of neonate, Characteristics of stool.

### Demographic variables of mother include

Age, education, occupation, mode of delivery.

### Demographic variables of neonate include

Age, gender, birth weight, term maturity, APGAR score, history of birth asphyxia.

### Method of data collection

For this study observational check list used for data collection.

### Description of the Tool

With the help of extensive review from various text books, journals and the indicators of adequacy of breast milk in take.

The tool is divided in to two parts:

**Part-I:** Deals with demographic data of the mother & the neonates

Age, education, occupation, mode of delivery & parity of the mother.

Age in days, gender, birth weight, term maturity & APGAR score of the neonate.

**Part-II:** Deals with observational check list to identify indicators of adequacy of breast milk intake in neonates.

**Data Analysis & Interpretation**  
**Frequency and Percentage Distribution of Characteristics of Adequate Breast Feeding For Mothers (n=30)**

s.no	Character tics	f	%
1	Fullness of breast before feeding the baby	30	100
2	Mother feels let down sensation in her breast	30	100
3	Softening of breast after feeding the baby	27	90
4	Mother have wet nipples 6 or more 24 hrs	22	73
5	Mother feeds the baby more than 8times per day	24	76
6	Mother feeds the baby on demands	24	76
7	Mothers feeds her baby at night at least 3 times	27	90
8	Mother feeds the baby in both breasts	30	100

**Frequency and percentage distribution based on characteristics of adequacy of breast milk intake in newborns.**

s.no	Character tics	f	%
1	Audible swallowing sound during the feeding	30	100
2	Frequent soft bowel movements, 3 to 8	27	90
3	Average weight gain of 18 to 30 g/day	25	83
4	Baby sleeps well	22	73
5	Baby does not cry frequently	20	66
6	Passage of urine 6 to 8 items /day	27	90
7	Baby has good muscle tone & healthy skin	28	93
8	Increase in neonate growth height and weight	29	96
9	Good sucking ability of neonate	28	93

**Frequency and percentage distribution based on characteristics of stool**

Color of stool	Frequency	Percentage
a. Yellow	15	50
b. Tarry black	1	3.3
c. Greenish	2	6.7
d. Greenish yellow	12	40
Consistency	Frequency	Percentage
a. Soft	20	66.7
b. firm	6	20
c. semi solid	4	13.3
Frequency of percentage of stool	Frequency	Percentage
a. 6-8times	14	46
b. 4-6times	14	46
c. <4times	2	6
Odor	Frequency	Percentage
Odor less	28	93
Pungent	2	6.7
Constituents	Frequency	Percentage
a. Mucus, liquid and undigested particles	28	93
b. Large quantities of fat	2	6.7
Amount	Frequency	Percentage
a. 100-400g/day	22	73
b. <100g/day	2	6.7
c. >400g/day	6	20

**Recommendations of the Study**

1. Same study can be replicated with large sample size.
2. A study can be conducted to assess the practice of breast feeding and to determine the Indicators of adequacy of breast milk intake among Rural and Urban community.

**Conclusion**

The study concluded that majority of neonates has the indicators of adequacy of breast milk in take.

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