

Women admitted to Lady Reading Hospital, Peshawar who are Breast Feeding their infants under 6 months age

MUJTABA GUL¹, MUHAMMAD ABBAS², SOHAIB³, RAZIA⁴, AMJAD ALI⁵, ZAKIR ULLAH⁶

^{1,4}Department of Paediatrics, Lady Reading Hospital, Peshawar

²Department of Paediatrics, Jinah Teaching Hospital Peshawar

³Department of Paediatrics, THQ Swabi Chota Lahore

⁵Medical Officer Buneir

⁶Medical Officer THQ Karak

Correspondence to Dr Muhammad Abbas, Email: drabbas190@gmail.com, Contact: 03215843687

ABSTRACT

Background: A top objective for worldwide public health is exclusive breastfeeding for the first six months of life. There is evidence that a number of factors, including women's claimed reasons for discontinuing nursing, are related to early termination of breastfeeding.

Aim: To describe women's reported intentions to breastfeed and actual nursing patterns as well as to look at relationships between various parameters at Lady Reading Hospital, Peshawar.

Methodology: This convergent design "to obtain different but complementary data on same topic" to best understand the research problem was conducted after ethical approval at lady reading hospital peds OPD & ward from June 2018 to June 2019. 129 feeding mothers were enrolled in the study. Educational history, employment and marital status, feeding position with knowledge, postpartum depression and medication history were noted.

Result: Highest ratio of 151(69%) were seen in age <35. Primary level education 118(54%) were seen more than other parameters. Employment ratio was seen less in working mothers 87(40%). Highest ratio of not giving answer 19 was seen in store milk while same view for breast milk first food after delivery was same for all. 22 mothers responded same answer for water use. Depression was seen in 97 mothers while 89 were safe and 33 didn't answer. Colostrum was given to 137 infants while hygienic care in washing hand was seen in 107(48%). Medication used for lactation was used by 40(18%) mothers.

Practical implication of this study is to share maximum knowledge to the feeding mothers which will help socially in sharing the same in their homes and societies. The mothers and child health is basic foundation for their home, society and country.

Conclusion: Hygienic care is important for both mother and infant. Education and help assistance is useful after first delivery. Post natal depression should be monitored and health care providers should give visits to all pre natal mothers for education and hygienic care guidance.

Keywords: Breast feeding, infant, mothers, education, hygiene care, traditions and culture

INTRODUCTION

The World Health Organization and national health authorities recommend that infants be breastfed exclusively for the first six months of life, with breastfeeding continuing along with the introduction of age- and stage-appropriate complementary foods, from six months of age up to two years and beyond¹⁻⁴. Breastfeeding reduces the incidence of obesity and chronic diseases in later life in both low-income and high-income nations, supports healthy brain development, and is crucial for averting the triple burden of malnutrition, infectious diseases, and death⁵⁻⁷.

The mother's body releases hormones that inhibit ovulation and cause lactational amenorrhea when the baby nurses from the breast, breastfeeding promotes birth spacing. The mother's defense's against chronic illnesses like type 2 diabetes, cardiovascular disease, breast and ovarian cancer, and breast and ovarian cancer are bolstered by breastfeeding⁸. According to the Diagnostic and Statistical Manual of Mental Disorders Version 5 (DSM-5; American Psychiatric Association) or the International Classification of Diseases Version 10 (ICD-10; World Health Organization [WHO]), post-natal depression (PND) begins 4–6 weeks after giving birth⁹⁻¹⁰.

Breastfeeding has both immediate and long-term advantages for women's and newborns' health. Infectious respiratory disorders like COVID-19's cause, the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), have also been reported to be protected by breastfeeding¹¹⁻¹². Maternal age and education is important factor for both mother and infant in Pakistan while a study¹³ reported that both factor are associated while study¹⁴ reported the supplementary feeding practice was not ideal and the breastfeeding rate for infants under 6 months was quite low. Residential areas varied in their complementary feeding

indicators, while rural areas with the lowest rates were those. The likelihood of inadequate supplementary feeding practices was potentially influenced by low household income and mother education. Priority should be given to increasing complementary feeding for children in underprivileged rural areas, families, and households with low maternal education, which might be incorporated into China's existing poverty reduction program. Demand-side constraints, unique socioeconomic, health-related, and personal characteristics are the main factors that influence and prevent early breastfeeding. Self-reported insufficient milk (SRIM), low self-efficacy, and factors and interactions specific to mothers and babies, such as mental health issues, anxiety over unsettling infant behaviors, and breastfeeding difficulties at the individual level, have not yet been adequately addressed by health systems¹⁵.

Infants who are breastfed begin to acquire weight more quickly than those who are fed formula and have lower illness and death rates (Zhao, Wu and Liang¹⁶). Many causes, including inadequate breastfeeding and improperly introducing complementary foods too soon, cause wasting in infants under six months of age¹⁶⁻¹⁸.

METHODOLOGY

To better understand the research problem, this convergent design "to obtain different but complementary data on same topic" was conducted after ethical approval at lady reading hospital peds OPD & ward from June 2018 to June 2019. Patients who provided information on their will as part of the study were included, but those who did not were excluded. For data collection, a pre-design questionnaire was provided. The benefit of this study was to share the knowledge between the feeding mothers for the benefit of infants and their health. Socially it will spread the knowledge to other homes through each attendant's and mothers.

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Sample size & technique: 129 mothers were enrolled in the study, their marital status, education and employment data was noted. Their basic knowledge as mother, position of giving feed, medication history and postpartum depression was noted. Feeding benefit knowledge was assessed between the mothers. All data obtained was analyzed through SPSS-ver 24.

Inclusive criteria: The inclusive criteria were first-time mothers with children younger than six months old, first-time mothers in OPD, and first-time mothers in wards.

Exclusive criteria: those patients who refused to consent, mothers of children who were restrained after birth and UN well mothers were ineligible for treatment.

RESULTS

After taking written consent data of 129 patients were analyzed and following result were obtained.

Table 1: Characteristic

Characteristics	Frequency	Percentages
Age		
<35	151	69%
>35	68	31%
Marital		
Husband divorce	13	6%
Alive	198	90%
Death husband	8	4%
Educational level		
N/a	56	25%
Primary	118	54%
Secondary	31	14%
Tertiary	14	7%
Employment		
Un employed	132	60%
Employed	87	40%

Table 2: Practices among first time mothers

Practices	Frequency	Percentages
Initial breast feeding	90	41%
With in 01 hour after birth	56	25%
After 01 hour	73	34%
Frequency of feed		
On demand	113	52%
Schedule	106	48%
Colostrum		
Yes	137	62%
No	82	38%
Wash hand before feeding		
Yes	107	48%
No	69	31%
Some time	43	21%
Know position for feeding		
Yes	177	80%
No	42	20%
Post partum depression		
Yes	97	44%
No	89	40%
Not sure it was or not	33	16%
Taking tablets for lactation		
Yes	40	18%
No	106	48%
Didn't asked dr or visited	73	34%

Table: 3 Knowledge

Knowledge	Yes	No	Don't answer
Breast milk first food after delivery	27	-	-
Breast feed within 1hr	15	8	4
Sufficient till 6 month	17	9	1
Frequent feeding increase production	9	5	16
In absence of baby store milk is useful	6	2	19
Can give water within 6 month	1	22	4
Help assistance was useful	12	-	15
Breast feeding is good for mother & infant	26	-	1

DISCUSSION

Most of the time, breastfeeding has a significant positive impact on mothers' health and wellbeing, children's health and wellbeing, as well as society. The majority of mothers can breastfeed and do so on a global scale, but many of those who can't, even when they want to, are unable to do so for the appropriate amount of time. While having the freedom and support to continue participating in other aspects of life as they wish, such as school and job, mothers and their families need help to be able to remain breastfeeding¹⁹.

The ability to continue nursing while having the freedom and support to continue participating in other aspects of life as they see fit, such as school and employment, is a necessity for mothers and their families²⁰. According to our results, the elementary level had the highest education ratio at 118(54%), reflecting both the level of education and the interest of the population in education at the primary level exclusively. Tertiary education stood at 14(7%), secondary education at 31(14%), and the percentage of people who did not pursue further education at 56(25%) was the lowest. The employment ratio was deemed to be better as 132 people (or 60%) were unemployed, had no qualifications, or were experiencing social problems at home, while 40% (or 87) had teaching jobs with the government, demonstrating their interest in child care.

The early marriage system is highly prevalent in the Pakistani areas of KPK and Baluchistan. Of the women who were seen at the OPD and ward, 151(69%) were under the age of 35, and 68 (31%) were over that age. It is widely acknowledged that social and domestic concerns differ from person to person and place to place, and that variations may be noticed every five kilometers, which affects the language, water and climate as well as local customs. According to our findings, divorce rates of 13(6%), which were associated with problems within the families, were higher than the husband death ratio of 8(4%), which was seen in more households with husbands who were still alive (198). The results of lactation showed that after a safe delivery, 90(41%) of mothers lactated their infants, while 56(25%) were seen within an hour and 73(34%) were seen after an hour. Scheduled breastfeeding was recommended. As Muslims, our education begins at home and we are always guided for everything. In a similar way, as pregnancy begins, women are advised along with the doctors. Infants who first ingested colostrum had a ratio of 137(62%), while 82(38%) reported negative results.

Both mother and newborn needs to practice good hygiene and sanitation because poor hygiene can result in diarrhea, under nutrition, and other illnesses. 107(48%) of the women reported washing their hands prior to eating, compared to 43(21%), who claimed to wash occasionally, and 69(31%), who had no interest in doing so. It's crucial to breastfeed newborns in a position that reflects safety and ensures full milk availability whenever the baby needs it. 177 people (80%) said they knew the right way to feed the infant, whereas 42 people (20%) said they didn't. According to Borra et al., breastfeeding reduced postnatal depression (PND) risk in women who wanted to breastfeed but increased it in those who did not²¹.

According to our findings, 97 women (or 44%) had postpartum depression, 89 women (or 40%) did not, and 33 women (or 16%) were unsure about their condition. After a healthy birth, we asked women if they were taking any medications or had been advised to do so. Forty percent (40%) reported taking pills, while 106 percent (48%) claimed they had not been told to do so and 73 percent (34%) said they were not interested in providing an answer. Statistics show that just 18.0% of Pakistani women start nursing for the first time, and only 37.7% of women sustain the exclusive breastfeeding practice²².

In an effort to learn more about their knowledge and comprehend their viewpoint, we asked a variety of well-constructed questions concerning nursing. For instance, everyone agreed that mother milk should be given to newborns as their first diet following delivery, but their responses varied when it came to whether they

should begin eating within an hour: 15 people agreed that it should be done, 8 disagreed, and 4 did not respond. For the first six months, 17 people thought it was sufficient. Only one woman responded, even though 9 individuals thought that they should continue for another year or longer. Frequent feedings would increase output, according to nine moms; five disagreed, and 16 did not have an opinion. Practices and technology play a significant role in enhancing and simplifying human lives. When asked if store milk is helpful or not in the absence of a newborn, six mothers said it is, two said it is not, and 19 said they had no opinion. Can we give a six-month-old baby water? 22 persons disagreed, 22 disagreed with the one who said "yes," and 4 did not respond. It is essential to provide support at the initial delivery because it makes things simpler. 12 of the 15 respondents said they had received help. With 26 votes in favor and one against, feeding is good for both mother and infant. At the national level, maternity protection policies and child health education policies need to be strengthened for both mother and child life. For all families, health and nutrition education is crucial. Healthy people are very important for their families and for Pakistan.

CONCLUSION

The findings confirm the advice that completes breastfeeding promotion methods should be provided to women through a variety of means, such as education or the provision of medical and health services. To find effective breastfeeding therapies in avoiding and treating post-natal depression symptoms, more research is required. It's crucial to support pregnant women in their decision to breastfeed. Supporting women's nursing decisions should be a part of postpartum care, as should identifying breastfeeding/infant feeding assistance needs for women who are more likely to suffer from depression. In order to mitigate the long-term repercussions of unfulfilled breastfeeding plans, postpartum depressive symptoms, and poor breastfeeding outcomes for women, health care practitioners must also offer advice, hygiene education, and take action.

Limitations: The study's strengths and shortcomings should be taken into account when evaluating the study's findings. The study used 129 women from various socioeconomic origins, with sample demographics that were representative of the Peshawar district. Guidelines recommend that exclusive breastfeeding last for six months or longer, therefore additional study with a bigger sample size is necessary. Education, culture, tradition varies area to area we just reported our findings only.

Conflict of interest: The author declares no conflict of interest.

Ethical consideration: Permission was granted by hospital ethical committee.

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