

“A STUDY OF BREAST FEEDING PRACTICES AND TECHNIQUES AMONG LACTATING MOTHERS HAVING INFANTS LESS THAN SIX MONTHS OF AGE IN JABALPUR CITY OF MADHYA PRADESH, INDIA”

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ABSTRACT

Introduction

Breastfeeding confers short-term and long-term benefits on both child and mother. The prevalence of suboptimal breast feeding practices is very high in developing countries. Previous studies revealed that infant mortality rates in developing countries are 5-10 times higher among children who have not been breast fed, or who have been breast fed for less than 6 months. Effective breast feeding technique (Right positioning and good attachment of baby) is the key to success of breast feeding because it facilitates milk production and milk release. Thus Present study was done to assess the breast feeding techniques & Practices.

Methodology: A cross sectional observational study was conducted in Garha region of Jabalpur city between Septembers to December 2015. Interview of 102 lactating mothers of infants aged < 6 months was conducted at their home using a predesigned and pretested questionnaire along with observation and assessment of infant's positioning, attachment & suckling as per IMNCI guideline.

Result & Discussion: Out of 102, 56 (54.9%) of the infants showed all three signs of effective suckling 42.2% mothers were supporting infants whole body & only 24 (23.5%) infant's body was straight while breast feeding whereas only 23 (22.5%) infants fulfilled all 4 criteria for good positioning whereas only 11 (10.8%) children fulfilled all the 4 criteria of good attachment. Overall prevalence of breast feeding related malpractices was found 68.6%.

Conclusion: The Present study shows that prevalence of suboptimal breast feeding was very high in Jabalpur city.

Key Words: Breast feeding, practices, techniques, lactating mother & Infants.

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INTRODUCTION

Breastfeeding confers short-term and long-term benefits on both child and mother, including helping to protect children against a variety of acute and chronic disorders. Artificially fed children have an increased risk of longterm diseases with an immunological basis, including asthma and other atopic conditions, type 1 diabetes, celiac disease, ulcerative colitis and

Crohn's disease [1]. Globally, only 37% of infants under 6 months of age are exclusively breast fed despite the documented benefit of breast feeding. The prevalence of suboptimal breast feeding practices is high in developing countries.[2] The data suggests that infant mortality rates in developing countries are 5-10 times higher among children who have not been breast fed, or who have been breast fed for less than 6 months. Suboptimal breast feeding was responsible for 11.6% of all child death in 2011. [3]

According to NFHS-3, only 46.4% Indian infants between 0 to 6 months were exclusively breastfed. In India more than 1 million infants have been dying every year only because of improper breast feeding practices. [4] Good positioning and attachment of the baby during breastfeeding facilitates milk production and milk release and it helps in preventing sore nipples, engorgement and mastitis [5]. In India under NRHM programme, the Integrated Management of Neonatal and Childhood Illness (IMNCI) strategy recommended a systematic assessment of breastfeeding and it emphasized on the counseling of the mother on the proper positioning and the attachment of the infant to the breast [6] Promotion of early & Exclusive Breast Feeding is the single most effective intervention to reduce infant mortality. While effective breast feeding technique (Right positioning and good attachment of baby) is the key to success of breast feeding. Till date there is no documented study on the breast feeding technique and practices in Jabalpur.

OBJECTIVES:

- ❖ To assess the knowledge and practices regarding breast feeding among the lactating mothers having infants < 6 months of age.
- ❖ To know the pattern of malpractices in breast feeding.
- ❖ To assess the breast feeding techniques (positioning, attachment and suckling) as per IMNCI guidelines.

MATERIAL & METHODS:

- **Study Design** - Cross sectional observational study.
- **Study Period** - September to December 2015
- **Study Area** - Garha region of Jabalpur City, Madhya Pradesh, India
- **Study Subjects** - 102 lactating mothers of infants aged < 6 months registered at the selected AWCs.
- **Inclusion criteria** -
Lactating mothers having infants < 6 months of age, registered at the selected 12 Anganwadi centres (AWCs) of Garha region.
- **Exclusion criteria** -
Severely ill mothers /infant, migrant mothers, unwilling mothers & Infant with cleft lip/palate,
- **Sampling Method** – Garha region (ICDS project no.-3) was divided into four sectors and from each sector 3 AWCs were selected by simple random sampling method.
- **Assessment Criteria** – Criteria for assessment of infant's positioning, attachment & suckling was adopted from IMNCI guidelines[6]
- **Survey Tools & Techniques** -

Interview of all study participants mothers was conducted at their home using a predesigned and pretested questionnaire along with observation and assessment of infant's positioning, attachment & suckling as per IMNCI guideline by female members of study team.

■ Ethical Consideration -

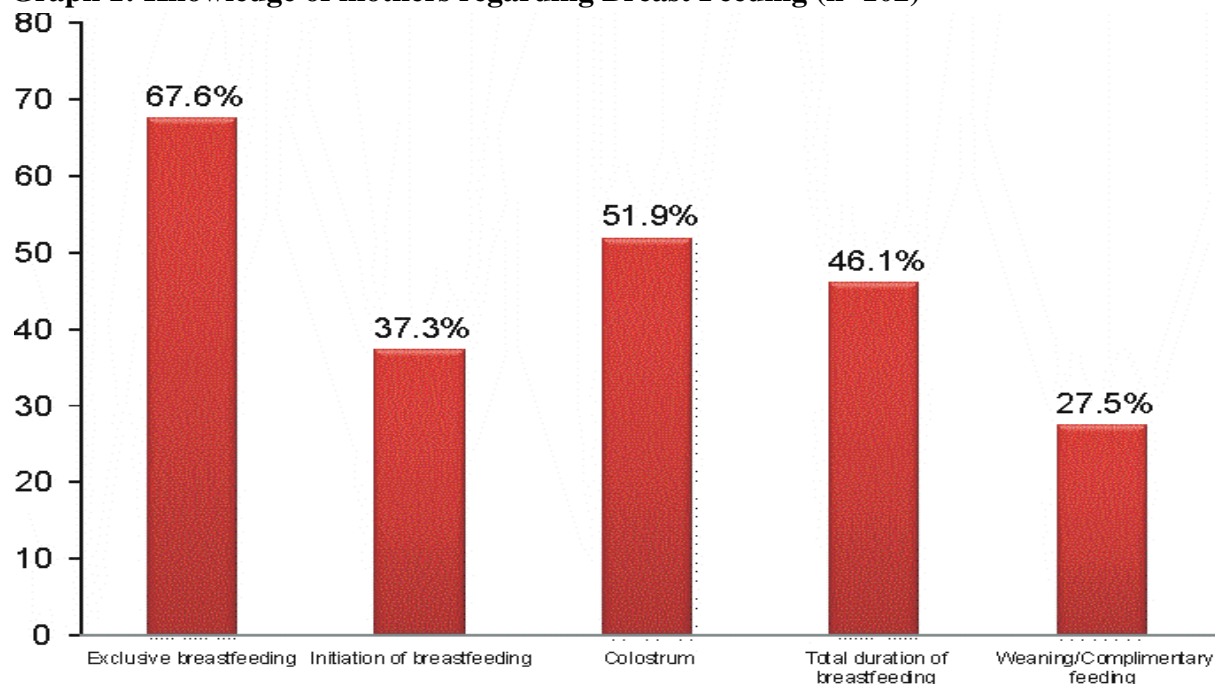
Clearance from Institutional Ethical Committee and informed consent of each study participant was obtained.

RESULT & DISCUSSION:

Sociodemographic Profile of study subjects

- Out of 102, about half of the mothers 55 (53.9%) belonged to the age group 18-24 years and only 6.9% mothers were above 30 years of age. 97% mothers were Hindu.
- A majority of mothers 37 (36.3%) were educated up to middle school & 11 (10.8%) were illiterate whereas only 4 (3.9%) were graduate & above.
- Most of the mothers 57 (55.9%) belonged to lower socioeconomic class (IV, V) of the society while one fifth of them were from upper class (I & II).
- Majority of infants 26 (25.5%) were in the age group 1-2 months followed by 21 (20.6%) in the age group 3-4 months.
- About 93% infants were delivered at hospital.

Graph 1: Knowledge of mothers regarding Breast Feeding (n=102)



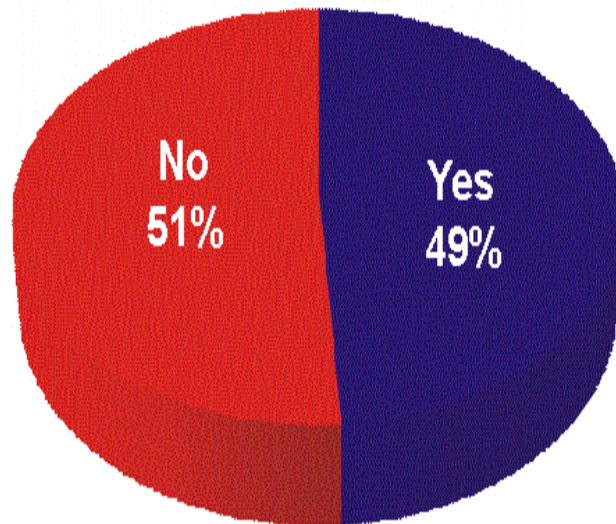
About two third of mothers 69 (67.6%) were aware about exclusive breast feeding, 38 (37.3%) knew about right time of initiation of breastfeeding while 53 (51.9%) and 47 (46.1%) mothers were aware about Colostrum and total duration of breastfeeding respectively but knowledge about weaning and complimentary feeding was very poor 28 (27.5%). M.S. Kishore found satisfactory Knowledge of Breast feeding in 39% of mothers [7]

Table1: Pattern of Breast feeding related Malpractices (n=102)

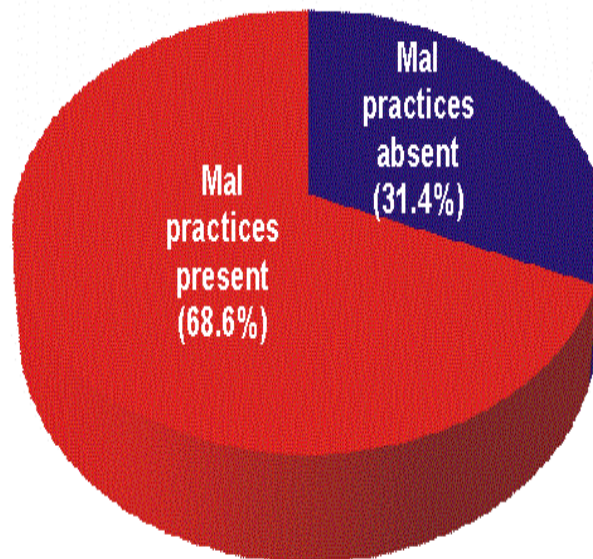
Malpractices		No	%
Prelacteal food given		11	10.8%
Delayed initiation of breastfeeding	Normal delivery (n=88)	32	36.4%
	Caesarean delivery (n=14)	8	57.2%
Discarded colostrums		13	12.7%
Early inclusion complimentary food and other substances		17	16.6%
Bottle feeding done		24	23.5%
Inadequate frequency of B/F		32	31.4%
Schedule feeding done		5	4.9%
Successive feeding through one breast		28	27.5%

❖ **Pattern of Breast feeding related Malpractices (n=102)**

- 63.6% mothers who had normal delivery started breast feeding within 1 hr of delivery while within first 4 hrs, only 42.8% of mothers who underwent LSCS initiated breast feeding. 12.7% mothers discarded colostrums and 10.8% gave Prelacteal food to their babies in the form of honey sugar solution, ghutti & cow milk.
- 23.5% mothers were practicing bottle feeding whereas 17 (16.6%) mothers started early weaning and gave supplementary food and other substances like milk powder to their infants.
- 32 (31.4%) mothers breast-fed their children less than eight times in 24 hrs.
- Other malpractices like Schedule feeding and Successive feeding through one breast were noted in 5 (4.9%) & 28 (27.5%) mothers.



Graph-2 : Infants currently on exclusive Breast feeding (n = 102)

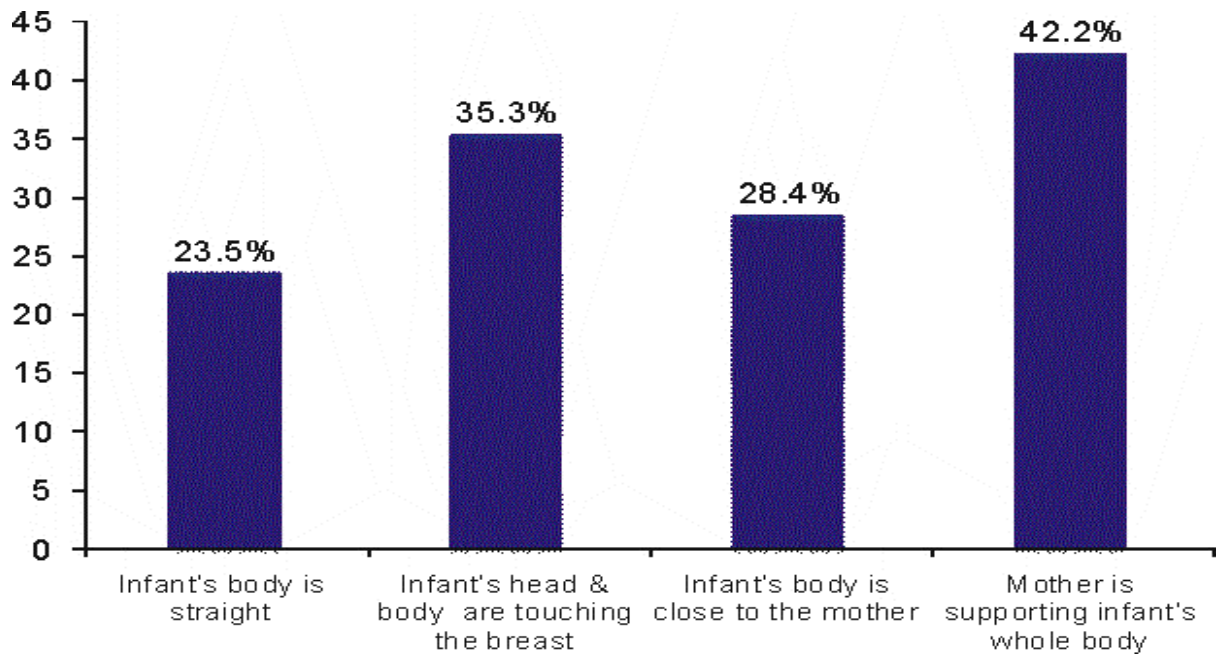


■ **Graph-3: Prevalence of Mal practices in breast feeding (n = 102)**

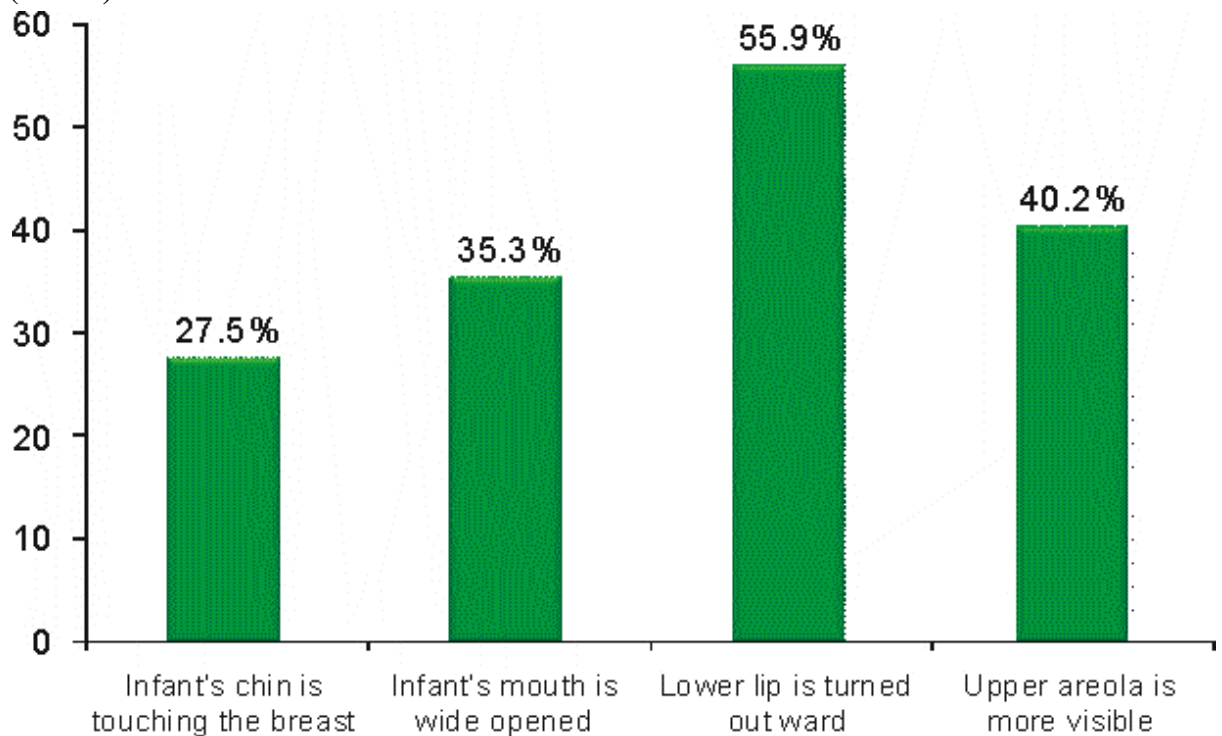
Almost half of the mothers (49%) reported to have exclusively breast-fed whereas only 32 (31.4%) of mothers breast-fed their infants optimally. Tamiru et. al. also observed high prevalence (75.4%) of suboptimal breast feeding. [8] This difference may be due to high institutional delivery rate among the study participants.

Graph-4: Distribution of infants as per IMNCI criteria of proper Positioning (n=102)

- Assessment for proper positioning revealed that 42.2% mothers were supporting infants whole body & only 24 (23.5%) infant's body was straight while breast feeding whereas only 23 (22.5%) infants fulfilled all 4 criteria for good positioning. Contrast findings were reported by S. B. Thakre et. al. (2012) from Nagpur.[9]

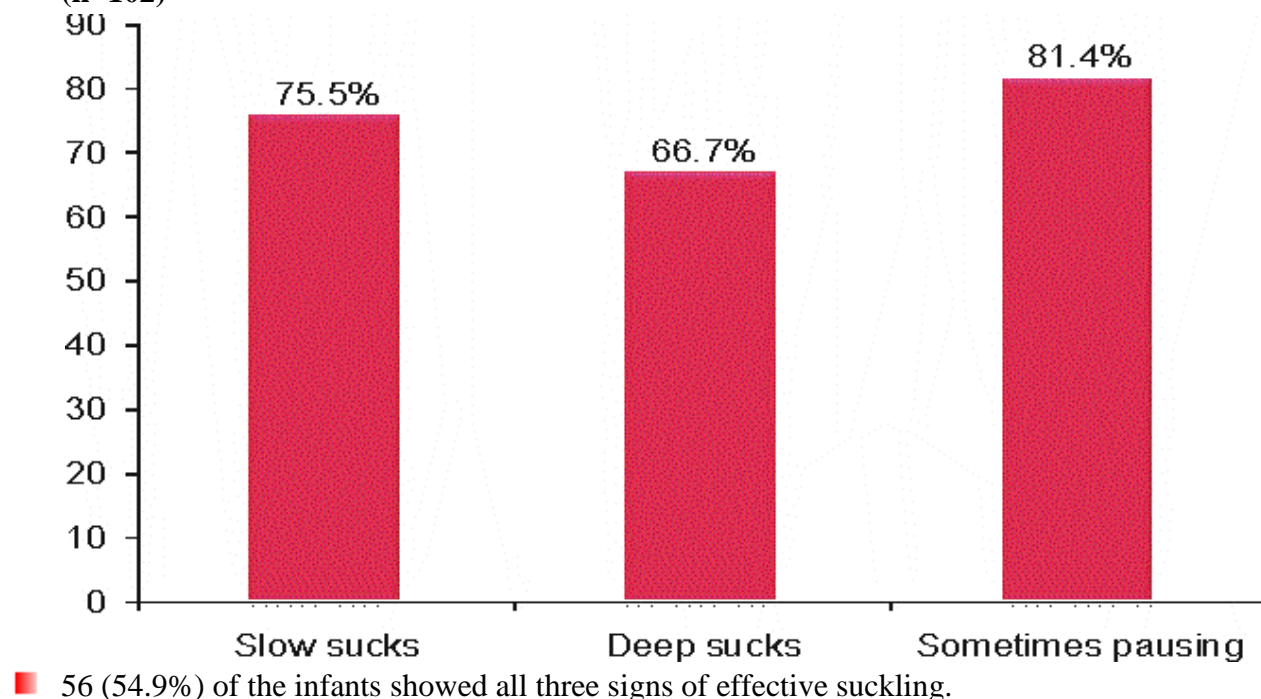


Graph-5: Distribution of infants as per IMNCI criteria of good Attachment (n=102)



Out of the 4 criteria of correct attachment, Lower lip was turned out ward of 57 (55.9%) infants & but only 11 (10.8%) children fulfilled all the 4 criteria which were classified as having good attachment.

Graph-6 : Distribution of infants as per IMNCI criteria of Effective Suckling (n=102)



CONCLUSION:

The Present study shows that prevalence of suboptimal breast feeding was very high. So there is a need to strengthen IEC activities in the region to reduce breast feeding related malpractices and its implications.

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