

KAP STUDY

NURSING MOTHERS KNOWLEDGE, ATTITUDE AND PRACTICE TOWARDS BREAST FEEDING

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ABSTRACT

Objective: This study was conducted to explore breastfeeding practices and knowledge among postnatal mothers.

Methods: An observational Cross-sectional study was carried out in the Neonatal Division, Department of Paediatrics and gynaecology at Mardan Medical Complex, Mardan from June 9 till September 30th, 2014. The data from 200 Nursing Mothers was collected using a structured Performa. In addition to demographic data, nursing mothers were questioned about their knowledge and assessed about attitude towards breastfeeding. Questionnaire also included independent variables of the study. Data was analysed using SPSS version 21.

Results: Out of total 200 children, 120(60%) were males while 80(40%) were females. Mothers who knew the importance of breast feeding were 178(89%), while 22(11%) did not. Of total 116(58%) women added substitute for breast milk while 84(42%) didn't. who consider breastfeeding causes maternal weakness were 50 (25%) while 20(10%) didn't mentioned any reason, 20(10%) were employed while 180(90%) were not. Out of total the knowledge of the mothers with first baby was inadequate about initiation of breastfeeding of which 36% has no idea to breastfeed within 1/2 -1 hour after birth, 44% have no idea about importance of colostrum feeding, 3% of mothers had problem in breastfeeding out of which 2% was because of sore nipple. The insufficient milk production was most common reason given by mothers for giving supplemental feed (65% cases).

Conclusion: High scores were significantly correlated with high parity, better maternal education, higher maternal age, received antenatal care and higher socio economic status.

KEYWORDS: Breastfeeding, knowledge, attitude.

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INTRODUCTION

Breastfeeding, the natural and ideal feed for infants, usually involves two main methods for feeding child i.e. exclusive and partial. It also provides a good bonding between mother and new born linking them emotionally. Breast milk provides proper proportion of proteins, carbohydrates, fats and minerals which fulfill the growth and developmental requirement of new born. Due to presence of preformed maternal antibodies it also prevents infections like gastrointestinal, respiratory and infections by improving newborn's immune response against infectious agents. World Health Organiza-

tion (WHO) recommends exclusive breastfeeding of new born children for first six months of life.^{1, 2}. A study done in Kenya showed that only 13% of children are exclusively breastfed in first 4-5 months³. In some regions of Nairobi only 2% of newborn children are exclusively breastfed in their 1st six months of life, however, in some rural areas of Kenya this ratio is 8%.^{4, 5} Lactation also provides a natural way of contraception by causing secondary amenorrhoea, also some hormones are released as a result of breastfeeding which prevent haemorrhage, hence decreasing maternal mortality.

Breastfeeding expected outcome is usually in two

forms; one is that it decreases infections in child like diarrhoea, respiratory infections, improving⁶. On other hand few studies from Africa have explored other areas showing the role of knowledge and child-focused outcomes on exclusive breast feeding duration, the impact of outcome and beliefs on the duration of exclusive breastfeeding in their region⁷⁻¹⁰.

We conducted a study on practice of breast feeding in order to determine level of knowledge, its practices, and the factors associated with them.

METHODS

It was a Cross-sectional study conducted in the Neonatal Division, Department of Paediatrics and gynaecology at Mardan Medical Complex, Mardan from June 9 till September 30th, 2014. Using convenience sampling method two hundred nursing mothers were included in the study. The data was collected using a structured Performa. In addition to demographic data, nursing mothers were asked about their knowledge and assessed about attitude towards breastfeeding. Questionnaire also included independent variables of the study, e.g. pre-lacteal feeding, early initiation of breastfeeding, exclusive breastfeeding, and colostrum. Inclusion criteria were breastfeeding mothers of age 18 to 35 years who were married. Exclusion criteria were post-menopausal mothers; mothers with children having birth defects such as congenital heart defects, cleft palate and Down syndrome; unmarried women and those older than 35 or younger than 18 years. Data was collected and analysed using SPSS version 21. Frequencies and percentages were calculated for qualitative variables, while mean ± standard deviation were

calculated for quantitative variables.

RESULTS

Out of total two hundred sample 10% of the females were employed, the detail of which is given in table 1.

Series till which mother studied	Percentage (%)
No schooling	40
Incomplete elementary schooling	11
Incomplete High school	13
High schooling	12
Incomplete higher secondary education	4
Full higher secondary education	6
Graduate	10
No answer	4

Out of total 200 Children, 120(60%) were males while 80(40%) were females, 58% delivered in hospital, 9% in other health care centres while 33% deliveries were at home. 188(94%) had normal pregnancy duration while 12(6%) were before term, 178(89%) knew the importance of breast feeding while 22(11%) didn't. 116(58%) of women added substitute for breast milk to their Children while 84(42%) didn't. Type of substitute used was formula milk in 140 (70%) cases, Cow milk 50(25%) while Goat milk in 10(5%) cases. Reasons for supplemental milk was less or no breast milk in 130 (65%) cases, breastfeeding cause maternal weakness in 50 (25%) cases while 20(10%) didn't mentioned any reason. 20(10%) of total mothers employed while 180(90%) were not. Detail of monthly income is given in figure 1. Most of the Children (43.5%) were 1-2 year of age detail of which is given in figure 2.

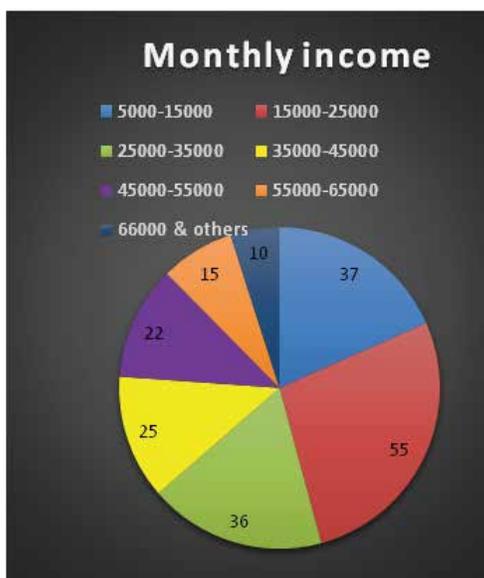


Figure 1 :Detail of monthly income is given

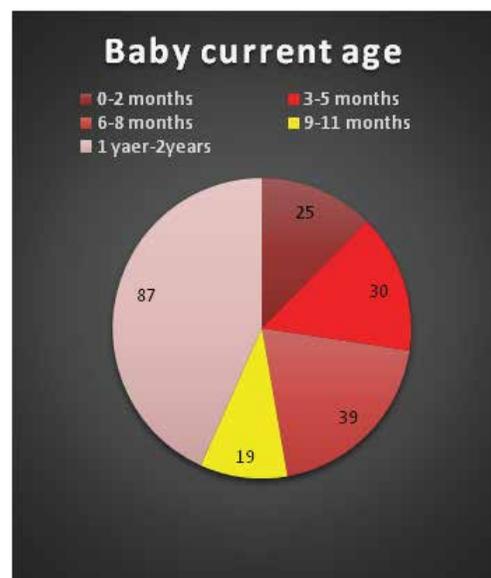


Figure 2 : Most of the Childs(43.5%) were 1-2 year of age

168(84%) delivered normally, while 32(16%) by caesarean section. 108(54%) had prenatal care at

hospital while 32(16%) at other places while 60(30%) didn't have any prenatal visits.

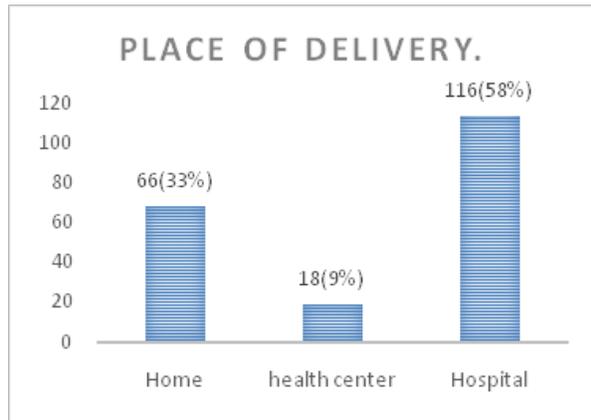


Figure: 3 Place of delivery.

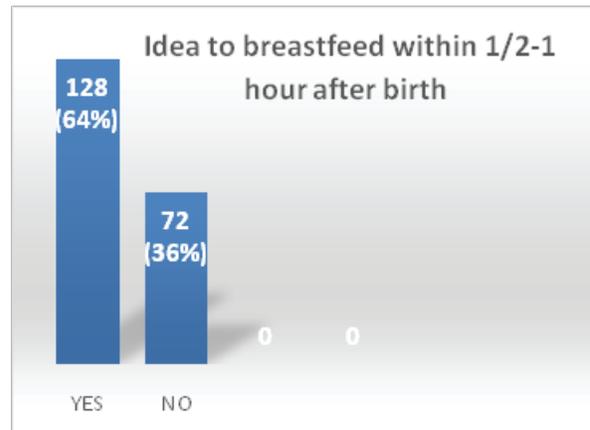


Figure: 4 Breastfeed idea in 1/2-1 hrs.

178 (89%) of total mothers know any advantage of breastfeeding while 22(11%) didn't. position of child during breastfeeding was Lying down 81(40.5%), Inclined 54(27%), Sitting 64(32%), Upstanding 01(0.5%). The age which mothers considered important to breastfeed their Children was from 2 months by 4(02%) mothers, 3 months by 1(0.5%), 4 months by 20(10%), 5 months by 28(14%), and 6 months by 147(73.5%). Seventy two (36%) received instructions regarding the use of Bottle-feeding, 97(48.5%) Syringe, 2(1%) about spoon and 5(2.5%) regarding glasses. 96(48%) knew about disadvantages of bottle feeding while 104(52%) didn't. 188(94%) have normal pregnancy duration while 12(6%) were preterm. In this study 64% of women initiated breastfeeding within 1 hour of birth. Out of total the literacy of the nursing mothers was inadequate regarding time of initiation of breastfeeding of which 72(36%) had no idea to breastfeed within 1/2 -1 hour after birth, 88(44%) had no idea about importance of colostrum feeding while 112(56%) of mothers knew the importance of colostrum. 6(3%) of mothers had problem in breastfeeding out of which 4(2%) had sore nipples while 194(97%) didn't have any problem. 88(44%) of mothers knew the importance of night feed while 112(56%) didn't.

Not enough breast milk, the most common reason given by mothers for giving supplemental feed was (65%). The mothers who continued breastfeed while baby was sick were 140(70%).

Most of the nursing mothers 120(60%) were aware that breast feeding does not cause weakness while 50(25%) thought it does, while 30(15%) had no idea. 170(85%) of the mothers understood relationship of the diet to milk production, while 30(15%) didn't. 174(87%) of mothers know advantages of breastfeed while 26(13%) didn't. 106(53%) mothers had idea that Breastfeeding decreases diarrhoea

while 94 (47%) didn't, 160 (80%) thought it also decreases family expenses while 40(20%) didn't think so. 92 (46%) rely on total breastfeeding for family planning while 108(54%) didn't. Majority 72(36%) of our sample had received instruction related to bottle-feeding, 97(48.5%) related to syringe, 2(1%) about spoon, 5(2.5%) about glass and 24(12%) about cup feeding. Majority of mothers 100(50%) considered 6 months important for exclusive breastfeeding, 40(20%) 3 months, 20(10%) 4 months, 28(14%) 5 months while 12(6%) 2 months.

DISCUSSION

The main source of nutrition and energy for infants up to six months of age should be only breastfeeding, yet according to our study only 64% of mothers practice it^{11, 12}. The national survey done by UNICEFs showed approximately 70% of rural population were breastfeeding.¹³ The rate of supplemental feeding observed was correlated to other studies done in this region of the world and was somewhat similar, but this misconception was observed that production of milk is influenced by suckling reflex and remain reserved^{14, 15}. Common cultural thought that the initial breast milk is dirty and not nutritious and has to be supplemented with pre-lactal feeds like honey and cow supplements. Various allergies in later life are mainly due to exposure of babies to food items in their initial life.^{16, 17} In Hyderabad Pakistan, by Memon et al in 2006 the practice of feed before breast milk was found common (79%).¹⁸ The feeds before breast milk is not only common in Pakistan but is frequently practised in many Asian countries.^{19, 20} In India 93% of the infants surveyed were given pre-lactal feeds for the first two days of life and in Bangladesh reports observed feeding of honey or mustard oil for 3 days.¹⁵

Nursing mother (14%) discarded colostrums with

misconception of cultural thoughts, another study in Pakistan showed that 71% of (rural and urban) mothers discarded colostrums.¹⁷The hospital staff educate the mothers regarding the benefits of breastfeeding. In our study 60% of nursing mothers initiated breastfeeding within first hour of birth.

The urban subjects had sufficient knowledge regarding breastfeeding as compared to rural subjects. The disproportionate is due to lower literacy rate and misconceptions cultural thought and rigid opinions of elderly. In our study we noted the different awareness of nursing mothers about the possibility of breastfeeding leading to weakness.²¹

Awareness is needed regarding supply and demand concept of milk production by nursing mothers. If the milk consumption is high it will create more milk²². Majority of mothers were aware of advantages of breast feeding and harmful effect of bottle feeding; but still the practice was deficient. The nutritional state of mother does not affect the concentration of micronutrients and macronutrients in breast milk.²³⁻²⁴

CONCLUSION

High scores were significantly correlated with high parity, better maternal education, higher maternal age, having received antenatal care and higher socio economic status. At a primary care level there is still a need for programmes which would support and encourage breast feeding particularly in young and uneducated mothers with low socio economic status.

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