

Antenatal Breast Feeding Counseling of Mother and Family for Early Initiation of Breast Feeding and Improving of Milk Production is a Major Tool

Bakhtiar Ahmed¹, Ubedullah Bahal Kani¹, Mumtaaz Ali Bharo², Kamran Ali¹ and Sheraz Ahmed¹

ABSTRACT

Objective: To study the Antenatal breast feeding counseling of mother and family for early initiation of breast feeding and improving of milk production is a major tool.

Study Design: Community-based cross-sectional study

Place and Duration of Study: This study was conducted at the This study was conducted at the Department of Pediatrics, Khair Pur Mirs Medical College, Khair Pur Mirs during Jan 2020 to Dec 2020.

Materials and Methods: Three hundred mothers and their family community-based cross-sectional study was conducted in Inman Idris teaching Hospital Sialkot during Jan 2020 to Dec 2020. The Antenatal breast feeding counseling of mother and family was done for early initiation of breast feeding and improving of milk production is a major tool. The informed written consent was taken before taking the data. The permission of Ethical Committee of the institute was taken before collecting the data and get publishing in Medical Journal. The results were made by SPSS version twenty.

Results: The incidence of breast feeding was maximum 160 (53.33%) at age group 16-26 years and was minimum 20 (6.66%) at age group 38-40 years. The mothers visited for antenatal care were 284 (94.6%) and 16 (5.3%) did not visited for antenatal care. The incidence of breast feeding in children was maximum 210 (70%) at age group 1-10 months and was minimum 20 (6.66%) at age group 21-24 months

Conclusion: It was concluded that the practice of early initiation of breastfeeding was low when it is compared to World Health Organization recommendation. World Health Organization suggested that every newborn baby has to feed breast milk within one hour after birth and feed colostrum.

Key Words: Feeding of colostrum, Early initiation, Breast feeding

Citation of article: Ahmed B, kani UB, Bharo MA, Ali K, Ahmed S. Antenatal Breast Feeding Counseling of Mother and Family for Early Initiation of Breast Feeding and Improving of Milk Production is a Major Tool. Med Forum 2021;32(3):143-145.

INTRODUCTION

Human breast milk is very important feeding for all children¹. World Health Organization defines early initiation of breastfeeding as it is the initiation of breast milk feeding within one hour after delivering the baby.^{2, 3, 4}

Neonatal mortality can be prevented by 33% if early initiation of breastfeeding is practiced by mothers^{5,6}.

¹. Department of Pediatrics, Khair Pur Mirs Medical College, Khair Pur Mirs.

². Department of Pediatrics, GMMMC Medical College Sukkur.

Correspondence: Dr. Bakhtiar Ahmed, Associate Professor of Pediatrics Khair Pur Mirs Medical College Khair Pur Mirs.
Contact No: 03342033029
Email: bakhtiarbhanbhro@yahoo.com

Received: January, 2021

Accepted: February, 2021

Printed: March, 2021

A study from Zimbabwe revealed that delayed breastfeeding increases the risk of developing neonatal sepsis within the first 1 week of life⁷⁻¹⁰.

Colostrum is the first milk that is very important for newborns baby in protection of infections. As the first milk is rich in immunoglobulin G, colostrum has a importance in resistance of disease. According to different research, children who didn't take first feed as colostrum develop many infections, slow growth, insufficient weight, and progressively weaker¹¹⁻¹⁴.

Since research were done in Ethiopia to estimate early initiation feeding of breast milk is not enough and no research done in the research area, the objective of this study to measure early initiation of breastfeeding and colostrum feeding practice among mothers of children aged less than twenty four months in Debre Tabor town.

MATERIALS AND METHODS

Three hundred mothers and their family community-based cross-sectional study was conducted This study was conducted at the Department of Pediatrics, Khair

Pur Mirs Medical College, Khair Pur Mirs during Jan 2020 to Dec 2020. The Antenatal breast feeding counseling of mother and family was done for early initiation of breast feeding and improving of milk production is a major tool. The informed written consent was taken before taking the data. The permission of Ethical Committee of the institute was taken before collecting the data and get publishing in Medical Journal. The data was analyzed for results by SPSS version 20.

RESULTS

Table No. 1: Age distribution of mothers in Imran Idris Teaching Hospital Sialkot

Sr. No.	Age of Mother	No of Cases (300)	Percentage %
1	16-26	160	53.33
2	27-37	120	40.00
3	38-40	20	6.66

The incidence of breast feeding was maximum 160 (53.33%) at age group 16-26 years and was minimum 20 (6.66%) at age group 38-40 years (table 1).

Table No.2: Reproductive characteristics of mothers

Variables	Frequency (N)	Percentage %
Having ANC visit		
Yes	284	94.6%
No	16	5.3%
Total	300	100%

The mothers visited for antenatal care were 284 (94.6%) and 16 (5.3%) did not visited for antenatal care as shown in table 2.

Table No. 3: Age distribution of children

Sr. No.	Age (month)	Cases	Percentage%
1	1-10	210	70%
2	11-20	70	23.33%
3	21-24	20	6.66%
Total		300	100%

The incidence of breast feeding in children was maximum 210 (70%) at age group 1-10 months and was minimum 20 (6.66%) at age group 21-24 months as shown in table 3.

DISCUSSION

The finding of our study showed that the early initiation of breastfeeding was done by seventy six point eight percent of mothers (CI; seventy two percent to eighty one point five percent). This result was coincided to a study done in Mota which shows that the incidence of early initiation of breastfeeding is seventy eight point eight percent. Similarly, a study done in Dembecha district showed that the incidence of early initiation of

breastfeeding is seventy three point one percent which is almost coincide to our finding¹⁵.

In our current study, we also assessed colostrum feeding given by mothers and the finding showed that colostrums feeding is given by three-fourths (seventy four point four) of mothers which is resemble to a study done in Mizan Tepi (seventy six point two percent)¹⁶. A finding from Gondar shows that colostrum feeding is given by thirty one percent of mothers which is lower than the recent study¹⁷. This difference may be due to time difference. In addition to this, higher practice of colostrums feeding in our study is may be due to that the current study was done between urban mothers whereas the back study was conducted among rural mothers¹⁸. In contrary to this, the current study is lower than studies done in Raya Kobo¹⁹ and Kombolcha²⁰ which show that colostrum feeding is given by eighty six point five percent and eighty eight point six percent mothers respectively. This difference may be due to that socio economic variable between the recent and the back study. The difference also may be due to the fact that beliefs of culture may be are not common for all population. Beliefs of culture are more seen in Debre Tabor population than in Kombolcha and Raya because Debre Tabor societies are more be loving for religion.

CONCLUSION

It was concluded that the practice of early initiation of breastfeeding was low when it is compared to World Health Organization recommendation. World Health Organization suggested that every newborn baby has to feed breast milk within one hour after birth and feed colostrum.

Author's Contribution:

Concept & Design of Study: Bakhtiar Ahmed
 Drafting: Ubedullah Bahal Kani, Mumtaaz Ali Bhara
 Data Analysis: Kamran Ali, Sheraz Ahmed
 Revisiting Critically: Bakhtiar Ahmed, Ubedullah Bahal Kani
 Final Approval of version: Bakhtiar Ahmed

Conflict of Interest: The study has no conflict of interest to declare by any author.

REFERENCES

1. World Health Organization. 10 facts on breastfeeding. WHO. Updated August 2017.
2. World Health Organization. Early initiation of breastfeeding to promote exclusive breastfeeding. WHO. e-Library of Evidence for Nutrition Actions (eLENA).
3. Edmond KM, Zandoh C, Quigley MA, Amenga-Etego S, Owusu-Agyei S, Kirkwood BR. Delayed

- breastfeeding initiation increases risk of neonatal mortality. *Pediatr* 2006;117(3):e380–e386.
4. Oot L, Sommerfelt A, Sethuraman K, Ross J. Estimating the effect of suboptimal breastfeeding practices on child mortality: A model in profiles for country-level advocacy 2015.
 5. Mugadza G, Zvinavashe M, Gumbo FZ, Pedersen BS. Early breastfeeding initiation and incidence of neonatal sepsis in Chipinge District Zimbabwe. *Int J Contemp Pediatr* 2018;5:1.
 6. Smith ER, Hurt L, Chowdhury R, Sinha B, Fawzi W, Edmond KM, et al. Delayed breastfeeding initiation and infant survival: a systematic review and meta-analysis. *PLoS ONE* 2017;12(7):e0180722.
 7. Berkat S, Sutan R. The effect of early initiation of breastfeeding on neonatal mortality among low birth weight in Aceh Province, Indonesia: an unmatched case control study. *Adv Epidemiol* 2014.
 8. Phukan D, Ranjan M, Dwivedi LK. Impact of timing of breastfeeding initiation on neonatal mortality in India. *Int Breastfeed J* 2018;13:27.
 9. NEOVITA Study Group. Timing of initiation, patterns of breastfeeding, and infant survival: prospective analysis of pooled data from three randomised trials. *Lancet Glob Health* 2016; 4:e266–e275.
 10. World Health Organization. Early Initiation of Breastfeeding: the Key to Survival and Beyond. Breastfeeding is today the single most effective preventive intervention for improving the survival and health of children”. WHO Secretariat, 2010.
 11. Conneely M, Berry DP, Murphy JP, Lorenz I, Doherty ML, Kennedy E. Effect of feeding colostrum at different volumes and subsequent number of transition milk feeds on the serum immunoglobulin G concentration and health status of dairy calves. *J Dairy Sci* 2014;97(11):6991–7000.
 12. Rawal P, Gupta V, Thapa BR. Role of colostrum in gastrointestinal infections. *Ind J Pediatr* 2008;75:917.
 13. Menchetti L, Traina G, Tomasello G, Casagrande Proietti P, Leonardi L, Barbato O, et al. Potential benefits of colostrum in gastrointestinal diseases. *Front Biosci* 2016;8(1):331–351.
 14. Liben ML, Abuhay T, Haile Y. The role of colostrum feeding on the nutritional status of preschool children in Afambo District, Northeast Ethiopia: descriptive cross sectional study. *Eur J Clin Biomed Sci* 2016;2(6):87–91.
 15. Mekonnen Y, Tensou B, Telake DS, Degefe T, Bekele A. Neonatal mortality in Ethiopia: trends and determinants. *BMC Public Health* 2013;13: 483.
 16. Getabelew A, Aman M, Fantaye E, Yeheyis T. Prevalence of neonatal sepsis and associated factors among neonates in neonatal intensive care unit at selected governmental hospitals in Shashemene Town, Oromia Regional State, Ethiopia, 2017. *Int J Pediatr* 2018.
 17. Yirgu R, Molla M, Sibley L. Determinants of neonatal mortality in rural Northern Ethiopia: a population based nested case control study. *PLoS ONE* 2017;12(4):e0172875.
 18. Kebede B, Gebeyehu A, Sharma HR, Yifru S. Prevalence and associated factors of neonatal mortality in North Gondar Zone, Northwest Ethiopia. *Ethiop J Health Dev* 2012;26(2):66–71.
 19. Wakgari N, Wencheke E. Risk factors of neonatal mortality in Ethiopia. *Ethiop J Health Dev* 2013; 27(3):192–199.
 20. Mengesha HG, Sahle BW. Cause of neonatal deaths in Northern Ethiopia: a prospective cohort study. *BMC Public Health* 2017;17:62.