

Knowledge and practice of breast feeding among mothers

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Abstract

Objectives: 1) To study the knowledge of breast feeding among mothers. 2) To study the practice methods of breast feeding followed among mothers. **Materials and Method:** Observational study done over 3 months at Sri Adichunchangiri institute of medical sciences, B.G. Nagara. **Study period:** January 2009 till April 2009. **Cases studied:** 300. Using simple questionnaire regarding knowledge of breast feeding and practices followed to mothers who delivered at Sri Adichunchangiri institute of medical sciences, B.G. Nagara, in the study period. WHO BFHI Guidelines were used in the questionnaire. **Results:** In my study of all mothers who delivered at Sri Adichunchangiri institute of medical sciences, B.G. Nagara in the study period, 60% of mothers had NO knowledge, 43.3% with average knowledge and 16.6 % with good knowledge of breast feeding. About breast feeding practices, 33.3% of mothers followed good practices, 16.6 % of the mothers were average and 50% of the mothers were not following good breast feeding practices. More than hospital staff, elderly person at family and neighbours influence the practice of breast feeding among mothers. **Conclusion:** Large proportion of mothers are still lacking the knowledge of good breast feeding and practice methods. Antenatal counselling and demonstration of breast feeding advantages and techniques ante natally and post natally would help to achieve WHO goals in a long run.

Keywords: Breast feeding, knowledge, practice. BFHI.

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INTRODUCTION

BACK GROUND

WHO BFHI-Breast feeding health initiative guidelines states ten steps for successful breast feeding^{1,2,3}. This ensures good new born nutrition and prevents new born illness due to malpractices of breast milk substitutes³. An observational study was undertaken to assess the

knowledge of breast feeding among mothers and the practice methods followed

OBJECTIVES

1. To study the knowledge of breast feeding among mothers.
2. To study the practice methods of breast feeding followed among mothers.

MATERIALS AND METHOD

Observational study done over 3 months at Sri Adichunchangiri institute of medical sciences, B. G. Nagara.

Study period: January 2009 till April 2009.

Cases studied: 300.

Using simple questionnaire regarding knowledge of breast feeding and practices followed to mothers who delivered at Sri Adichunchangiri institute of medical sciences, B.G. Nagara, in the study period. WHO BFHI Guidelines were used in the questionnaire.

Table 1:

KNOWLEDGE	PRACTICE METHODS
Benefits of breast feeding-yes/no	Pre lacteals given-no/yes
Exclusive breast feeding-yes/no	Colostrum offered-no /yes
Rooming in-yes/no	Influence factor for breast feeding- hospital staff / relatives / neighbors /social customs
Techniques of breast feeding-yes/no	water restriction followed-no/yes
Frequency of breast feeding-yes/no	Nutritious food allowed- no/yes
Avoiding pre lacteals-yes/no	Rooming in followed-no/yes

RESULTS

In my study there were 300 admissions for delivery. All the mothers were included in the study.

DATA ANALYSIS

Table 1: Type of Delivery

Total cases	300
Normal delivery	220
Caeserian delivery	080

Majority had normal delivery

Table 2: Parity of mothers

Total cases	300
Primi para	180
Multi para	100
Grand multi para	020

Most of them were mothers for first time (primi para)

Table 3: Age wise distribution

Total cases	300
<20 years	100
20-30 years	180
30-40 years	020

Majority of the Mothers belonged to 20- 30 years age group.

Table 4: Period of gestation at delivery

Total cases	300
Term deliveries	240
Pre term deliveries	060

80% of mothers had term deliveries

Table 5: knowledge of breast feeding

Total cases	300	%
Knowledge –no	180	60%
Knowledge-average	130	43.3%
Knowledge- good	050	16.6%

Answers to all of the questions favouring BFHI taken as good knowledge. If answers were yes to 50% of the questions favouring BFHI, it was taken as average knowledge. If answers no to all of the questions favouring BFHI, then it was taken as no knowledge.

Table 6: Practice method of breast feeding

Total cases	300	%
Practice method-good	100	33.3%
Practice method-average	050	16.6%
Practice method-poor	150	50

Answers to all of the questions favouring BFHI taken as good practice method. If answers were yes to 50% of the questions favouring BFHI, It was taken as average practice method. If answers no to all of the questions favouring BFHI, then it was taken as poor practice method

OTHER OBSERVATIONS:

Family members had strong influence on breast feeding practices of mothers. 30% newborns were given honey / sugar water as prelacteal feed. Most of them had not offered colostrum to their previous newborns. Water was restricted to 60% of the mothers following social customs. Diet given was not a balanced diet following delivery in 50% of the mothers.

SUMMARY AND RECOMMENDATIONS

In my study majority of the mothers were of age group 20-30 years, primi paras. Most of them had vaginal deliveries. majority being term deliveries. Only 43% of the mothers had some knowledge regarding breast feeding benefits, techniques of breast feeding while 60 % were not knowing breast feeding benefits or techniques. Only 33% mothers followed good practices of exclusive breast feeding, rooming in and milk supplements and took nutritious diet during lactation period. While poor practice was observed in 50% of the mothers. Most of them influenced by their family members like grand mothers, or following social customs or under peer pressure. Hence as Large proportion of mothers are still lacking the knowledge of good breast feeding and practice methods

1. Regular Antenatal counseling and demonstration of breast feeding advantages and techniques ante natally and post natally would help to achieve WHO goals in a long run.
2. Forming support group that includes post natal mothers with neonates ,family members, patients attenders who come with patients for antenatal follow up, friend who come to visit patients post natally should be educated about breast feeding methods and benefits.
3. Demonstrate n display video of breast feeding regularly in antenatal opds.

4. Conducting camps monthly in PHC/Schools/College and creating awareness among all women 18-30 years regarding the benefits of breast feeding.

REFERENCES

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