Knowledge, attitude and practices of post natal mothers for early initiation of breast-feeding

Mansi Rajesh Naik, Manish Kumar, Margi Panchal, Masooma Kasid and Meera Parmar
Government Medical College of Bhavnagar, India

In today's 21st century, because of the increasing prevalence of stressful and hectic lifestyle, women have started paying less attention to their health and often ignore some serious health issues which result in deleterious outcome. Among them, the group of women which suffer the most are the Post-natal women who along with themselves also risk the lives of their new-borns by such careless methods of nutrition. This eventually brings me to the prime objectives of my project which are to study the breast-feeding practices and its time of initiation among them, awareness of colostrum-feeding, pre-lacteal feeding and supplementary feeding practices among them. My project is basically a cross-sectional study among 50 post-natal women in the Obs and Gynec Department of Sir-T Hospital, Bhavnagar. The study is based on one to one interaction directly with the mothers as well as their relatives with the help of pre-tested and structured questionnaires after acquiring their verbal consent. My study begins with explaining the advantages, disadvantages, exact duration, contra-indications of breast-feeding as suggested by the American Pediatrics Association. Thereby, emphasizing the nutritional, anti-infective, anti-fertility, psycho-social and economic advantages of breast-feeding. The study includes the rural and urban patterns of breast-feeding practices in the developing and developed counties. Therefore, since the beneficial effects of breast-feeding is concerned with the need of proper Breast-feeding practices, the perks of my study were having a small counselling talk with each post-natal woman who was being a part of the study and sessions of "Breast-feeding Awareness" among small groups of them, regarding 'Correct' breast-feeding technique. Another noticeable point of such counselling reflected significance of breast-feeding on not only for infant’s overall health but also for mother's own health. As promoted by the American Academy for Pediatrics and American Diabetic Association, my study project concludes that breast-feeding is the best source for infant nutrition and helps to prevent infant malnutrition as well as obesity.

Biography
Mansi Rajesh Naik has completed her schooling from St. Francis of Assisi Convent High School, Navsari, India and 1st, 2nd and 3rd year of Med School (MBBS) from Government Medical College, Bhavnagar, India. She stood among the Top 500 students of the state among 2,00,000 students who appeared in the State Board and got admission in Medical School, India on the basis of Government Scholarship. She has participated in the IAPSM- World Health Day 2016 Quiz on "Beat Diabetes" organized by Community Medicine Department of GMC, Bhavnagar. She has participated in the poster competition “From farm to plate” held on World Health Day-2015 by the Community Medicine department, GMC, Bhavnagar; attended the Medical quizzes & debates during the National Medical Organisation Conference held at Rajendra Institute of Medical Sciences, Ranchi, Jharkhand – 2014 and; worked as an active member of the Anti-Tobacco campaign held in GMC, Bhavnagar during 2012-13. She has participated in the fund-raising campaign for the “Care of the cancer patients” in 2008 & 2007 empowered by Global Cancer Concern Society, Gujarat, India under the guidance of teachers of SFA Convent high School, Gujarat. She interacted with the HIV-AIDS suffering patients during her school time and recorded their experiences under the “HIV Awareness Programme” conducted by National Aids Control Organisation (NACO)-2007 and also served the Leprosy patients for 2 months along with a team of 6 fellow students during her school time.

drrnaik@yahoo.com

Notes: