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Dr. C Murali

Associate Professor of
Pediatrics, The Apollo Medical
College, Chittoor,
Andhra Pradesh India

Dr. T Seshasai

HOD, Professor OBG, Apollo
Institute of Medical Sciences
and Research, Chittoor, India

Awareness on WHO 10 facts on breast feeding at tertiary hospital, Chittoor, AP

Dr. C Murali and Dr. T Seshasai

Abstract

Background: We need counseling of antenatal and postnatal mothers to exclusive breast feeding up to 6 months of age. We are using the opportunities of antenatal cases compelling hospital deliveries. We are allowing the newborn, if possible to crawl on the mother's chest, to allow breast feeding before cutting the cord to learn sucking problems. Breast feeding is assisted by mothers. During the stay at hospital stay all postnatal mothers were advised to take good and adequate nutrient diet for first 6 months. During immunization visits after examination of the infant, we are allowing them to have breast feeding continuously and repeatedly.

Results: Awareness among the mothers Fact one 63.6% fact two 48.18%, fact three 42.7%, fact four 50.9%, fact five 60% fact, six 50.9%, fact seven 40.9%, fact eight 40.9%, fact nine 47, 2%, fact ten 66.3% are aware of WHO breast feeding recommendations [2].

AIM of the Study is to know the awareness of WHO breast feeding 10 facts among antenatal and post natal mothers [3,4].

Material and methods: Total number of 1100 feeding mothers in a year at the Pediatric OPD and Obstetrics OPD at The Apollo Medical College Hospital, Chittoor, are enquired and counseled to create awareness on WHO 10 facts on breast feeding [5].

Keywords: Breast feeding, guidelines, awareness, maternity leave and pregnancy interval

Introduction

Background: Who 10 facts on breast feeding

1. Who recommends exclusive breast feeding for the first 6 months of life. At 6 months solid foods, fruits and vegetable should be introduced to complement the breast feeding. Breast feeding should be started within 1 hour of birth. Breast feeding should be on the demand and as often as child wants day and night. Bottles and pacifiers should be avoided.
2. Health benefits for the infants-breast milk is ideal for the newborn and infants [6]. It provides all the nutrients to healthy development, provides antibodies to protect from common illnesses like Diarrhea and pneumonia, which are two primary causes of childhood mortality worldwide.
3. Breast feeding also benefits mothers as natural birth control in 98% of mothers in the first six months [7, 5]. Breast, ovarian cancer, type 2 diabetics and postpartum depression incidence is reduced [8, 9].
4. Long term benefits for children-Breast feeding contributes to the life time good health. Adolescents and adults are less likely to be overweight, obese or will get type 2Diabetes and perform better on intelligent testing [10].
5. Infant formula does not contain antibodies found in breast milk. Long term benefits cannot be replicated with infant formulas. Breast feeding is safe and guards risks from unsafe water, unsterilized equipment, and potential presence of bacteria in powdered formulas. Malnutrition can result from over dilution.
6. HIV and breast feeding-HIV mothers can pass the infection to their fetus during the pregnancy. However ARV drugs given to either mother or HIV exposed infants reduces the risk of transmission. If lactating mothers take ARV drugs, it improves the chances of infant's survival. WHO recommends HIV infected mothers to breast feed after receiving ARV therapy.

Correspondence

Dr. T Seshasai

HOD, Professor OBG, Apollo
Institute of Medical Sciences
and Research, Chittoor, India

7. An international code to regulate marketing of the breast milk substitutes adopted in 1981. It calls for
 - All formula labels and information to state the benefits of the breast feeding and health risks of breast feed substitutes.
 - No promotion of breast milk substitutes.
 - No free supply of substitutes to be given to pregnant women, mothers and families, health workers or health care facilities.
8. Many routine practices such as separation of the mother and baby, use of new born nurseries and supplementations of infant formulas make it harder for mothers to breast feed. Trained breast feeding counselors should be available to encourage breast feeding. Baby friendly facilities in 152 countries functioning under Who Unicef^[11];
9. Work and Breast Feeding-Many mothers Who return to work abandon breast feeding partially or completely, because they do not have sufficient time or place, to breast feed, express or store their milk^[12]. Mothers need a safe, clean and private place in or near their working place to continue breast feeding. Enabling conditions at work such as paid maternity leave, part time work arrangements, onsite crèches, and facility for expressing or storing the breast milk and breast feeding breaks can help.
10. Breast feeding should not be decreased when they start the solid food substitutes. Foods should be given with a spoon or cup, not in the bottle. Food should be clean and safe. Ample time is needed for young infants to learn to eat solid foods.

Conclusion

Breast feeding the child is the best future investment for the best citizen ship.

Preparation

1. At AIMSR Chttoor district hospital we observed and found that it required counseling and spacing between the pregnancies, will improve the exclusive breast feeding and favors the 10 facts of WHO breast feeding facts.
2. Who 10 facts on breastfeeding recommend exclusive breast feeding for the first 6months of life. In this context breast feeding should begin within one hour of birth. Breast feeding should be on the demand as often as the child wants day and night 2.breast milk is ideal food for the newborns and infants. It gives infant all nutrients they need for healthy development. It is safe and contains all antibodies that help to protect infants from common child hood illnesses. Such as diarrhoea and pneumonia the two common causes of child hood mortality worldwide. Breast milk is readily available and affordable which helps to ensure that infant get adequate nutrition 3. benefits the mothers. Exclusive breast feeding is associated with reduced risk of breast and ovarian cancer.

Material and methods

Exclusive breast feeding is to be informed and educated to all the ante natal and post natal mothers, so that they can breast feed the baby as per the WHO 10 facts of breast feeding^[13]. Daily we are attending 150 to 250 OPD Antenatal care and 15 deliveries per day. We are counseling

all the antenatal and post natal women for their awareness on 10 facts of WHO Breast feeding.

Including criteria: ante natal and post natal mothers are counselled.

Excluding criteria: IUD, neonatal deaths and congenital malformations where breast feeding has no role are excluded. Antenatal and post natal mothers who are coming to the OPD are counselled after taking their Consent. They are made up of micro groups of 5 to 10 in each group. They are briefed about the importance of breast feeding. They are clearly explained the facts on breast feeding. They were requested to inform us as they knew the fact already or this is new to them.

This findings are recorded in excel sheet for statistical purposes. Here in these micro-groups we added all age group mothers, primi to multi gravid, HIV and non-infectious mothers, educated and uneducated mothers. We observed some hurdles in breast feeding working mothers^[14]; they were posted on contract basis they were given one month of maternity leave, so these are the people reporting to the duty after one month of maternity leave. The worst sufferers of breast feeding are their children. Government employees are getting 6 months of maternity leave whereas private sector employees are getting 3 months of maternity leave; this is inadequate for breast feeding among working mothers. These children are feed on cows, buffalo's, and Donkey's, goat's or formula milks. Which is endangering the existence of the life of the infants less than 6 months of age.

Observation-Results Fact one 63.6% fact two 48.18%, fact three 42.7%, fact four 50.9 %, fact five 60% fact, six 50.9%, fact seven 40.9%, fact eight 40.9%, fact nine 47, 2%, fact ten 66.3 % are aware of WHO breast feeding recommendations. 63.6 % of mothers informed us breast feeding is crucial 36.4% are not aware of feeding within 30 minutes or continuation of breast feeds beyond 2 years. Agricultural laborers were forced to feed on cow's milk as they cannot afford to pay for formula feeds. 2.48.18% of the counseled mothers knew that third milk protects child from child hood illnesses 52.82% of mothers are not aware of breast feeding benefits to the mother, 3. Fact three 42.7% Reduced risk of breast and ovarian cancer, type 2 diabetes and postpartum depression. 4.50.9 % mothers knew the long term benefits for children that it contributes to life time good health, more intelligent and less obese. 5. 56% of the mothers are aware of presence of antibodies in the mother's milk 44% unaware that it is absent in formula feeds. 6. 51% of patients are aware of reduced transmission through breast feeding while they are on ARV drugs. 7. Only 44 % of mothers aware of support of breast feeding, 56% are not aware of it. 10. Only 66.3% of counseled mothers are aware of the fact that solid foods should be phased at 6 months.

Discussion

Breast feeding is important as it is good for child health, growth and development. It contains balanced nutrients and anti-infective factors suited for every individual child. Mother can restart breast feeds again, if it was stopped earlier due to any other Breast feeds should be started soon after birth, touch should be established as early as possible. Good position and attachment of the baby along with

frequent feeds are important. It should be exclusive. Increase confidence of the mother through kindness encouragement. Emotional support from other people is essential. Nipple shields and Dummies should be avoided. Creams and ointment application to the nipples should be avoided. Breasts should be washed daily, soap should be avoided on breasts ^[15].

Breast feeds have antibodies to protect baby from getting the infectious disease, gut and it matches the needs of the baby so no other foods required. After 6 months, breast feeds should be combined with solid foods. Breast feeds should be combined until 6-8 wet nappies per day, growing well and are alert and content. breast feeds has the advantage of changing the blend of correcting nutrients in correct amount to each feed'. Antibodies in the breast milk protect the child from getting Ear, Respiratory, allergy, Asthma, Obesity and Type 2 Diabetes. Sucking action helps baby mouth development. Benefits to the mothers as it save money and time. Protect gut from infections. Need of package is avoided. Fuel resources saved ^[16].

Mothers should be explained benefits of the breast feeding explained and nutritional requirements informed to the mothers. Lactation Amenorrhoea provides natural contraception Second breast should be offered once the baby releases first breast on her own, Mother should not force the baby, interrupt the feeds, no pacifiers, no other feeds and drinks Substitutes like animal milk, porridge, tea and water should be given during first 6 months. Supporting personnel and Nutrient food should be provided. If mother chooses not to breast feed the only milk substitutes should be provided ^[16]. Higher risk of infections and deaths result from improper understanding of optimal feeding practices and lack of support from the family Exclusive breast feeding saves 1.3 million child deaths in a year. Breast feeding support groups, Hand written breast feeding policy circulation, training the health care staff, practice rooming in, community participation, mass media used and home visits important ^[16, 17].

Conclusion

Who 10 breast feeding facts is the best solution for the healthy growth and exclusive breast feeding should be exclusive for the first 6 months of life, by motivation, health education and creating awareness on 10 breast feeding facts, we can improve the maternal and child health care. The interval between the pregnancies observed here is very short. Here it is 11 to 14 months between first and second pregnancy, which is causing difficulty in rearing the child. By inserting intra uterine device we can increase the gap between pregnancies. Which helps in improving the health of mothers.

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