

Practices and Problems Related to Breastfeeding among Mothers of Under-Five Children

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Abstract

Objective: The purpose of present study is to identify the practice and problems related to breastfeeding among the mothers of under five children .

Design: A quantitative, descriptive survey design

Setting: Paediatric In Patient and Out Patient Department at AIMS, Kochi, Kerala, India.

Subjects: Convenience sampling was used to select 60 mothers of under-five children .

Method: Semi structured interview schedule was used to assess the breast feeding practices among mothers of under-five children and Checklists to assess breast feeding problems and factors influencing breast feeding practices among mothers of under-five children.

Result: Majority of mothers (90%) given colostrum. 53.3% had given exclusive breast feed while thirty seven mothers 46% opted formula feed and 26.7% had given expressed breast milk during the first six months of life. 48.3% mothers feed their baby completely from one breast before offering the other. 70% offered alternate breast during next feed, 43.3% taken dietary modifications and supplements to increase breast milk. Most of the mothers 58.35% initiated breast feeding after two hours. Majority of mothers 46.7% had complaints of problems related to biting during breast feeding. Out of sixty mothers twenty one (35%) reported inadequate breast milk production as a problem during feeding, 30% faces problems related to breast engorgement.

Conclusion: WHO recommended the exclusive breast feeding up to 6 months. But the present study shows that 46.7% of the mothers initiated formula fed before six months and of 90% of mothers fed colostrum. Hence there is a need to educate mothers about exclusive breast feeding up to 6 months.

Keywords: Breast feeding, Mothers of under five children.

Introduction

WHO (1999) defines breast feeding as “the child

has received breast milk directly from the breast or expressed” and it satisfies all the three needs of new born such as warmth, food and protection¹. The 54th world health assembly which met in Geneva in May 2001 affirmed the importance of exclusive breast feeding for six months. The WHO recommends exclusive breast feeding for the first six months of life, the introduction of local, nutrient rich complementary foods thereafter with continued breast feeding to two years of age or beyond.²

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Current statistics of infant mortality rate is 47 per

1000 live birth. Exclusive breast feeding can reduce infant mortality rate. According to National Family Health Survey India 2005-2006, only 23.5% of mothers initiated breast feeding within first hour after birth, 99.2% had ever breast fed their infant, 89.8% were currently breast feeding.³

A survey-based study was conducted by Ashmika Motee, Deerajen Ramasawmy, Prity and Rajesh Jeewon on a group of 500 mothers (2011) to elicit information about infant feeding practices by the use of a properly designed questionnaire given to mothers in Area Health Centres (AHCs) and Community Health Centres (CHCs) both in rural and urban areas of the island, Mauritius. This study shows that the prevalence of breastfeeding has increased over the past 20 years in Mauritius. Despite a high breastfeeding initiation rate of 61%, only 18% succeed to give exclusive breastfeeding until 5-6 months. The mean duration of exclusive breastfeeding is 2 months, with adding water as the main reason for not continuing exclusiveness. Awareness of the health benefits of breastfeeding was noted in 65%, a percentage that may be increased by further breastfeeding education and support. The major barriers to breastfeeding practices in this study were type of delivery, parity, alcohol consumption, occupation and education, breast problems and mainly milk insufficiency.^{4,5}

Statement of the problem

A descriptive study on practices and problems related to breastfeeding among mothers of under-five children attending paediatric wards and OPDs of AIMS, Kochi

Primary Objective: Assess breast feeding practices among mothers of under five children.

Secondary Objectives:

1. Identify factors influencing breast feeding practices among mothers of under five children.
2. Identify the problems related to breast feeding practices among mothers of under five children.

Operational definitions:

Breast Feeding Practices: It refers to the practice followed by the mother during the lactation period which includes initiation, techniques and duration of breast feeding.

Under Five Children: Children in the age group between 2-5 years of age in selected wards and OPDs of AIMS Kochi.

Factors influencing Breast Feeding: It refers to the reasons for inadequate breastfeeding which affects both mother and baby such as family support, attending prenatal classes, formula feed, illness of mother and baby, severe stress, interest of mother, inadequate breast milk production, intake of special diet or supplements

Breast Feeding Problems: It refers to the act or difficulty that affects the mother and baby resulting in inadequate breastfeeding such a nipple problems, breast engorgement, unable to suck, GI problems, breast infections, maternal and mental problems, abnormal breast discharge, inadequate breast milk production, consumption of medicine, etc.

Method

The quantitative research approach with descriptive survey design is used to assess breast feeding practices and problems among mothers of under five children. . Using convenience sampling method, sixty mothers of under-five children were selected and the study is conducted on march 2014 in paediatric wards and Paediatric Out Patient Department of AIMS, Kochi.

The mothers of under-five children who are willing to participate in the study and mothers who can understand English or Malayalam were included. Mothers who are mentally challenged, impairment in hearing and speech, who had not at all fed the baby were excluded from the study.

The research proposal was presented before the Research Committee of Amrita College of Nursing. It was then submitted before Thesis review committee of AIMS and ethical clearance was obtained. After getting prior permission from HOD's and supervisors of Paediatric department, data was collected from mothers of under five children (2-5years) who attended the Paediatric in Patient (T4F4 Ward and annex paediatric ward) and Out Patient Department in AIMS. After the selection of mothers based on inclusion criteria, rapport was established and purpose of the study was explained, informed consent was obtained and a structured interview was conducted to assess the breast feeding practices. Then instructions were provided for filling up the check list. It took 25 minutes for each mother to complete the tool.

Result

Socio Demographic characteristics: Out of sixty mothers, 29 (48.3%) were belongs to the age group of 24-29. Twenty one mothers (35%) are graduates, majority of them (86.3%) are non-working, 32 (53.3%) are having only one child .Regarding the type of delivery, most of the mothers (55%) underwent LSCS, majority of the children (51.7%) suffered from recurrent disease, 47 (78.3%) children undergone hospitalization, majority of the mothers (78.3%) gave birth to their child

in government sector, most of the mothers 19 (31.7%) received information on breast feeding from parents and relatives .

Breast Feeding practices among mothers of under-five children: Among the mothers, 11 (18.3%) initiated breast feeding within 30 minutes [Fig. No. 1]. While feeding about half of the mothers (50%) practiced sitting position, (21.7%) of mothers practiced lying position and (28.3%) practiced both sitting and lying position . [Fig. No. 1].

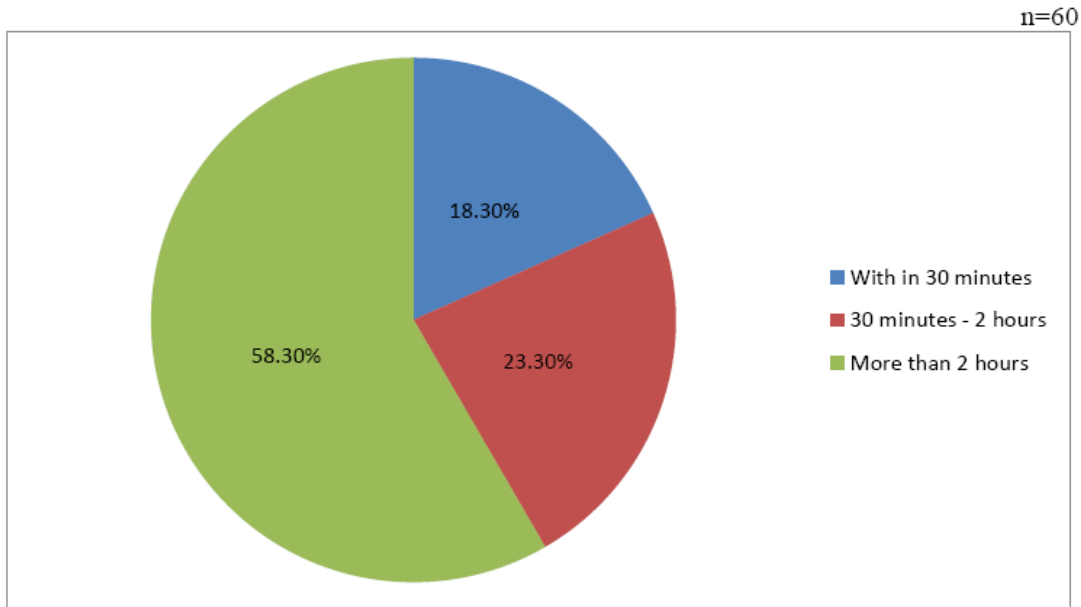


Figure 1: Pie Diagram showing time of initiation of breast feeding

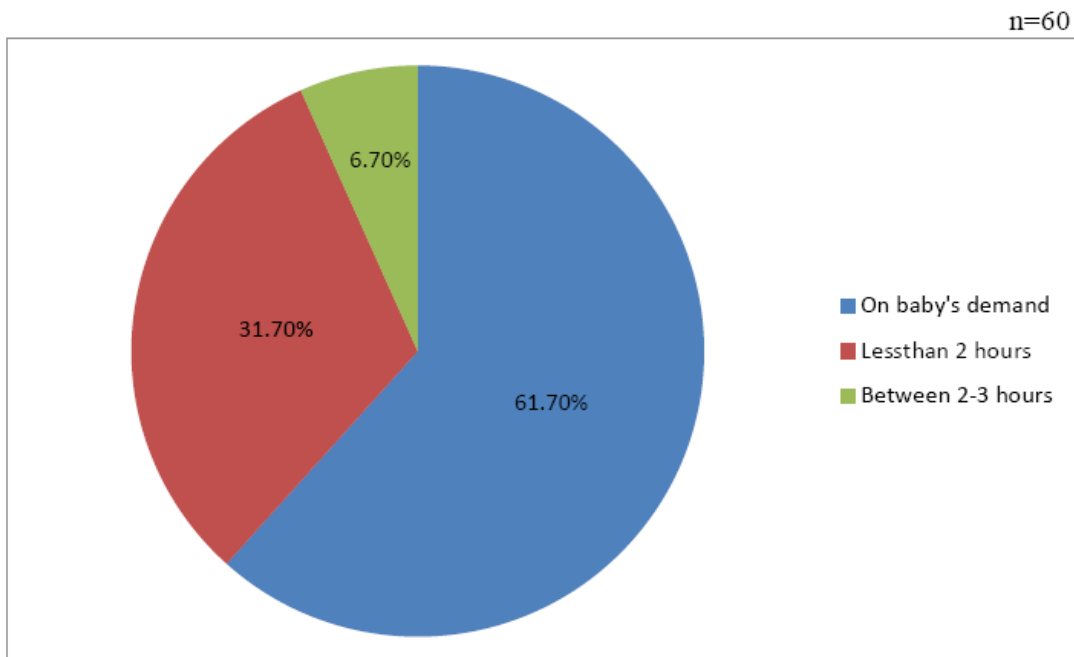


Figure 2: Pie diagram showing time interval between feeds

Out of sixty mothers, thirty seven (61.7%) fed baby on demand whereas nineteen (31.7%) fed within 2 hours [Fig. No. 2].

Forty eight (79.7%) has started weaning from or after 6th month and rest (20.3%) started weaning before six months. Majority of the mothers (72%) initiated

weaning with raggi, nine mothers (15%) initiated with sooji gothambu, the rest of them (6.7%) used either juices or smashed foods. Among the mothers, twenty eight (46.7%) practices breast feeding up to 2 years and twenty six (43.3%) practiced breast feeding more than 2 years where as only 10% fed the baby for less than 6 months.

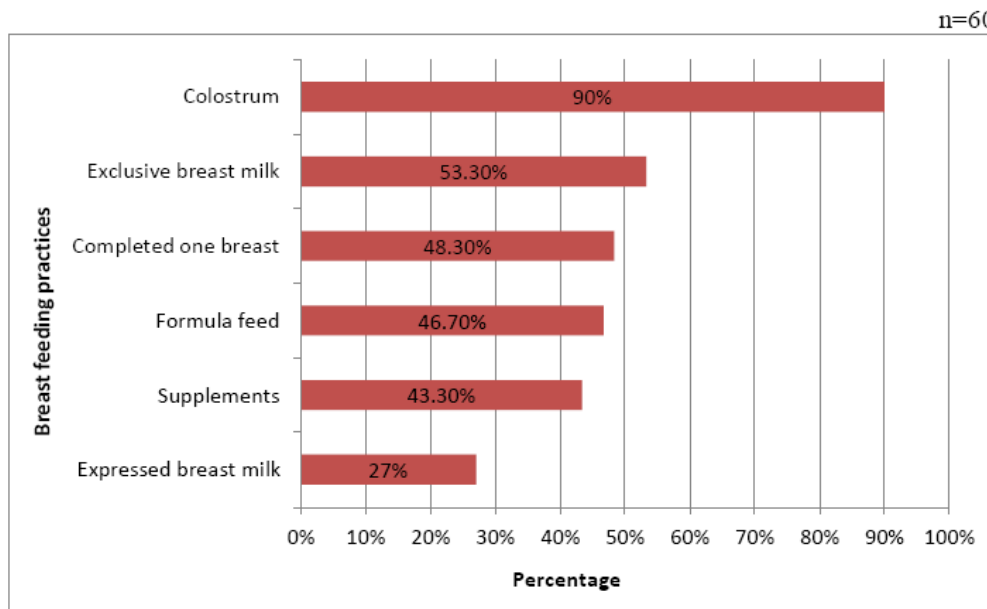


Figure 3: Bar diagram showing Breast feeding practices among mothers

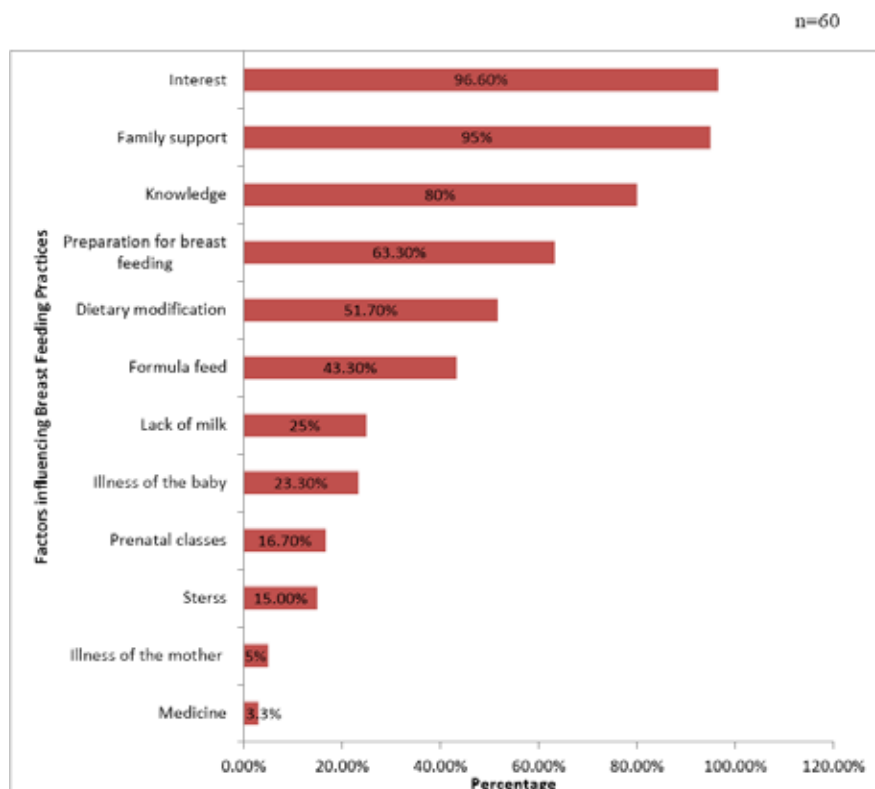


Figure 4: Multiple bar diagram showing factors influencing breast feeding practice

Factors influencing breast feeding practices.

Problems related to breast feeding practices: Out of sixty, 28 mothers (46.7%) complaints of problems related to biting during breast feeding and twenty one mothers (35%) reported inadequate breast milk

production as a problem during feeding. Among them 18 (30%) faces problems related to breast engorgement, Sore nipple and cracked nipple ranked same 18 (28.3%). Least number of mothers (11.7%) complained of inverted nipple, lack of confidence and leaking from breast .

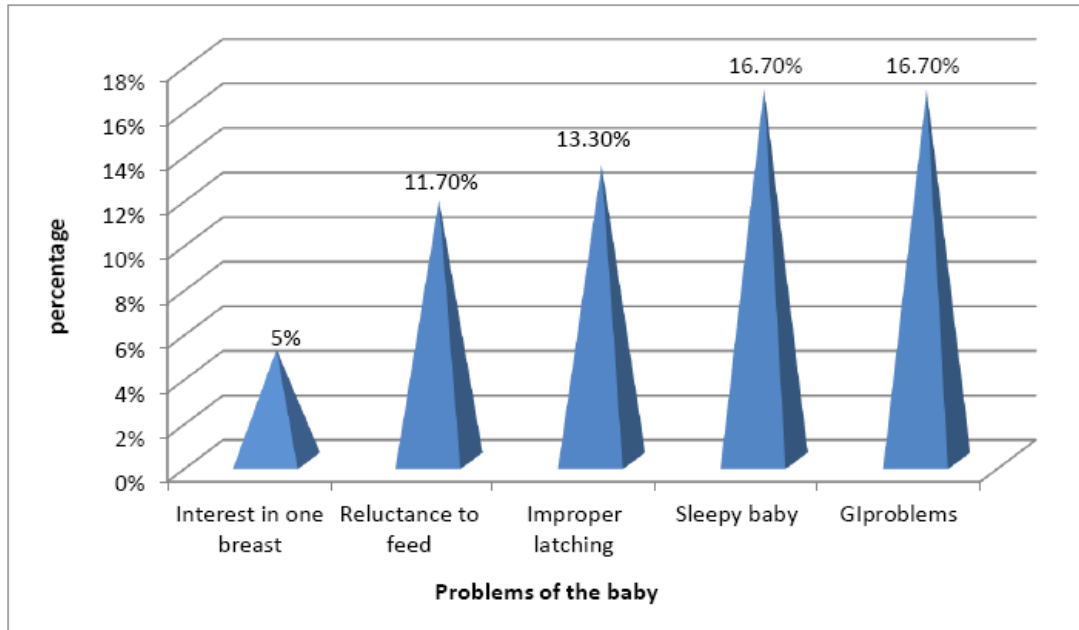


Figure 5: Clustered pyramid showing the percentage of problems of baby

Discussions

The present study shows only 11 (18.3%) initiated breast feeding within 30 minutes and 14 (23.3%) within 30 minutes to 2 hours and rest of 35 (58.3%) initiated after 2 hours, 32 (53.3%) practiced exclusive breast feeding, 54 (90%) fed colostrum, received information's from parents and relatives 19 (31.7%), from health professionals 16 (26.7%) and 28 (46.7%) initiated formula feeding before 6 month. Another study conducted by Abdulbasit Musa Seid, Mekie Edris Yesuf, Digso Negese Koye⁶ - community based cross sectional study in Gujarat in 2007 suggest that almost 99% of children had ever breast fed at some point in the past 709 (87%) of the mother initiated breast feeding within one hour of birth, 679 (83.3%) had fed colostrum and 220 (27%) of mother gave one or more protected feeding 97 (11.9) of the participants having breast related problems that created difficulty in feeding their infant. The results are almost same.

The present study shows that 63.3% had antenatal preparation for breast feeding, 80% of mothers had

knowledge regarding breast feeding, 95% of mothers had adequate family support and 96.6% mothers had interest in breast feeding. The results are more or less consistent with the study conducted by Chudasama and P.Patel⁷ breast feeding initiation practises and factors affecting breast feeding in India (2008). The study was conducted in 480 mothers and suggested the following factors influencing breast feeding that is socio economic status, type of family, maternal age and education, number of antenatal visit taken (43.3%), knowledge (70%), breast feeding advice (25%), postnatal visit, inter delivery interval more than 24 h5ours, family support (85%). The findings are 55% of infants were males & 45% were females 85% have received exclusive breast feeding, 50% of the babies not received colostrum.

Present study shows that 46.7% of mothers complaints of problems related to biting during breast feeding and 35% mothers reported inadequate breast milk production as a problem during feeding .30% of mothers faces problems related to breast engorgement .sore nipple and cracked nipple ranks same (28.3%).

11.7% of subjects complaints of inverted nipple, lack of confidence and leaking from breast. The results are more or less consistent with the study on maternal knowledge and perception about breast feeding and factors influencing it, conducted by Ashwin Borade⁸ in 2009 March among 150 mothers, Pune. This study shows that 10% of mothers had problems such as retracted nipple, sore nipple, 35% of mothers had breast engorgement

Conclusion

Breast milk is the most effective and natural method of feeding the baby. In the present study only half of mothers practiced exclusive breast feeding so it is important to include educational activities related to breast feeding and it should be promoted to mothers.

Conflicts of Interest: Nil

Source of Funding: Self

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