

The background features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, creating a modern and dynamic visual effect.

Early initiation of breast feeding among institutional deliveries

INTRODUCTION

- ▶ **Early initiation of breast feeding (EIBF) is defined as ‘Provision of mothers’ breast milk to infants within the first hour of birth and ensures that the new-born receives colostrum.**
- ▶ **Mother’s milk is crucial for the baby and the “first milk” or colostrum which is yellowish thick liquid is very important for the baby as it contains antibodies and nutrients which develops the immunity and protects the new-born against various infections.**
- ▶ **Delayed breast-feeding leads to less likelihood of introducing the first milk or colostrum, depriving the new-born of the antibodies and nutrients present in it and increasing the risk of infections later in life.**
- ▶ **Studies show that infant mortality rate reduces when the rate of early initiation of breast-feeding increases.**

LITERATURE REVIEW

1. TITLE -Sustainability of breastfeeding interventions to reduce child mortality rates in low, middle-income countries: A systematic review of randomized controlled trials

AUTHORS	STUDY LOCATION	SAMPL E SIZE	SAMPLING TECHNIQUES	SALIENT FEATURES
Alexis Engelhart, Stacey Mason, Ucheoma Nwaozuru, Chisom Obiezu-Umeh, Victoria Carter, Thembekileik Shato, Titilola Gbaja-Biamila, David Oladele and Juliet Iwelunmor	Umlazi district in KwaZulu- Natal province of South Africa Kiambu County, Kenya Shivgarh, rural block in Uttar Pradesh, India	N=468	Baseline reviews, post- partum checklist with yes/no throughout intervention, endline	Attention should be focused on sustainability of breast feeding to reduce the rate of infant mortality in low- and middle-income countries. Researchers should use implementation science sustainability definitions, frameworks, and literature to guide conceptualization and planning of sustainability of breastfeeding interventions. Through proper communication and accountability of family members and community, breast feeding sustainability interventions should be used to tackle the challenges of sustained breast feeding in low- and middle-income countries. (3)

2. TITLE-The Benefits of Breastfeeding: An Introduction for Health Educators

Sheila G. J. Clark and Timothy J. Bungum
Universi ty of Nevada, Las Vegas
According to American Academy of Paediatrician, there are numerous benefits of breast feeding to the new-born which include increased resistance to infectious diseases, such as gastroenteritis, respiratory tract infections, and ear infections.

The children who are breast fed show lower rates of chronic diseases including diabetes, obesity, asthma, and leukaemia.

Breast feeding lowers the economic cost as its saves the spending on infant formulas.

Therefore, health workers should promote breast feeding to increase the rate of breast feeding in mothers. [6]

3 TITLE-Predictors of early initiation of breastfeeding in Indonesia: A population-based cross-sectional survey

Maria Gayatri and Gouranga Lal Dasverma	Indonesia	N= 6,616	Cross sectional quantitative study method. Secondary data taken from Indonesia Demographic and Health Survey (IDHS) 2017	Caesarean sections reduced the rate of EIBF as compared to vaginal deliveries. Therefore, type of birth, type of birth attendant and skin to skin contact influenced the rate of EIBF. Healthcare providers should support and promote the initiation of breast feeding especially in caesarean section cases and in those who have no skilled birth attendant. [7]
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4 TITLE-Impact of timing of breastfeeding initiation on neonatal mortality in India

**Deepika Phukan,
Mukesh Ranjan,
L K Dwivedi**

Secondary data analysis taken from India Human Development Survey-II (IHDS-II), SRS (2011 to 2015), DLHS-4, (2012-2013), DLHS-4, (2012-2013).

Initiating the breast milk within 1 hour of birth reduced the risk of neonatal mortality.

“Less than one fourth (21%) of children were breastfed within 1 h of birth across the different districts of India, which varies from the lowest 15% in Sarasvati of Uttar Pradesh state to the highest 94.6% in Thiruvananthapuram of Kerala state.”

Therefore, at the health facilities, policies should be there for the early initiation of breast feeding. [8]

5 TITLE-Prevalence of and factors associated with early initiation of breastfeeding among women with children aged < 24 months in Kilimanjaro Region, northern Tanzania: A community-based cross-sectional study.

Farida Ali, Melina Mgongo, Redempta Mamseri, John Mstons M George, Innocent B Mboya, Sia E Msuya **Kilimanjaro region, Northern Tanzania.** **N=1644** **Multistage sampling technique, interview using questionnaire, Secondary data analysis**

The prevalence of breast feeding was lower in those mothers who started prelacteals compared to their counterparts.

Higher prevalence of EIBF was found in women with primary education as compared to the secondary education. [9]

6 TITLE-National and rural-urban prevalence and determinants of early initiation of breastfeeding in India.

**N
Senanayake, Eliza
beth
O'Connor, Ogbo**

**Indi N=94, Cross-
a 401 sectional
study on
secondary
data**

The prevalence of EIBF in the rural and urban India was also found to be different in the study conducted in India from National Family Health Survey (2015-16).

The results showed that those mothers who frequently availed the health services and those who attained higher education had high prevalence of EIBF as compared to the rural women with lower level of education who had delayed initiation of breast feeding.

Therefore, it was suggested that the policies should be improved to increases the rate of EIBF in mothers especially in rural India. [10]

OBJECTIVES

- ▶ **To study the practices of the initiation of breast feeding within 1 hour of birth in a normal term delivered through vaginal delivery according to MAA guidelines.**
- ▶ **To study the enablers and challenges for early initiation of breast feeding in normal term healthy new-borns.**
- ▶ **To review the effect of OSCE (Objective Structured Clinical Examination) of mini skill lab developed by UP-TSU) mentoring and training of staff nurses in early initiation of breast feeding.**

OPERATIONAL DEFINITION

- ▶ **Early initiation of breast feeding (EIBF) is defined as ‘Provision of mothers’ breast milk to infants within the first hour of birth and ensures that the new-born receives colostrum.**

METHODOLOGY

- ▶ **Study Type:** Mixed method (qualitative and quantitative)
- ▶ **Location:** Two hospitals located at Lucknow: Veerangana Awantibai district hospital and Veerangana Jhalkari bai district hospital
- ▶ **Sampling and sample size**
 - Secondary data from labour room register of the district hospitals.
 - Observation of mothers of full -term normal new-borns delivered through normal vaginal delivery.
 - Interview of all nurses conducting normal delivery at labour room.

METHODOLOGY

- ▶ **Study Type:** Mixed method (qualitative and quantitative)
- ▶ **Location:** Two hospitals located at Lucknow: Veerangana Awantibai district hospital and Veerangana Jhalkari bai district hospital
- ▶ **Sampling and sample size**
- ▶ Purposive sampling- All full-term deliveries delivered between 37 to 42 weeks with normal new-borns only in the selected districts hospitals at Lucknow; and the new-borns who were haemodynamically stable and do not require any resuscitation after birth. Nursing staff who were posted in the morning and evening shifts.
- ▶ **N=131/ 98**
- ▶ -98 normal deliveries
- ▶ - 20 were self- observed.
- ▶ - 78 were taken from labour room register.

RESULTS

All the mothers initiated the breast feeding within 1 hour of delivery with the assistance by the staff nurses and birth attendants .

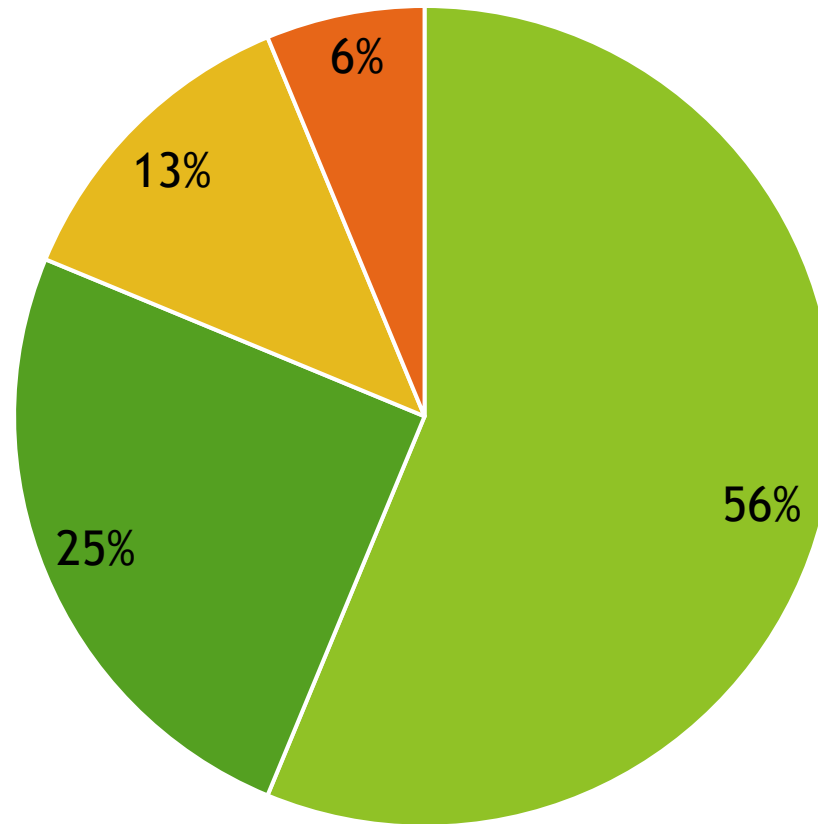
The average time of initiation of breast feeding was 9 minutes (ranging between 5-10 minutes.

Birth attendants helped the mother to put the baby in proper position, with the new-born mouth wide open and lips turned outward.

RESULTS: Demographic Profile of Nursing staff (n=16)

The age, designation, years of work experience, type of employment and highest education level of the staff nurses were included in the interview.

RESULTS: Training received in (SBA, DAKSHTA, DAKSH)



■ Received 1 training ■ Received 2 training ■ Received 3 training ■ No training

Percent distribution of the staff nurses by their knowledge on EIBF (n=16)

Time of Initiation of EIBF	Number	Percent
Within 5 minutes of delivery	6	38
Within 1 hour of delivery	10	62

Percent distribution of the staff nurses by their knowledge on EIBF importance, and benefits (n=16)

Importance and Benefits of EIBF	Number	Percent
Don't know	1	6
Colostrum which prevents from infection	9	56
Improves immunity of newborn	9	56
Improves bonding between mother and newborn	6	38
Increases uterine contraction and stops bleeding	15	94

**multiple responses may not add to 100*

RESULTS:

OSCE (Objective Structured Examination Checklist)

The staff nurses were trained through OSCE at the mini skill lab by the Nurse mentors in total 6 cycles. Each cycle lasts for 2 months. The baseline and endline scores of the staff nurse were monitored through MANTRA app. It was observed that there was significant improvement in the knowledge, practice and skills of the staff nurses after the training.

FACTORS INFLUENCING EARLY INITIATION OF BREAST FEEDING

GEOGRAPHICAL FACTORS

1. Geographical area
2. Place of residence

SOCIOECONOMIC FACTORS

1. Education of mother
2. Occupation of mother
3. Status of family
4. Family type and family size.

EARLY INITIATION OF BREAST FEEDING

HEALTH RELATED FACTORS

1. Health and physiological condition of mother.
2. Health and physiological condition of new-born.
3. Delivery related factors like caesarean section

INDIVIDUAL FACTORS

1. Birth order and previous birth interval
2. Gender of the child
3. Mother's age

CONCLUSION

- ▶ **The practises of the early initiation of breast feeding were significantly high at the district hospital which shows that gaps have been successfully acknowledged by the UP-TSU.**
- ▶ **Through this study we can conclude that, both the district hospitals had good policies to support and promote the early initiation of breast feeding in the labour room**
- ▶ **The Nurse mentoring Program at mini skill lab through OSCE training was effective to enhance the skills of the staff nurses of labour room to have good knowledge about the importance and advantages of early initiation of breast feeding.**