

Breastfeeding Knowledge Among First Time Mothers in Four Districts of Rajasthan

By

Aman Sharma

*Dissertation submitted in partial fulfillment of the requirements of the degree
MBA Hospital and Health Management*

Academic year, 2017-2019



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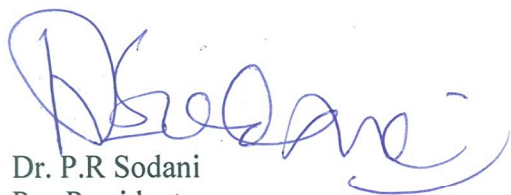
TO WHOMSOEVER MAY CONCERN

This is to certify that **Aman Sharma**, student of **MBA Hospital and Health Management** from The IIHMR University, Jaipur has undergone internship training at **Hindustan Latex Family Planning Promotion Trust** from **17th February 2019** to **20th May 2019**.

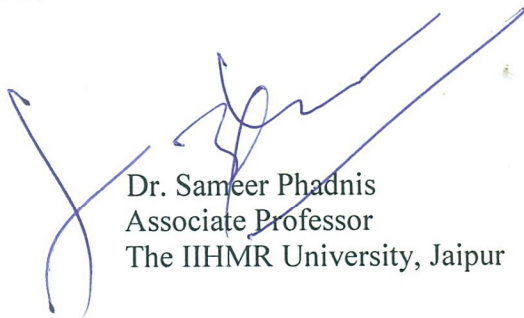
The Candidate has successfully carried out the study assigned to him during internship training and his approach to the study has been sincere, scientific and analytical.

The Internship is in fulfillment of the course requirements.

I wish him all success in all his future endeavors.



Dr. P.R Sodani
Pro-President
The IIHMR University, Jaipur



Dr. Sameer Phadnis
Associate Professor
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Certificate of completion of Internship/dissertation

The certificate is awarded to

Mr. Aman Sharma

In recognition of having successfully completed his
Internship in the department of

**Social Franchising,
Hindustan Latex Family Planning Promotion Trust**

And has successfully completed his Project on

**Comparative Study to Determine the Knowledge of Breastfeeding Among First Time
Pregnant Female in Four Districts of Rajasthan.**

On 20th May' 2019

He comes across as a committed, sincere & diligent person who has a strong drive
and zeal for learning

We wish him all the best for future endeavors.

Senior Programme Manager

Pankhuri Rai

Dr Pankhuri Rai

National Manager-HR & OD

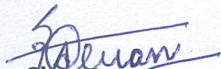
Satish Chandra Uniyal

Satish Chandra Uniyal

THE IIHMR UNIVERSITY, JAIPUR

CERTIFICATE BY SCHOLAR

This is to certify that the dissertation titled **Breastfeeding Knowledge Among First Time Mothers in Four Districts of Rajasthan** and submitted by **Aman Sharma** Enrollment No. **IIHMR-U/01/2017-19/0533** under the supervision of **Dr. Sameer Phadnis** for award of **MBA in Hospital and Health Management** carried out during the period from **17th February 2019** to **20th May 2019** embodies my original work and has not formed the basis for the award of any degree, diploma associate ship, fellowship, titles in this or any other institute or other similar institution of higher learning.


Signature

ACKNOWLEDGEMENT

I am grateful to Mr. Sharad Agarwal, CEO of HLPPT for providing me an opportunity to work with this institute. I am grateful to Mr. Mahesh Kalra, for giving me an opportunity to carry out this study at HLPPT he has been my mentor and helped in all aspects starting from defining the objectives preparing, preparing the study design, training in quality control measures to be used during the study, undertaking data analysis and preparing the report. I am also thankful to the other faculty and staff of HLPPT who helped me in carrying out this study and assisted me in data entry and undertaking the data analysis .I am also thankful to the library staff and computer staff for providing me books and all necessary data for my study. All aspects of the study were readily available and accessible in spite of their busy schedule as when required by me.

Most importantly I would like to express my sincere gratitude to my Guide Dr. Sameer Phadnis without his support this could not have been possible.

Sincerely,

Aman Sharma.

Place: Hindustan Latex Family Planning Promotion Trust.

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Abbreviations:-**HLFPPT- Hindustan Latex Family Planning Promotion Trust.**

RMNCH+A- Reproductive, Maternal, Newborn, Child & Adolescent Healthcare.

HIV- Human Immunodeficiency Virus.

WASH- Water, Sanitation & Hygiene.

CSR- Corporate Social responsibility.

WHO- World Health Organisation.

PLHIV- People Living with HIV.

ARSH- Adolescent Reproductive and Sexual Health.

RKSK- Rashtriya Kishor Swasthya Karyakram.

MCH- Maternal and Child Health.

EBF- Exclusive Breastfeeding.

II. INTRODUCTION

Breastfeeding is also known as nursing, breastfeeding is the feeding of babies and young children with milk from a woman's breast. Breastfeeding is the normal way to provide essential nutrients to the young infants these nutrients are necessary for effective growth and development of the new-born. According to health professionals breastfeeding must be begun within the first hour of a baby's life and continue as often and as much as the baby wants (recommended up to 2 years along with appropriate nutrients). During the first few weeks of a baby's mother should breastfeed the baby in every two to three hours, and duration of feeding is roughly around ten to fifteen minutes on each breast (breast should be changed alternatively which the baby to get enough milk from both the breasts). Older children feed less often. Children who are born preterm have difficulty in initiating breast feeds immediately after birth. By convention, such children are often fed on expressed breast milk or other supplementary feeds through tubes or bottles until they are not able to suck breast milk properly.



Health organizations recommend exclusive breastfeeding for six months following birth. Exclusive breastfeeding is defined as "an infant must be fed with human milk up to 6 months of age no other supplementation of any type (no water, no juice, no nonhuman milk and no foods) except for vitamins, minerals and medications." This means no other foods or drinks are given during these six months other than possibly Vitamin D are typically given. After the introduction of foods at six months of age, recommendations include continued breastfeeding until one to two years of age or more.

Globally about 38% of infants are only breastfed during their first six months of life. Medical conditions that do not allow breastfeeding are rare. Mothers who take certain recreational drugs and medications should not breastfeed. Smoking, limited amounts of alcohol or coffee are not reasons to avoid breastfeeding.

Breastfeeding has a number of health benefits for a baby:

- Breast milk contains all the nutrients which a baby needs for the first 6 months.
- Breast milk satisfies the baby's thirst.
- Breast milk helps in the development of the eyes and brain and other body systems.
- The act of breastfeeding helps with jaw development.
- Breast milk helps the baby resist infection and disease, even later in life.
- Breast milk reduces the risk of obesity in childhood and later in life.
- Breast milk contains a range of factors that protect the baby while their immune system is still developing.

Good positioning and attachment

Successful breastfeeding is comfortable positioning of the mother as well as for baby and good attachment of baby with the breasts.

If the baby is well-attached to the breast then the mother is less likely to experience breastfeeding problems like cracked nipples, and the baby will get sufficient amount of milk out from the mother's breast

III. REVIEW OF LITERATURE

1. A study done on Breastfeeding and the use of human milk showed that economic, cultural, and political pressures often confound decisions about infant feeding, the AAP(American Academy of Paediatrician) firmly adheres to the position that breastfeeding ensures the best possible health as well as the best developmental and psychosocial outcomes for the infant. Enthusiastic support and involvement of Paediatricians in the promotion and practice of breastfeeding is essential to the achievement of optimal infant and child health, growth, and development (Gartner LM, Morton J, Lawrence RA, Naylor AJ, O'Hare D, SchanlerRJ, Eidelman AI)

2. A study done on Breastfeeding Practices of Urban and Rural Mothers. The practices related to breastfeeding in the present study were found to be faulty in the majority of mothers in either urban or rural setting. Only 21% urban and 35% rural mothers initiated breastfeeding within 1 hour of birth despite being in hospital. The median age at which Exclusive Breastfeeding (EBF) was discontinued was the first day in urban and eleventh day in rural setting, probably because large number of mothers fed formula on the first day in urban and started water or ghutti soon after discharge in rural setting. Many of the factors responsible for discontinuation of EBF as found in the study are easily amenable to intervention. Strengthening of infant feeding counselling services provided to the mothers at all levels and frequent evaluation and reinforcement for breastfeeding in baby friendly hospitals may help to improve the status of breastfeeding in the country. (A Oommen, M Vatsa, V K Paul and R Aggarwal).
3. A study done on determinants of exclusive breastfeeding in rural South India. Less than half of the mothers of the sample reported exclusive breastfeeding in a rural region of Karnataka, India in the first six months, a rate lower than national and state level rates. Future interventions should evaluate whether antenatal education can improve breastfeeding outcomes. The only modifiable factor was number of antenatal visits. Breastfeeding education should be emphasized at every antenatal visit so that even mothers with fewer than 7–10 antenatal visits can learn the best techniques and benefits of breastfeeding. (Holly Nishimura, Karl Krupp, Savitha Gowda, Vijaya Srinivas, Anjali Arun and Purnima Madhivanan).

AIM AND OBJECTIVE

The aim of the study is to determine the Knowledge of breastfeeding among first time pregnant mothers in four districts of Rajasthan.

IV. RESEARCH METHODOLOGY

1. **Study design:** Cross-sectional study, Descriptive.
2. **Sampling Technique:** Convenient sampling was done (data was collected on the basis of my convenience, whenever I visit the hospital I collect the data from all available females at that time).

3. **Study Setting:** Data were collected from four districts of Rajasthan (Jaipur, Sikar, Kota, Alwar)-
Hospitals covered in Jaipur District were: Prakash Mother and Child Hospital, Goyal Hospital, Akhila Hospital, Vinayak Janana and Doorbeen Hospital, R.P Memorial Hospital.
Hospitals covered in Sikar District were: JD Hospital, Dhayal Hospital and Research Centre, Saini Janana and General Hospital.
Hospitals covered in Alwar District were: Om Hospital, City Hospital and Madhav Hospital.
Hospitals covered in Kota district were: Ratna Devi Hospital, Khandelwal Hospital and Rajdeep Hospital.
4. **Duration of the study:** 17th February 2019 – 17th May 2019
5. **Data Collection duration:** March 2019.
6. **Data Collection Technique:** A survey was carried out using schedule interview as a tool of data collection(annexure 1)
7. **Study Population-**
Inclusion criteria: First time pregnant mothers who were available during my visits.
Exclusion Criteria: All females who all were not available whenever i visit the hospital, all females who were not ready to give their time, females who deliver their babies during night, females who undergone c-section.
8. **Sample size:** 209(sample is collected on the basis of delivery loads of the hospitals i.e., delivery load is around 100 so I collect around 50% of all the deliveries).
9. **Type of Data:** Based on primary data. Data were collected on the basis of convenient visits (in four districts of Rajasthan Jaipur, Sikar, Alwar and Kota).
10. **Study Tool:** The questionnaires contains sets of questions and those includes general and demographic questions, about knowledge and awareness, care seeking behaviour of the community, health seeking behaviour of the community. Factors such as age, level of education, average income, nature of job, etc has also been assessed during this study

V.RESULTS

5.1 District wise distribution of the respondents

Four districts of Jaipur were selected namely Jaipur, Sikar, Alwar and Kota. Sample size of 209 was taken.

Table 1: District wise distribution of the respondents

<u>District</u>	<u>Frequency</u>	<u>Percent</u>
Jaipur	50	23.9
Sikar	50	23.9
Alwar	59	28.2
Kota	50	23.9
Total	209	100.0

5.2 Age of the Respondents

This table shows age of the Respondents. 23 Years Female has the highest number of frequency and 23 Years and 31 Years shows the lowest number of frequency.

Table 2: Age of the Respondents

<u>Age of Respondents</u>	<u>Frequency</u>	<u>Percent</u>
19 Years	7	3.3
20 Years	12	5.7
21 Years	17	8.1
22 Years	31	14.8
23 Years	26	12.5
24 Years	27	12.9
25 Years	28	13.4
26 Years	24	11.5
27 Years	7	3.3
28 Years	12	5.7
29 Years	8	3.8
30 Years	2	1.0
31 Years	1	.5
32 Years	7	3.3
Total	209	100.0

5.3 Religion wise distribution of the Respondents

This table depicts Religion wise distribution of the Respondents. Hindu are 88% of the sample population and Muslim are 12% of the sample population.

Table 3:Religion wise distribution of the Respondents

<u>Religion</u>	<u>Frequency</u>	<u>Percent</u>
Hindu	184	88.0
Muslim	25	12.0
Total	209	100.0

5.4 Caste wise distribution of the Respondents

This table depicts Caste wise distribution of the Respondents.42.6% population belongs to the General category 30.1% population belongs to the OBC category and 27.3% to the SC/ST category.

Table 4:Caste wise distribution of the Respondents

<u>Caste</u>	<u>Frequency</u>	<u>Percent</u>
General	89	42.6
OBC	63	30.1
SC/ST	57	27.3
Total	209	100.0

5.5 Educational level of the Respondents

This table shows educational level of the Respondents.29.7% are educated upto Graduation and above level, 28.7% have pursued their education upto Senior Secondary School level, 6.7% are Illiterate.

Table 5: Educational level of the Respondents

<u>Educational level</u>	<u>Frequency</u>	<u>Percent</u>
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Illiterate	14	6.7
Primary School	20	9.6
Middle School	34	16.3
Secondary School	19	9.1
Senior Secondary School	60	28.7
Graduation and above	62	29.7
Total	209	100.0

5.6 Occupation of the Respondents

This table shows Occupation of the Respondents. Most of the population is housewife about 87.1%.

Table6:Occupation of the Respondents

Occupation	Frequency	Percent
Farmer	1	.5
Govt. Job	5	2.4
Housewife	182	87.1
Job	1	.5
Laborer	6	2.9
Student	6	2.9
Teacher	8	3.8
Total	209	100.0

5.7 Monthly income of the Respondents

This table shows Monthly income of the Respondents. Income of the Respondents is mostly ranging from Rs. 5000 to Rs. 10000.

Table 7: Monthly income of the Respondents

Monthly income(Rs)	Frequency	Percent
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3000.00	4	1.9
4000.00	8	3.8
4500.00	2	1.0
5000.00	24	11.5
5500.00	1	.5
6000.00	19	9.1
6500.00	18	8.6
7000.00	30	14.4
7500.00	18	8.6
8000.00	16	7.7
8500.00	15	7.2
9000.00	13	6.2
9500.00	2	1.0
10000.00	22	10.5
11000.00	1	.5
12000.00	12	5.7
15000.00	2	1.0
20000.00	2	1.0
Total	209	100.0

5.8 Type of Partum

This table shows type of Partum in the Respondents. 65.6% has gone through Normal Vaginal Delivery and 34.4% has gone through Low Segment Caesarean Section.

Table 8:Type of Partum

<u>Type Of Partum</u>	<u>Frequency</u>	<u>Percent</u>
Normal Vaginal Delivery	137	65.6
Low Segment Caesarean Section	72	34.4
Total	209	100.0

5.9 Current Age of the baby

This table shows current age of the baby.96.7% of babies has age between 0.5 Hours to 5 Days.3.3% of babies has age between 6 Days to 12 Days.

Table 9:Current Age of the baby

<u>Current Age</u>	<u>Frequency</u>	<u>Percent</u>
0.5 Hours to 5 Days	202	96.7
6 Days to 12 Days	7	3.3
Total	209	100.0

5.10 Knowledge about Type II Diabetes

A question was asked to Respondents women who breastfed her child have a reduced risk of getting Type II Diabetes. This table shows results of that question.44.5% says true, 48% says false and 32.5% are unsure.

Table10:Knowledge about Type II Diabetes

<u>Knowledge about Type II Diabetes</u>	<u>Frequency</u>	<u>Percent</u>
True	93	44.5
False	48	23.0
Unsure	68	32.5
Total	209	100.0

5.11 Knowledge about position of breastfeeding

A question was asked what position should be used by mother to breastfeed her child? This table shows answers to that question 86.1% gave right answer to the question.

Table 11:Knowledge about position of breastfeeding

<u>Knowledge about position of breastfeeding</u>	<u>Frequency</u>	<u>Percent</u>
Lying Down	20	9.6
Inclined Position	9	4.3
Sitting	180	86.1
Total	209	100.0

5.12 Knowledge about Colostrum

A question was asked Colostrum is a mother's early milk which contains antibodies to protect the newborn against disease.90.4% knew the right answer. Good level of knowledge is seen regarding Colostrum in the Respondents.

Table12:Knowledge about Colostrum

<u>Knowledge about Colostrum</u>	<u>Frequency</u>	<u>Percent</u>
Right	189	90.4
Wrong	15	7.2
Do not Know	5	2.4
Total	209	100.0

5.13 Knowledge about condition of breast

A question was asked to the Respondents If a mother develops sore, reddened and swollen breast she should stop breastfeeding.66% said it is right to stop breastfeeding the child.

Table 13:Knowledge about condition of breast

<u>Knowledge about the condition of breast</u>	<u>Frequency</u>	<u>Percent</u>
Right	138	66.0
Wrong	60	28.7
Do not Know	11	5.3
Total	209	100.0

5.14 Knowledge about Breast Cancer

A question was asked women who have breastfed have higher risk of breast cancer.67% gave wrong answer. It shows fair knowledge in the Respondents.

Table14:Knowledge about Breast Cancer

<u>Knowledge about Breast Cancer</u>	<u>Frequency</u>	<u>Percent</u>
Right	44	21.1
Wrong	140	67.0
Do not Know	25	12.0

Total	209	100.0
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5.15 Knowledge about supplement milk

A question was asked if a mother feels she is not producing enough milk she should supplement with formula milk.83.7% gave right as an answer to the question.

Table 15: Knowledge about supplement milk

<u>Knowledge about supplement milk</u>	<u>Frequency</u>	<u>Percent</u>
Right	175	83.7
Wrong	29	13.9
Do not know	5	2.4
Total	209	100.0

5.16 Knowledge about breastfeeding the child after delivery

A question was asked to the Respondents after how much time after delivery a mother should breastfeed her child.29.2% said within one hour after delivery.

Table16: Knowledge about breastfeeding the child after delivery

<u>Knowledge about breastfeeding the child after delivery</u>	<u>Frequency</u>	<u>Percent</u>
As soon as possible	15	7.2
10 Minutes	10	4.8
20 Minutes	2	1.0
Half an Hour	7	3.4
1 Hour	61	29.2
2 Hours	46	22.0
3 Hours	14	6.7

4 Hours	12	5.7
5 Hours	1	.5
6 Hours	6	2.9
8 Hours	2	1.0
10 Hours	8	3.8
12 Hours	8	3.8
24 Hours	3	1.4
2 Days	14	6.7
Total	209	100.0

5.17 Knowledge regarding diarrhoea in children

A question was asked about infants who are breastfed are at increased risk of developing diarrhoea. 51.7% said right shows less knowledge about this topic in the Respondents.

Table 17: Knowledge regarding diarrhoea in children

<u>Knowledge regarding diarrhoea in children</u>	<u>Frequency</u>	<u>Percent</u>
Right	108	51.7
Wrong	86	41.1
Do not Know	15	7.2
Total	209	100.0

5.18 Knowledge about nature of Colostrum

A question was asked about mother's first milk is sticky, thick and yellowish in colour. 93.8% gave right answer.

Table 18: Knowledge about nature of Colostrum

<u>Knowledge about nature of Colostrum</u>	<u>Frequency</u>	<u>Percent</u>
Right	196	93.8
Wrong	8	3.8
Do not Know	5	2.4
Total	209	100.0

5.19 Knowledge about discontinuation of breastfeeding

A question was asked when a mother's breast becomes engorged; she should discontinue breastfeeding for a couple days. 52.6% said this statement is true.

Table19:Knowledge about discontinuation of breastfeeding

<u>Knowledge about discontinuation of breastfeeding</u>	<u>Frequency</u>	<u>Percent</u>
Right	110	52.6
Wrong	83	39.7
Unsure	16	7.7
Total	209	100.0

5.20 Knowledge about exclusive breastfeeding

A question was asked about for how much time mother should breastfeed her child.83.7% said for 6 months. This shows a good level of knowledge.

<u>Knowledge about exclusive breastfeeding</u>	<u>Frequency</u>	<u>Percent</u>
3 Months	4	1.9
4 Months	2	1.0
5 Months	7	3.3
6 Months	175	83.7
7 Months	6	2.9
9 Months	7	3.3
10 Months	1	.5
1 Year	7	3.3
Total	209	100.0

5.21 Knowledge about storage of breast milk

A question was asked that expressed breast milk can be kept refrigerated upto eight days. Most of the Respondents were confused about the answer.

Table21:Knowledge about storage of breast milk

<u>Knowledge about storage of breast milk</u>	<u>Frequency</u>	<u>Percent</u>
Right	25	12.0
Wrong	117	56.0
Do not Know	67	32.1
Total	209	100.0

5.22 Knowledge about benefits of breastfeeding

A question was asked about benefits of breastfeeding. People were aware about the benefits of breastfeeding.

Table 22: Knowledge about benefits of breastfeeding

<u>Knowledge about benefits of breastfeeding</u>	<u>Frequency</u>	<u>Percent</u>
Complete food for the baby	2	1.0
Don't Know	4	1.9
Good for growth and easy to digest	2	1.0
Healthy child	164	78.5
Immunity is increased	3	1.4
Less chances of breast cancer	1	.5
Less prone to infection	5	2.4
Prevention against Cancer	4	1.9
Strong child	24	11.5
Total	209	100.0

5.23 Knowledge about frequency of breastfeeding

A question was asked that exclusively breastfed infants feed anywhere from 8 to 12 times a day. 47.4% gave right as an answer.

Table 23: Knowledge about frequency of breastfeeding

<u>Knowledge about frequency of breastfeeding</u>	<u>Frequency</u>	<u>Percent</u>
Right	99	47.4
Wrong	81	38.8
Do not Know	29	13.9
Total	209	100.0

5.24 Knowledge about diet

A question was asked that what have you offered to your child along with mother's milk. 75.1% gave answer only milk.

Table 24: Knowledge about diet

<u>Knowledge about diet</u>	<u>Frequency</u>	<u>Percent</u>
Water	33	15.8
Dal Water	4	1.9
Porridge	15	7.2
Only Milk	157	75.1
Total	209	100.0

5.25 Knowledge about spacing between kids

A question was asked that how much gap should be given after the delivery to conceive again. 73.7% said it should be more than 3 years.

Table 25: Knowledge about spacing between kids

<u>Knowledge about spacing between kids</u>	<u>Frequency</u>	<u>Percent</u>
1.5 Years	9	4.3
2 years	1	.5
2.5 Years	22	10.5
3 Years	154	73.7
4 Years	6	2.9
5 Years	10	4.8
6 Years	7	3.3
Total	209	100.0

VI. DISCUSSION

Study was done between the four districts of Rajasthan (Jaipur, Sikar, Alwar and Kota) to determine the Knowledge of breastfeeding among first time pregnant women. It is evident from the study that Knowledge about breastfeeding depends on different factors such as education, caste, occupation etc. The sample size of our study is 209 which comprises both the Religion (Hindu, Muslim). Sample size also comprises all the caste i.e., General, OBC, SC/ST.

Important points of our study are-

- In our sample Sikar district shows high level of education as compared to other 3 districts.
- Respondents were not clear about the type II diabetes. Knowledge about non communicable diseases was less seen in the respondents.
- Out of 209 respondents about 180 respondents give right answer about the position of breastfeeding. Kota district shows that large number of people know about position of breastfeeding as compared to other 3 districts.

- Respondents have some fair knowledge about the breast cancer that women who have breastfed have lower risk of breast cancer about 67% population of sample give right answer.
- 83.7% females answered that “if a mother feels she is not producing enough milk she should supplement with formula milk”.
- Less number of Respondents knew that after how much time after delivery a mother should breastfeed her child.
- Less number of respondents has some knowledge about diarrhoea in new born.
- Most of the mothers have good knowledge know about colostrum about 93% women give right answer.
- Respondents show good level of knowledge about the time for which mother should breastfeed.
- Most of the respondents were confused about the storage of breast milk.
- Most the respondents were aware about the benefits of breastfeeding.
- Respondents were aware about the diet of newborn.

About 74% respondents were answered that there should be a gap of more than 3 years between two children.

VII. LIMITATIONS OF STUDY:

1. Lack of time for data collection
2. Lack of willingness of subjects to participate in the study

VIII. WAY FORWARD OF STUDY:

We defined exclusive breastfeeding according to the WHO recommendation. The infant had received only Breast milk and had not been fed any other food or fluid with the exception of oral rehydration solution, drops and syrups (vitamins, minerals and medicines) during the period of 0–6 months. More information should be imparted to the community regarding Breastfeeding the baby, effective behaviour change communication should be imparted to the community.

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