

Advances in Neonatal and Pediatric Nutrition & 14th International Congress on Advances in Natural Medicines, Nutraceuticals & Neurocognition

July 19-21, 2018 | London, UK

KAP (Knowledge, Attitude and Perception) study of breast feeding mothers of babies aged ≤ 6 months

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Although exclusive breast feeding is universally accepted as the best feeding for the babies during first six months of life, only 40% of women do breast feed their babies for some wrong perceptions and misconceptions. To the best of our knowledge, this is the first study in the Kashmir valley at secondary level of health care system that examines knowledge, attitude and perception of mothers regarding breast feeding in the first six months of age of their babies. We enrolled 100 mothers in our study. Majority of our subjects was mothers aged between 20 to 30 years (65%), from rural back ground (78%) and multipara (60%). Most of the mothers (84%) were literate, from joint families (76%), from middle socioeconomic back ground (64%). There was slight preponderance of male sex in babies (56%) and majority were of birth order 2 (42%) followed by birth order 1 (36%). Most of the pregnancies were planned (71%) and sex preference at the time of birth was male (60%). Mode of delivery was vaginal in 69% cases and 31% babies were born by lower segment cesarian section (LSCS). Breast feeding was practiced by 72% of mother followed by formula milk (20%). Eight percent (8%) of the mothers were giving animal milk to their babies. The main reason for not giving exclusive breast milk was the perception that the mother is not producing enough milk [(75%)]. Majority of the mothers were giving formula or animal feeds through bottle (78.5%). Though weaning was not started until six months of age in majority of the babies but as many as 33% of mothers had started it before six months. Insufficient milk production was reported as the main reason for early weaning. Almost all the mothers (97%) were aware of advantages of breast feeding and no one (0%) was thinking that it is harmful. As many as 90% of the mothers were thinking that formula feeding is harmful and 70% would believe that animal milk feeding is also harmful. When asked about the age of starting weaning, 90% of the mothers could give correct reply. Eighty percent (80%) of the mothers gave an answer that breast feeding needs to be continued for two years of age. Majority of the mothers is aware of the advantage of breast milk and time of weaning. But a significant proportion of women either does not breast feed their babies or start early weaning with the perception that they are unable to produce enough milk. This seems a major area that needs to be addressed for successful exclusive breast feeding in the first six months of life in developing countries.

Biography

Showkat Hussain Tali is a Consultant Pediatrics and Neonatologist Health Services Kashmir, India. After obtaining his Bachelor's degree in 2005, he obtained his MD in Pediatric Medicine from University of Kashmir in 2010 and became Board Certified in Neonatology from the National Board of India in 2016. In the same year he joined Adesh University as Assistant Professor in Pediatrics and in charge of Neonatology. In November 2017 he joined Health services Kashmir as Consultant Pediatrics. He has 20 publications mostly in international journals. He has received many awards including Science Talent Search Award (1997), Creative Writing Award (2006) and Official Spot light Certificate by EET CRS at New Delhi (2017). On May 26/2017, he presented speech in International Congress of Gynecology and Obstetrics, Prague, Czech Republic. In September 2017 he presented his research paper and a poster at Los Angeles, California, USA at 14th World Pediatric and Neonatal Care conference. He also moderated at 14th World Pediatric and Neonatal care conference USA and Co-Chaired a session. In September 2017, he presented his scientific paper at 7th International Arab Neonatal Care Conference, Dubai, UAE and got first place prize for his presentation. He is scientific committee member to Izmir Katip Celebi University Turkey for International Healthy Growing Kids Congress to be held in December 2018. He is also Editorial Board Member of *Archives of Pediatrics and Neonatology*, an international journal.

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