



Breastfeed early for a healthier tomorrow

Sri Ramachandra Medical College – SRIHER

Abstract

- To protect, promote and **initiate early breastfeeding** among delivered mothers
- Breast milk is highly beneficial as it provides immunity for the baby, promotes weight gain, prevents infection, easily digestible & breastfed babies are shown to have a higher IQ than those fed with artificial feeds.
- Breast feeding is beneficial to the mother as well, as it protects mothers from breast and uterine cancer, helps with involution of the uterus and promotes mother-baby bonding.
- Mothers are encouraged to breast feed the baby even while having fever, cough, cold, diarrhea after ensuring good hand hygiene and using face masks while feeding the baby.

Introduction

All antenatal mothers must be aware about the benefits of breast feeding as well as the positions and techniques of breast feeding, breast care, newborn care. Expectant mothers with flat nipple and inverted nipple are counseled in the antenatal OPD itself on how to use nipple puller.

As per recommendations, first breast feed must be initiated within 1 hour of delivery for both normal delivery as well as LSCS (breastfeed on OT table). Exclusive breast feed for the 1st six months is vital for the health of new born.



Results

- First breast feed was initiated in 79% of the babies born in 2018.
- This number further increased to 83% in 2019
- There was a significant drop in the number of women with lactation problems due to nipple abnormalities
- This was achieved through good patient and staff education about the benefits of breast feeding.



Discussion

Reason for 1 st breast feed not given	2019 Total - 506	2020 Total - 336
Baby on CPAP	210	99
Tachypnea	78	37
Preterm	56	33
Grunting	57	16
Ventilator	18	44
Maternal complications	87	107
Breast Issues		
Short nipple	44	23
Sore nipple	4	4
Inverted nipple	28	6
Flat nipple	36	3
Total	112	36

Methods and Materials

- Flash cards to communicate importance of breast care, breast feeding practices & balanced diet for antenatal women from 26 weeks
- To create awareness about breastfeeding (importance, techniques, positions, etc.) among expectant mothers
- To assess postnatal mothers daily & ensure sound breast feeding practices
- Nursing assessment, planning and intervention for decreased milk secretion, nipple issues.
- Consult the physician for lactation medication if needed & create awareness among the staff about lactation program
- Explain the risk of bottle feeding and other artificial teats.



Graphs and Tables

Details	2018	2019	2020	2021
Total deliveries	3085	3482	1767	956
LSCS	1382	1477	791	426
Twins	0	68	37	14
Normal delivery	1612	1926	935	530
Twins	0	11	4	3
First breast feed given	2433	2907	647	758
LSCS	1089	1194	559	295
Normal delivery	1344	1713	850	463
First breast feed not given	652	576	357	215
Breast feed not given	1	0	0	0
% of 1st breastfeed initiated	79	83	80	79
% of 1st breastfeed not initiated	21	17	20	21

Conclusion

- Most mothers are anxious about breastfeeding their new-borns.
- Early initiation of breast feed helps reassure the mothers as well as prevent issues like postpartum blues.
- Through good patient education, breast issues like inverted nipple, flat nipple etc. can be identified and treated as early as possible.
- Ensuring that designated lactation nurses are available in the postnatal ward will be of help to support breastfeeding in newly delivered mothers



CONTACT

Dr Kaushik Simha HR
S/N Amudha K
Dr Usha Vishwanath & HQAD
SRIHER
Ph No. 6382601868
lactnurse76@gmail.com

References

<https://www.who.int/news-room/fact-sheets/detail/infant-and-young-child-feeding>
<https://iapindia.org/pdf/Ch-039-Breastfeeding.pdf>