

ANTENATAL EDUCATION TO PROMOTE EFFECTIVE BREAST FEEDING TECHNIQUES

*¹Mamatha G., ²Dr. M. S. Sujatha and ³Dr. D. Narayanappa

¹Associate Professor, JSS College of Nursing, Mysuru.

²Professor and HOD OBG JSS Medical College. JSSAHER, Mysuru.

³Professor and HOD Paediatrics JSS Medical College. JSSAHER, Mysuru.

Received date: 13 March 2023

Revised date: 03 April 2023

Accepted date: 23 April 2023

*Corresponding Author: Mamatha G.

Associate Professor, JSS College of Nursing, Mysuru.

ABSTRACT

Optimal breastfeeding practices are the cornerstone of child survival, nutrition and early childhood development. The World Health Organization (WHO) and United Nations Children's Fund (UNICEF) recommend initiation of breastfeeding within an hour of birth, exclusive breastfeeding for the first 6 months of life, and continued breastfeeding beyond 6 months and at least up to 2 years of age or more along with the introduction of nutritionally adequate and safe complementary foods. **Materials And Methods:** Aim of the study was to promote effective breast feeding techniques among postnatal mothers through Antenatal Education regarding breast feeding. 100 Antenatal mothers who were in 3rd trimester were selected by using purposive sampling technique and antenatal education was given by using WHO Manual regarding breast feeding technique and same mothers were followed up in the postnatal period and postnatal support for breast feeding was given and mothers were assessed for breast feeding technique by using breast feeding observation forms. Results: The present study shows that majority 46(46%) mothers were belongs to age group of 26-29 years. Majority 64(64%) had the education of Pre University Course. The majority 78(78%) were house wife. The majority 94(94%) were Hindu. Majority 68(68%) were belong to nuclear family. The majority 65(65%) were primiparous. With regard to Breast feeding technique, majority 59(59%) were using correct breast feeding technique and majority 78(78%) had moderate latch score one day after delivery but at the day of discharge majority 92 (92%) were using good breast feeding technique and majority 98(98%) had good latch score.

KEYWORDS: Breast feeding, post-partum breast problem.

INTRODUCTION

Optimal breastfeeding practices are the cornerstone of child survival, nutrition and early childhood development. The World Health Organization (WHO) and United Nations Children's Fund (UNICEF) recommend initiation of breastfeeding within an hour of birth, exclusive breastfeeding for the first 6 months of life, and continued breastfeeding beyond 6 months and at least up to 2 years of age or more along with the introduction of nutritionally adequate and safe complementary foods.

According to the Centre for Disease Control and prevention (CDC), one of the most highly effective preventive measures a mother can take to protect the health of her infant is to breastfeed. The success rate among mothers who want to breastfeed can be greatly

improved through active support from their families, friends, communities, clinicians, health care leaders, employers, and policymakers. Given the importance of breastfeeding for the health and well-being of mothers and children, it is critical that we take action across the country to support breastfeeding.

Baby Friendly Hospital Initiative was launched in 1991 by UNICEF4 and WHO5 to ensure that all maternity services support breastfeeding. Ten steps to successful breastfeeding need to be implemented if a health facility wants to be accredited as Baby Friendly. Step 3 of these steps is 'inform all pregnant women about benefits and management of breastfeeding. There is strong evidence and published literature, to support that antenatal counselling improves breastfeeding practices.

MATERIALS AND METHODS

Aim of the study was to promote effective breast feeding techniques among postnatal mothers through Antenatal Education regarding breast feeding. 100 Antenatal mothers who were in 3rd trimester were selected by using purposive sampling technique. Data was collected

by using personal proforma and antenatal education was given by using WHO Manual regarding breast feeding technique and same mothers were followed up in the postnatal period and postnatal support for breast feeding was given and mothers were assessed for breast feeding technique by using breast feeding observation forms.

RESULTS

Table 1: Frequency and percentage distribution of postnatal mothers according to their selected personal variables.

SI no	Personal variables	Frequency(f)	Percentage (%)
1	Age of mothers in years		
	18-21	12	12
	22-25	32	32
	26-29	46	46
	≥30	10	10
2	Education		
	Illiterate	00	00
	Secondary	23	23
	PUC	64	64
	Graduate and above	13	13
3	Occupation		
	House wife	84	84
	Working women	16	16
4	Family Income		
	per month (in rupees)	00	
	<5000 -10000	71	
	10001 -20000	29	
	20001 -30000		
5	Religion		
	Hindu	91	91
	Muslim	06	06
	Christian	03	03
6	Type of family	72	72
	Nuclear	28	28
	Joint		
7	Place of Residence		
	Urban	65	65
	Rural	35	35
8	Gravida		
	Primigravida	64	64
	Multigravida	36	36
9	Parity		
	Primiparous	64	64
	Multiparous	36	36

n=100

Data present in Table 1 The present study shows that majority 46(46%) mothers were belongs to age group of 26-29 years. Majority 64(64%) had the education of Pre University Course. The majority 78(78%) were house

wife. The majority 94(94%) were Hindu. Majority 68(68%) were belong to nuclear family. The majority 65(65%) were primiparous.

Table 1: Frequency and percentage distribution of postnatal mothers according to their correct breast feeding Technique (correct body position) n=100.

Correct Body Position	Day 1						Day of Discharge					
	Good		Average		Poor		Good		Average		Poor	
	f	%	f	%	f	%	f	%	f	%	f	%
Postnatal Mothers	13	13	59	59	18	18	92	92	08	08	00	00

With regard to Breast feeding technique, Day 1 majority 59(59%) were using correct breast feeding technique

and on Day of Discharge majority 92 (92%) were using good breast feeding technique

Table 2: Frequency and percentage distribution of postnatal mothers according to their Latch Score. n=100

Latch Score	Day 1						Day of Discharge					
	Good		Moderate		Poor		Good		Moderate		Poor	
	f	%	f	%	f	%	f	%	f	%	f	%
Postnatal Mothers	16	16	78	78	06	06	98	98	02	02	00	00

With regard to Breast feeding technique, Day 1 majority 78(78%) had moderate Latch score and on Day of Discharge majority 98 (98%) had good latch score.

majority 59(59%) were using correct breast feeding technique and majority 78(78%) had moderate latch score one day after delivery but the day of discharge majority 92 (92%) were using good breast feeding technique and majority 98(98%) had good latch score.

DISCUSSION

Ineffective breast feeding technique is one of the factors leading to premature discontinuation of breastfeeding and malnutrition.

Many women want to breastfeed but are unable to do so. Lack of confidence in their ability to breastfeed, problems with proper positioning of neonate, myths of inadequate milk supply, breast pain and lack of support from health professionals in early post discharge period are some reasons why breastfeeding is not initiated and if initiated is not continued for the recommended duration. The maternity nurse has the opportunity to ensure that mothers successfully establish and continue breastfeeding. This is done through counseling, encouragement and support. Compared with women who received routine care, women in the postnatal support group were more likely to breastfeed exclusively. The rate of breastfeeding after delivery was also higher in the postnatal support group compared with women who received routine care.

The study on Antenatal education and postnatal support strategies for improving rates of exclusive breast feeding: randomised controlled trial results showed that women who received routine care, women in the postnatal support group were more likely to breastfeed exclusively at two weeks postnatally.

Thus This study is undertaken to teach the mothers regarding effective breast feeding techniques. Concerning demographic characteristics, the present study showed that majority 46(46%) mothers were belongs to age group of 26-29 years. Majority 64(64%) had the education of Pre University Course. The majority 78 (78%) were house wife. The majority 94 (94%) were Hindu. Majority 68(68%) were belong to nuclear family. With regard to Breast feeding technique,

CONCLUSIONS

Antenatal breast feeding education and postnatal lactation support, as single interventions based in hospital both significantly improve rates of exclusive breast feeding up to six months after delivery. Postnatal support is more effective than antenatal education.

BIBLIOGRAPHY

1. Prabha Shrivastava, Indranil Saha, Saswati Nandy. A study on feeding practice of under 6months infants attending the NutritionClinic of a tertiary care hospital of WestBengal, *Epidemiology Biostatistics and Public Health*, 2013; 10(2).
2. <https://www.ncbi.nlm.nih.gov/books/NBK52688/>
3. <http://www.iosrjournals.org/iosr-jnhs/papers/vol15-issue6/Version-1/H0506015974.pdf>
4. Rahila Imtiaz, Rubina Izhar, Samia Husain, Sonia Husain Antenatal Counselling on Breastfeeding- Is Adequate Counselling Being Provided? *June, 2015; 20(1)*. <https://www.annals-ashkmdc.org/pdfs/2015/1/9>.
5. Zeliha Burcu Yurtsal, Gulay Kocoglu .The effects of antenatal parental breastfeeding education and counseling on the duration of breastfeeding, and maternal and paternal attachment *Integr Food Nutr Metab*, 2015; 2(4): 222-230.
6. Sinha B, Chowdhury R, Sankar MJ, Martines J, Taneja S, et al Interventions to improve breastfeeding outcomes: a systematic review and meta-analysis *Acta Paediatr*, 2015 Dec; 104(467): 114-34.
7. Bridget A. Aidam Rafael Pérez-Escamilla Anna Lartey Lactation Counseling Increases Exclusive Breast-Feeding Rates in Ghana *The Journal of Nutrition*, July 2005; 135(7): 1691–1695.