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COMPARISON OF KNOWLEDGE REGARDING COMPLEMENTARY FEEDING PRACTICE BETWEEN PRIMIGRAVIDA AND MULTIGRAVIDA FEMALES

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Statement of the Problem: Exclusive breastfeeding for 6 months supervised by complementary feeding such as offering solid foods beside breast milk is an optimum infant feeding practice, recommended since 2002 by the World Health Organization and many governments and professional associations. The addition of solid food to diet of infants, established as complementary feeding, is an important milestone which has nutritional, developmental and health ramifications. When human milk or infant formula solely is not any more adequate for nutritional motive, complementary food is required. An infant's diet should be remarkably enriched with right foods loaded with proteins and other nutrients.

Methodology & Theoretical Orientation: This cross sectional study was aimed at comparison of knowledge regarding complementary feeding practice between primigravida and multigravida females. The study duration was 6 months, from January to June 2017. A total of 377 participants were included as study subjects. Following the signature of participant consent form, participants were required to fill a structured questionnaire. SPSS version 23 was used for statistical analysis.

Findings: Most of the participants in this study were educated females. The multigravida females were found having more knowledge regarding complementary feeding practice compared to primigravida females ($p < 0.05$). Educated females were found to be more familiar regarding complementary feeding practice ($p < 0.05$). Awareness regarding correct age of complementary feeding was observed to be more accurate in multigravida females compared to primigravida females ($p < 0.05$). Almost all participants chose pureed mashed food as the consistency to begin complementary feeding. The pattern of milk intake in this study was predominantly exclusive breast feeding.

Conclusion & Significance: Multigravida females, have more knowledge regarding appropriate complementary feeding practice compared to the primigravida females. These findings from this study emphasize the need for efforts to enhance awareness regarding complementary feeding practice amongst the primigravida females.

Biography

Shizma Junejo has done MBBS from Dow Medical College Karachi in the year 2003. After MBBS she did house job for one year, with six months being in General Surgery and six months in General Medicine. After house job she did short course of Ultrasound from Institute of Ultrasound Imaging Karachi Affiliated with Thomas Jefferson University Philadelphia, Pennsylvania, United States of America. She started her postgraduate education at Roehampton University London in September 2009 and completed successfully in June 2011 with a Master's degree in Clinical Nutrition. She is very determined, focused and goal oriented professional. She started working following MSc Clinical Nutrition degree attainment, as Consultant Clinical Nutritionist at South City Hospital Karachi. After three years of experience as a Consultant Clinical Nutritionist, she then started teaching Medical undergraduate students. She is a very dedicated professional and humble as a person. She is extremely particular regarding appropriate time management.

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