

## Knowledge, Attitude and Practice Associated With Breastfeeding Among Post Partum Mothers at Tertiary Health Care Hospital



### Medical Science

**KEYWORDS :** knowledge, Attitude, breastfeeding practice, Tertiary care municipal hospitals

**Dr. Manisha Singh**

Third year in M.S. Obstetrics and Gynaecology, Department of Obstetrics and Gynecology, Smt. Shardaben Chimanlal Hoapital, Saraspur, Ahmedabad, Gujarat

**Dr. Arti J. Patel**

HEAD OF UNIT, PROFESSOR IN DEPARTMENT OF OBSTETRICS AND GYNAECOLOGY, SMT. SHARDABEN CHIMANLAL HOSPITAL, SARASPUR, AHMEDABAD, GUJARAT

### ABSTRACT

#### **Aim:**

To describe the knowledge, attitude, and actual practices of lactating post-partum mothers in Tertiary care municipal hospitals of Ahmedabad regarding breastfeeding, complementary feeding and weaning and to assess any relation to the educational and socio-economical background.

#### **Materials and Methods:**

A hospital-based cross-sectional prospective study was conducted on 600 randomly selected post-partum mothers.

#### **Results:**

In present study, majority (98.4%) had awareness regarding the nutritional status and importance of maintaining proper hygiene. Among the mothers 14% had completed primary school. 77% of the mothers in present series belong to lower middle class. Exclusive breast-feeding was not found to be associated with mother's education ( $P=0.95$ ). There was no significant association between breastfeeding posture practice and exposure to breastfeeding education ( $p=0.48$ ).

#### **Conclusion:**

There is a need for awareness of the appropriate breastfeeding practices through health care system and family interventions.

### Introduction

Breast milk is the best and self-sufficient food for newborns if mothers have proper knowledge about correctly breastfeeding them and infants. Moreover, not only the food but also is the source of strong emotional bondage between the mother and the baby. Breastfeeding practice may look simple. However, lack of knowledge related to it and misconceptions associated to its practice, may keep the baby away from utilizing its full advantage. It is very important for sensory and cognitive developments of the baby; also builds the immunity of the baby. The nutritional stores of a lactating woman may be more or less depleted as a result of the pregnancy and the loss of blood during childbirth. Lactation raises nutrient needs, mainly because of the loss of nutrients, first through colostrum and then through breast milk. Breast milk volume varies widely. The mother should be given advice on consuming a mixed diet. At each postnatal visit, both the mother and the baby should be examined. A satisfactory gain in the infant's weight is the best way to judge the adequacy of the diet of the infant. Mothers should not receive less than 1800 calories per day. UNICEF has estimated that exclusive breastfeeding in the first six months of life can reduce under-five mortality by 13% in developing countries<sup>1</sup> there has been a decline in breast feeding trend especially in urban areas of India<sup>2</sup> due to varying trends of breastfeeding in various regions and community of India there is a necessity of frequent monitoring of these changing trends.

### Aims and Objectives

To know the knowledge, attitude, and actual practices of lactating post-partum mothers regarding breastfeeding, complementary feeding, initiation and weaning.

To know the habit of hygienic practices while breastfeeding the baby.

To study additional behaviour used during breastfeeding

### Materials and Methods

A hospital-based cross-sectional study was conducted in Tertiary care municipal hospitals of Ahmedabad . The

study sample consisted of 600 admitted women during their post-partum period who were breastfeeding their babies. Mothers were selected using systematic random sampling. The study was conducted during the period from October 2015 to March 2015. Using designed well-structured questionnaire, data was collected. Data included patients' demographics, knowledge, attitudes, and practices towards breastfeeding.

### Statistical methods

The Statistical Package for Social Science (SPSS) for Windows (version 11.0) for statistical analysis was used. Quantitative data were presented by mean and standard deviation, while qualitative data were presented by frequency distribution. Chi-square test was used to compare between more than one proportions. A statistically significant level was considered when  $P$  value was less than 0.05.

### Results

A total of 600 breastfeeding postnatal mothers were included in the study. Their age ranges from 18 to 41 years. Majority of the mothers (78%) were housewives. Most of the mothers belonged to low socio-economic class. 85% were delivered at hospital rest delivered either at home or outside. 40% were male babies and rests were females. Only 64% of the mothers accepted Copper-T as a method of contraception during lactational period. 54% of the mother knew about lactational amenorrhea. About 60% of mothers fed colostrum. Majority of the mothers fed breast milk within 2 hours of delivery. Surprisingly, Mothers who gave pre-lactal feeds to the babies like water, honey, cow milk etc. accounted to 73.4% inspite the efforts from government, health care and media; that has to be corrected by the patient. Most of them fed in correct posture i.e. sitting upright with good attachment of the baby to the breast. Few (27%) thought that vaccination has no affects breastfeeding 34% were neutral on this. 27% mothers associated illness of mother or baby with cessation of breast milk feed whereas, 40% did not comment on it. Only 54% acknowledged ill effects associated with bottle feeds. Out of total interviewed 78.5% mothers were advised on breast feeding prenatally and rest 16.5% postnatally either by hospi-

tal staff or their relatives. All mothers understood the importance of maintaining hygiene while breast-feeding and agreed that breast feed had other advantages too than satisfying hunger. Most of them believed breastfeeding should be done in relaxing environment maintaining privacy. All mothers made babies burp after breast-feed. Exclusive breast-feeding was not found to be associated with mother's education ( $P = 0.95$ ) as almost all agreed to exclusively breast fed the baby at least up to 6 months of post-partum period.

**TABLE 1 : Attitude and practice on breastfeeding among post partum mothers based on demographic profile**

		NO. OF CASES	PERCENT-AGE
AGE (YEARS)	<20	100	16.67%
	20-25	175	29.17%
	25-30	200	33.33%
	>30-35	050	8.33%
	>30	075	12.50%
PARITY	PRIMIPARA	400	66.67%
	MULTIPARA	200	33.33%
EDUCATION LEVEL	ILLITERATE	130	21.67%
	LITERATE	350	58.33%
	TILL 10 <sup>TH</sup> GRADE	084	14%
	GRADUATE	036	6%
	RELIGION	HINDU	113
	MUSLIM	462	77%
	CHRISTIAN	020	3.33%
	OTHERS	005	0.50%
SOCIO-ECONOMIC CLASS	LOWER CLASS	250	33%
	MIDDLE CLASS	350	77%

	UPPER CLASS	000	0%
PLACE OF DELIVERY	HOME	090	15%
	HEALTH CENTRE/ HOSPITAL	510	85%
INITIATION OF BREASTFEEDING (HOURS)	WITHIN TWO HOUR	154	84%
	2-6	250	13.64%
	6-12	112	1.54%
	>12	084	14%
REASONS FOR DELAYED BREASTFEEDING (>12HOURS)	NO ADEQUATE BREAST MILK	046	54.76%
	BABY NICU	036	42.86%
	UNAWARENESS	002	2.38%
FREQUENCY OF BREASTFEEDING	2 hourly	472	78.6%
	4 hourly	110	18.4%
	6 hourly	018	3%
	12 hourly	000	0%
	Once in 24 hours	000	0%
DURATION OF BREASTFEED (MINUTES)	<5	042	7%
	5-10	221	36.8%
	UNTIL THE BREAST EMPTIES	337	56.2%
BREASTFEEDING FROM ALTERNATE BREASTS	YES	576	96%
	NO	024	4%
POSITION OF MOTHER WHILE BREASTFEEDING	SITTING UPRIGHT	500	83.33%

	LYING DOWN	100	16.67%
COLOSTRUM REJECTION	YES	240	40%
	NO	360	60%
BF DONE IN PRIVACY	YES	556	92.6%
	NO	044	7.4%
RELAXING ENVIRONMENT CREATED WHILE BF	YES	459	76.5%
	NO	141	23.5%
BABY BURPING AFTER BF	YES	594	99%
	NO	006	1%

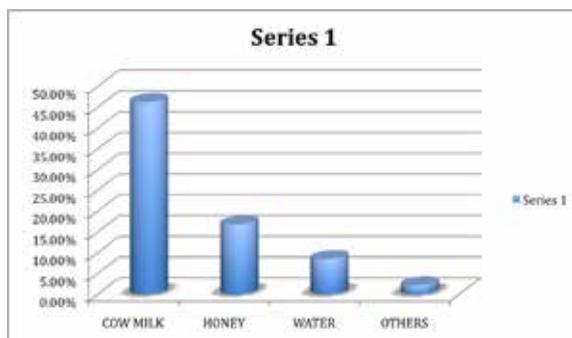
**TABLE 2 : Knowledge on breastfeeding among post partum mothers**

ADVICE RECEIVED ABOUT BF(BREASTFEEDING)	YES- PRE-NATALLY	471	78.5%
	POST-NATALLY	099	16.5%
IS HYGIENE IMPORTANT WHILE BF	YES	600	100%
	NO	000	0%
KNOWLEDGE ABOUT OTHER ADVANTAGES OF BF	YES	582	97%
	NO	018	3%
AWARENESS ABOUT LACTATIONAL AMENORRHOEA	YES	324	54%
	NO	276	46%

BREASTFEED STOPPED DURING ILLNESS	YES	162	27%
	NO	198	33%
	NEUTRAL	240	40%
EXTRA CALORIES INTAKE BY MOTHERS ON BREASTFEED	YES	400	66.67%
	NO	200	33.33%
BELIEF ABOUT VACCINATION OF BABY AT BIRTH	AFFECTS BREASTFEEDING	162	27%
	DOESN'T AFFECT BF	234	39%
	NEUTRAL	204	34%

EXCLUSIVE BF DONE FOR (MONTHS)	6	250	41.67%
	12	175	29.17%
	24	165	27.5%
BOT-TLE FEED THOUGHT TO BE A/W ILL-EFFECTS	AS LONG AS BABY WANTS	010	1.66%
	YES	324	54%
	NO	276	46%

**FIGURE 1 : PERCENTAGES OF PRE-LACTEAL FEEDS GIVEN TO THE BABIES BY POST PARTUM MOTHERS**



**Observation and Discussion**

The World Health Organization recommends that infants be exclusively breastfed for the first 6 months of life.<sup>4</sup> In Middle Eastern countries like Jordan less-educated women were more likely to breastfeed than women with higher education levels<sup>5</sup>

Whereas, in developing countries like Egypt according to the study done a significant relation between maternal education and exclusive breastfeeding was detected.<sup>6</sup>

Routine Antenatal Care provides appropriate knowledge about breastfeeding and is effective in reduction of Infant Mortality Rate.

This study shows the mothers who had routine ANC checkups were able to breastfeed in more effective way than the rest. The study conducted in Egypt showed that more number of women in urban area had proper breastfeeding practices as compare to those of rural where percentage of the mothers attending routine ANC checkups was less.<sup>6</sup>

Out of total, 85% were delivered in hospital and those reported by Wadde SK et al were (78.04%)<sup>3</sup> and 93% by Sanjay V Wagh et al.<sup>9</sup>

In study conducted in JIPMER, Pondicherry by Maheswari Ekambaram et al it was seen that although 92% of the mothers knew the recommendation of initiating breastfeeding within one hour only 36% had actually done it.<sup>7</sup> However, in our study Majority of the mothers fed breast milk within 2 hours of delivery. BFHI (Breast Friendly Hospital Initiative) promotes early breastfeeding practice that is one of its ten goals.<sup>8</sup>

In study by Eman S. Mohammed et al<sup>6</sup> done in Egypt, a significant relation between maternal education and exclusive breastfeeding was detected. Similarly, it was concluded in our study that the mothers with higher level of educa-

tion had knowledge about the importance and period of exclusive breast-feeding.

Colostrum is essential for the baby on breastfeeding. It is the perfect first food for your baby. Certain social customs prevalent among the lower socioeconomic group reject colostrum and are also found to be responsible pre lacteal feeding practices. In our study most commonly cow milk was given to the babies as pre lacteal feed. In study by Sanjay V Wagh et al Honey (61.53%) was the most common prelacteal feed.<sup>9</sup> In this study, 66.67% had knowledge about extra calories intake by mothers on breastfeed as compared to the study by Anindita Maiti et al (60%).<sup>10</sup>

#### Conclusion:

There is a need for awareness of the appropriate breastfeeding practices to the mother especially during pre-natal period so that they are psychologically as well as biologically prepared for the optimal breastfeeding practices right from the time of birth of the baby. In this, health care system and family interventions play a significant role.

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