

Knowledge and Awareness About Breastfeeding Among Postnatal Mothers in a Private Medical College

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ABSTRACT

Background: Breastfeeding is essential in any infant's nutrition and growth. There are various misconceptions and cultural beliefs regarding breastfeeding which can hinder breastfeeding and its continuation by the mothers.

Objective: To describe the current level of knowledge and awareness about breastfeeding among postnatal mothers in private medical college.

Methods: A Clinic based cross-sectional review was completed in the post-pregnancy ward of Obstetric division of the Saveetha clinical school and medical clinic between June 2021 to August 2021. Information were gathered through interview utilizing a semi-organized poll. Data were went into Microsoft succeed and engaging examination was finished.

Results: A very small percentage of postpartum mothers are aware of the significance of avoiding prelacteal feeding, early breastfeeding, exclusive breastfeeding, burping, and breastfeeding on demand. However, more than half of postpartum mothers are aware of the health benefits of breastfeeding, the benefits of colostrum, and the bonding benefits of breastfeeding. Additionally, they are informed about whether mothers with HIV or tuberculosis can breastfeed.

1. Introduction

Because it is natural, breastfeeding provides the infant with the best nutrients and factors that protect against infections. [1] Providing calories, proteins, and bioactive factors like IgA, lactoferrin, and growth factors, which have anti-infective, antioxidant, and growth-promoting properties, through exclusive breastfeeding for six months has numerous advantages for the developing infant. 2]

Breastfeeding decreases looseness of the bowels and respiratory sickness among youngsters and helps in diminishing hospitalizations and lessening baby mortality. Breast milk additionally further develops IQ and cerebrum size among the individuals who are breastfed contrasted with those on fake feeds.[3,4] Around 40% of babies under six months old are exclusively breastfed worldwide [5]. 64.9% of infants in India are exclusively breastfed [6]. The goal is to have exclusive breastfeeding rates rise by 69% in India and 50% globally by 2025. [3 In India, about 2.4 million children die each year, of which two-thirds are caused by inappropriate infant feeding practices.] 7]

As per the WHO proposals, three variables are expected to lessen baby death rates, in particular commencement of breastfeeding inside 1 hour of birth, practicing exclusive breast feeding for 6 months, and legitimate supplementation at a half year. Anyway due to misinterpretations among moms it has been very challenging to execute something similar at the local area level.[8] Increases in the number of working mothers, readily available and aggressively promoted artificial feeds based on formula, social pressures, and illness among lactating mothers have further reduced breastfeeding rates. 9]

The knowledge and practice of exclusive breastfeeding has been affected by social, segment, social, and psychosocial factors.[8,10]In India, the paces of early inception, elite breastfeeding are a long way from attractive and further KAP concentrates on about breastfeeding are restricted among Indian mothers.[11].

2. Methodology

Study design:

This is a hospital based cross-sectional study.

Study area and population:

Postnatal ward of Saveetha medical college

Study duration:

The study was carried out from June 2021 to August 2021.

Sampling method:

Convenient sampling was done.

Sample size:

The example size for the review was resolved utilizing past investigations and a helpful example size was selected. Therefore the example size chose for this study is 100.

Inclusion criteria:

Postnatal mothers who delivered recently in the hospital or those mothers who have been readmitted for baby sake or for their own illness.

Exclusion criteria:

The study did not include any mothers who were unwilling to take part.

Concentrate on device and information assortment technique:

The subjects of this study were interviewed using a semi-structured questionnaire that had been pretested. Before being used in the actual study, the questionnaire was prepared in the local language and back translated to ensure its validity. The demographic information of the individuals was recorded, as was whether or not the postpartum mothers were aware of the fundamentals of breastfeeding and were presented with a variety of hypothetical scenarios to determine whether or not they were aware. If they were not aware, the interviewer also educated them on the necessary scenarios.

Informed consent:

Informed oral assent in the neighborhood language i.e.Tamil and Hindi were gotten from the members associated with this concentrate prior to regulating the survey

Statistical analysis: Microsoft Excel was used to conduct the analysis of the data, and frequency tables and graphs were used to present the descriptive statistics. Using the Chi-square test and the P value, the significance of the variables in the study was determined

3. Results and discussion

Remembered 100 post pregnancy moms for complete who were exposed to balanced interview utilizing an approved survey. The socio segment of the members are remembered for table 1. Out of the 100 members in the review, 36 % of the mom's age

was under 25 years, 31% of them were between the age 25-29 and the leftover 33% had a place with the age bunch between 30-35.

About 12% of the postnatal mothers have finished primary schooling, 52% have finished secondary schooling, 28% have finished higher secondary, the highest being about 6% of the postnatal mothers who have finished their undergraduates and least being 2% who has finished his postgraduates. Most of them belonged to Nuclear type of family (67%) and the remaining being joint families (33%).

Regarding the sex of the babies of the postnatal mothers in the study population female babies (63%) were more in number when compared to the male babies (37). Majority of the babies were 1stborn (51%) when compared to the 2ndborn (44%) and the 3rd born (5%).

Table1: Socio demographic characteristics

Parameters	n(%)
Age of postnatal mothers:	
<25 years	36(36%)
25-29years	31(31%)
30-35years	33(33%)
Participants educational qualifications:	
Primary	12(12%)
Secondary	52(52%)
Highersecondary	28(28%)
Undergraduate	6(6%)
Postgraduate	2(2%)
Family type:	
Nuclear family	67(67%)
Joint family	33(33%)
Gender of the baby:	
Male baby	37
Female baby	63
Birthorder of the baby:	
1stborn	51
2ndborn	44
3rdborn	5

With regards to knowledge and practice of breastfeeding below are the tables which are interpreted information gathered from the participants through a validated questionnaire given to them. These further give us an insight into the knowledge, awareness and the practices followed among the participants.

Knowledge about breastfeeding:

This table helps us understand the knowledge possessed by the participants about the various aspects of breastfeeding. Common questions being about the first feed, duration of breastfeed, exclusive feeding, extended feeding, frequency of the feeds and the benefits of feeding to the mother, baby and the family on the whole. Questions related to colostrum and its colour and if they would feed colostrum.

Regarding time of initiation of breastfeeding 30 % of the postnatal mothers said should be within 1hour. While 59% said it can be initiated within 3hours and rest (11%) said it can be initiated within 24 hours.

Majority of the mothers said they knew about breastfeeding from family and friends (45 % and 27%) With respect to duration of exclusive breastfeeding majority of the postnatal mothers said it to be upto 6 months (78%). Regarding the duration of breastfeeding majority said it to be upto 2 years(63%).

Regarding colostrum majority said it is the milk secreted during initial 3-4 days after delivery (68%) 55% of the mothers said they will feed colostrum and 65 % said colour of

colostrum is yellow. When asked about how long to breastfeed the baby 65 % of the mothers said it should be between 6 months to 2 years or more. When asked about exclusive breastfeeding majority said it giving nbreastmilk with vitamins or supplements (71%together)

Majority of the postnatal mothers felt that breastfeeding helps in promoting mother and baby bonding (64%) and helps in improving the babies immunity (68%). When asked about frequency of feeds 91% of the postnatal mothers said should be on demand .About the benefit of breastfeeding to the mother most of the postnatal mothers (68%) felt it prevents ovarian and breastcancer and helps as a natural contraceptive.

Table2: Knowledge about Breast feeding

Parameters	N(%)
Initiation of breastfeeding within how many hours of birth	
Within 1hour	30(30%)
1-3hours	59(59%)
3-24hours	11(11%)
How did you know about breastfeed?	
Books	8(8%)
Family	42(42%)
Friends	27(27%)
Teachers	6(6%)
Media	17(17%)
Duration of exclusive breastfeeding	
<=3 months	18(18%)
Upto6months	60(60%)
>6months	22(22%)
What can be given in exclusive breastfeed?	
Breastmilk+extra nutritionsupplement	32(32%)
Breastmilk+vitamindrops	39(39%)
Only breastmilk	29(29%)
What is colostrum?	
Milk secreted during initial3-4days after delivery	68(68%)
Milk secreted during late stage of breastfeed	10(10%)
Milk secreted during middle stage of breastfeed	22(22%)
Will you give colostrum to your baby?	
Yes	55(55%)
No	23(23%)
Not sure	22(22%)
What is the colour of colostrum?	
White	24(24%)
Green	2(2%)
Yellow	62(62%)
Don't know	12(12%)
How long should the baby be breastfed?	
<6months	35(35%)
For 6months to 2years	33(33%)
For 2years or more	32(32%)
What is the consistency of breastfeed?	
Thick	51(51%)

Watery	49(49%)
Howdoes breastfeeding benefit the family?	
Bonding b/w mother and baby increases	64(64%)
Mother is prevented from acquiring diseases such as breastcancer	3(3%)
Baby is provided with important nutrients which helps prevent infections	29(29%)

All the above	4(4%)
Frequency of feeding?	
Every half an hour	6(6%)
Every 1 hour	1(1%)
Every 2 hours	2(2%)
Whenever the baby cries	91(91%)
When mom wants to feed the baby	0(0%)
What are the benefits of breastfeeding for the child?	
Helps healthy wt. Gain	8(8%)
Builds strong immunesystem	68(68%)
Increases IQ	2(2%)
Rich in fat	22(22%)
What are the benefits of breastfeeding in a mother?	
Protection against pregnancy during lactational amenorrhea	29(29%)
Reduces risk of breast and ovary cancer	6(6%)
All the above	65(65%)
What do you mean by effective suckling	
Hear gulping sounds of milk being swallowed	9(9%)
Pauses suckling in between swallowing	22(22%)
Baby's cheeks are full	17(17%)
Baby suckles slowly	3(3%)
All of the above	49(49%)

Awareness about breastfeeding:

This table further gives us an insight into the level of awareness that the participants have about various other aspects other the usual practices and norms. Majority of the postnatal mothers felt that babies born to TB (75%) and HIV infected mothers (73%) should not breastfeeding.

Majority of the postnatal mothers didn't know if mother with high fever (72%) and mothers with breast cancer can breastfeed or not (66%)

Table3: Awareness about Breastfeeding

Parameters	N(%)
Can a tuberculosis infected mother breastfeed?	
Yes	4(4%)
No	75(75%)
Don't know	21(21%)
Can a HIV infected mother breastfeed?	
Yes	0(0%)
No	73(73%)
Don't know	27(17%)
Can a mother with breastcancer breastfeed?	
Yes	7(7%)
No	27(27%)
Don't know	66(66%)
Can a mother with high fever breastfeed?	
Yes	4(4%)
No	24(24%)
Don't know	72(72%)

Practices in breastfeeding:

Table 4: Promoting Practice of Breast feeding

Parameters	N(%)
Will you continue breast feed even after 6months	
No	22(22%)
Yes	21(21%)
Notsure	57(57%)
Do you wait till your baby burps after feed before lying down to rest?	
Yes	91(91%)
No	9(9%)
What is the right position of the mother during feeding?	
a)leaning on herbaby	9(9%)
b)sit/liedown with herback wellsupported	77(77%)
c)both a)and b)	8(8%)
d)none ofthe above	6(6%)
Right position of the baby while feeding?	
Only the neck and shoulder should be supported	9(9%)
uch a way that the neck cantwist	0(0%)
Body turned opposite to mom	26(26%)
Baby's nose at the level of nipple	65(65%)
Would you encourage other women to breastfeed?	
Yes	100(100%)
No	0(0%)

When asked will they continue breastfeeding beyond 6 months majority of the mothers said they don't know (57%)and depends on family situation at that time. Majority felt that sitting or lying down position with back supported is the most preferred position(77%).Regarding the position of the baby while feeding majority felt that baby nose should be at the level of nipple (65%).When asked about will you encourage breast feeding all the postnatal mothers said they will.

Discussion:

According to the most recent Millennium Development Goals (MDGs), exclusive breastfeeding (EBF) for a period of six months is regarded as one of the most efficient strategies for achieving MDG #4. [12,13] As per Baby and Small kid Taking care of (IYCF, 2006) [13,17] guidelines, Government of India suggests that inception of breastfeeding ought to start promptly fetal membrane, ideally in one hour or less. However, just 30% of the moms expressed that they had initiated breast feeding soon.

The delay in moving the mother from the labor room to the neonatal intensive care unit (ICU), Caesarean section, and family restriction were the most common causes of mothers delaying starting to breastfeed. These results are comparable to those of a variety of studies conducted worldwide, ranging from 6.3% to 31%. 16] On the other hand, NFHS3(2005–2006) [15] reveals that various studies' initiation rates in India range from 16 to 54.5%. These discoveries demonstrate medical services experts particularly the nursing group must be made mindful about the significance of starting early breastfeeding even in Csection conveyances. 78% of the mothers in this study were aware of EBF. This result is consistent with previous findings that breastfeeding mothers in developing nations are well-versed in EBF. In a similar vein, 43% of mothers participating in the current study believed that they should breastfeed their children until they reached the age of 2 years and 6 months.

The act of breastfeeding is a time of physical contact and closeness that nurtures the bond between the mother and the child, as stated by 64% of mothers in our study. Numerous studies have also revealed that breastfeeding has psychological benefits for both the mother and the child. Additionally, there is a lack of awareness regarding

proper positioning and attachment, which requires improvement through the utilization of lactation consultants, antenatal counseling regarding breastfeeding, and peer support. Maternal training has been depicted as one of the strongest determinants of the act of EBF and working on the schooling of the mother by lactation guiding will go far in accomplishing this objective. Although the mothers in this study had sufficient knowledge about breastfeeding, they did not know whether breastfeeding can continue in the presence of maternal conditions like TB, HIV, or fever

4. Conclusion and future scope

The current review reasons that the moms have a generally excellent information and positive towards breastfeeding. Our discoveries likewise show that the degree of selective breastfeeding was low among Indian moms and the act of breastfeeding isn't however much what is generally anticipated regardless of the greater degree of information. In order to achieve the goal of exclusive and extended breastfeeding, it is essential to provide mothers with prenatal and breastfeeding education; to strengthen public health education campaigns to promote breast feeding; to motivate mothers to practice breastfeeding according to the appropriate knowledge they have received from various sources; and to strengthen programs to promote EBF and to choose breastfeeding over formula feeding.

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