



International Journal of Advanced Community Medicine

E-ISSN: 2616-3594
P-ISSN: 2616-3586
IJACM 2019; 2(2): 165-167
Received: 04-03-2019
Accepted: 06-04-2019

Nikita Sharma
Resident Doctor, Department
Of PSM, SMS Medical College,
Jaipur, Rajasthan, India

Rekha Shekhawat
Resident Doctor, Department
Of PSM, SMS Medical College,
Jaipur, Rajasthan, India

Vikram Singh Sodha
Senior Resident, General
Surgery, SMS Medical College,
Jaipur, Rajasthan, India

A study of breast feeding practices in UHTC field practice area of SMS medical college Jaipur, Rajasthan

Nikita Sharma, Rekha Shekhawat and Vikram Singh Sodha

DOI: <https://doi.org/10.33545/comed.2019.v2.i2c.64>

Abstract

Background: This study is designed to explore the breastfeeding practices among postnatal mothers.

Methods: This cross sectional study was carried out at immunization clinic at Urban Health Training Centre, under SMS Medical College, Jaipur, Rajasthan during January 2019 to March 2019. The data was collected from 110 postnatal mothers with infant upto 1 year of age using a pre designed semi structured proforma.

Results: Out of 110 majority of mothers (52.6%) initiated feeding within 1 hour of delivery. 20.6% mothers discarded colostrum. 56.8% females exclusively breastfed their infants for ≥ 6 months.

Conclusion: Few mothers initiated breastfeeding at the earliest. Wrong customs like giving prelacteals and discarding colostrum is still practiced. Hence programmes, which support and encourage exclusive breastfeeding practices particularly at a primary care level, focusing more on younger, well-educated women and those from lower socioeconomic class is a great need.

Keywords: Postnatal mothers, exclusive breastfeeding, colostrum

Introduction

Appropriate feeding is crucial for the healthy growth and development of the infant. Breastfeeding has been accepted as the most vital intervention for reducing infant mortality and ensuring optimal growth and development of children^[2]. Knowledge, ignorance, undesirable socio-cultural beliefs and misconceptions prevailing in the community are reported to influence breast-feeding behavior of mothers. Colostrum is important for the baby as it contains more protein [10% compared to 1% in mature milk], immunoglobulins [IgA], lactoferrin, white blood cells, vitamin A, zinc and less fat. Colostrum is important for the baby as it contains more protein [10% compared to 1% in mature milk], immunoglobulins [IgA], lactoferrin, white blood cells, vitamin A, zinc and less fat. These are important 7 for immune defenses of the baby during the initial days of life^[3]. The current World Health Organization [WHO] recommendations on breastfeeding stipulate that breastfeeding should start immediately following delivery for the baby to get colostrum. The infant should thereafter be exclusively breastfed for up to six months of life, day and night on child's demand. During this period, no fluids including water should be given to the baby^[4]. Globally, there is a declining trend of breastfeeding. Hence, hence this study was conducted to study the actual pattern of breastfeeding practices in the urban slum and of Jaipur city.

Material and Methods

A cross sectional study was conducted amongst 110 mothers having infant up to 1 year age and attending immunization clinic at Urban Health & Training Centre under Dept of Community Medicine, SMS Medical College, Jaipur during study period from January 2019 to March 2019. The infants brought to clinic by person other than mother & mothers with postpartum psychosis and premature delivery were excluded from the study. All those PNC mothers who have attended the immunization clinic during study period fulfilling the requirements for the study protocol were included in the study. The informed consent from all the study subjects was taken keeping their due confidentiality. Approval was obtained from Institutional Ethical Committee, Sawai Man Singh Medical College, Jaipur before

Correspondence
Rekha Shekhawat
Resident Doctor, Department
Of PSM, SMS Medical College,
Jaipur, Rajasthan, India

commencement of the study. All mothers were interviewed during their visit to centre and information about socio-culture factors, practices of breastfeeding were collected in a predesigned, semi-structured proforma. Modified Kuppuswamy was used for socio economic status. Data was entered in Microsoft excel version 2010 and analyzed by SPSS version 21. Results are expressed in percentages and proportions.

Results

Table 1: Socio-demographic characteristics of women (N=110)

Variables	Frequency (%)
Age (in years)	
<20 years	15 (13.63%)
>20 years	95(86.36%)
Occupation	
Housewife	98(89.09%)
Working	12(10.90%)
Religion	
Hindu	105(95.45%)
Muslim	5(4.54%)
Type Of Family	
Nuclear	78(70.90%)
Joint	32(29.09%)
Literacy Status	
Illiterate	29(26.36%)
<10 th Class	58(52.72%)
>10 th Class	23(20.90%)
Socio Economic Status	
Class 1	9(8.18%)
Class 2	13(11.81%)
Class 3	35(31.81%)
Class 4	43(30.09%)
Class 5	10(9.09%)
Parity	
One	57(51.81%)
>One	53(48.18%)

As shown in Table-1, 86.36% mothers had age >20 years, 95.45% mothers were Hindu. Majority (89.09%) were housewives and 29.09% belonged to joint family. 20.90% of the mothers were educated 10th class and above with 51.8% mothers were nullipara.

43.2 percent of females provided breast feeding for ≥ 6 months. 41.4% mothers reported that they have given other fluids than breast milk for first 6 months 51.9% females delivered by cesarian section. 52.6% mothers initiated breast feeding within first hour of delivery. 79.4 of newborn received colostrum. 73.33% newborn received colostrum. 69% of mothers fed infants more than 8 times a day.

Discussion

In the present study it is seen that majority of mothers (52.6%) initiated feeding within 1 hour of delivery which is similar to the study done by Nilam Pandav *et al.* [4] al in which 49.33% initiated feeding within 1- 4 hours of delivery but only 30.66% initiated within 1 hour of birth. Also, higher percentage initiations of breastfeeding within 1-4 hour was reported by H. Rokade *et al.* [5] (77%) however in contrast lower percentage(4.7%) initiation of breast feeding within 1- 4 hours was reported by Shrivastava Anurag *et al.* [6]. In present study 20.6% mothers discarded colostrum which is supported by the study done by Nilam Pandey *et al.* in which 22.66% mothers were found discarding colostrum whereas in contrast in study done by Pratibha gupta *et al.* [7] 66.9% and Takalkar *et al.* [8] (33.6%) of mothers discarding colostrum.

In the present study 56.8% females exclusively breastfed their infants for ≥6 months which is almost similar to study done by Ampeire Isaac Petit in which 49.8% mothers had exclusively breastfed their infants for six months. Most mothers knew the benefits and definitions of exclusive breastfeeding. The early measures supporting breastfeeding are well practiced.

Table 2: Distribution according to Breastfeeding Practices (N=110)

Variables with respondents response	Number	Percentage (%)
How long have you provided only breastfeeding?		
≥6 months	48	43.6
≤6 months	62	56.3
Have you given any fluids before 6 months other than breast milk?		
Yes	45	40.9
No	65	59
Type of Delivery		
NVD	52	47.3
C/S	58	51.9
Initiation Of breast feeding		
Within 1 hour	57	52.6
After 1 hour	53	48.2
Breastfeed per day		
6 times per day	11	10
7 times per day	5	4.5
8 times per day	18	16.3
> 8 times per day	76	69.1
Colostrum feeding		
Fed	87	79.1
Not fed	23	20.9

Conclusion

ANC is reflected in the form practising good breastfeeding practices like initiation of breastfeeding within first hour of delivery. Inadequate knowledge about expressed milk

resulted the mothers in starting the complementary feeds too early. Mothers should be educated about the proper techniques of pumping the breast milk, its storage and ways of feeding it to the baby. Family members should be

involved to support the mother in feeding the baby optimally

Acknowledgement

None

References

1. International Baby Food Action Network (IBFAN), Asia Pacific. The State of World's Breastfeeding – Tracking Implementation of the Global Strategy for Infant and Young Child Feeding. South Asia report, 2007.
2. Brown KH, Dewey KG, Allen LH. Complementary Feeding of Young Children in Developing Countries: A review of current scientific knowledge, WHO/UNICEF, 1998.
3. Stuart C, Christoph L. Obstetrics by Ten Teachers, 17th edition, 2000.
4. Nilam Pandav, Dr. Rinita Jain, Dr. Shobhana Dangi. A study of breast feeding practices in UHTC field practice area of BJMC, Ahmedabad. IJMRD. 2017; 4(8):93-95.
5. Hemlata Rokade G, *et al.* Study of breastfeeding practices amongst PNC mothers in urban slum areas in Solapur city, Maharashtra; Sch. J. App. Med. Sci. 2015; 3(6C):2369-2373.
6. Shrivastava A, Shrivastava P, Shatriya VP, Martolia DS, *et al.* Breast Feeding Practices in Women from Urban and Rural Areas –A Comparative Study. Indian journal of Maternal and child Health. 2010; 12(2):1-10.
7. Gupta P, Srivastava VK, Kumar V, Jain S, Masood J, Ahmad N, *et al.* Newborn care practices in urban slums of Lucknow city, UP. Indian J Community Med. 2010; 35:82-5.
8. Takalkar AA, Saiprasad GS, Tarun Kumar, Madhekar NS. Breastfeeding Practices in Rural Community of Andhra Pradesh. Indian journal of maternal and child health. 2010; 12(2):1-8.