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Feeding Pattern among Infants

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Abstract

Since time immemorial breastfeeding has been the most common mode of initiation of feeding in infants. Breast feeding has been encouraged by all domains of society still faulty practices of feeding persist like prelacteal feeding, avoiding colostrums, not practicing exclusive feeding, and early withdrawal of feeding. This study aims at different feeding pattern among various communities, initiation of feeding in different communities, causes of faulty feeding practices, to study the establishment of complimentary feeding. Present study about feeding pattern was based on interview held of 224 mothers attending both outpatient and inpatient department of K.T children hospital Rajkot. Various factors affecting continuation of breast feeding, early withdrawal of feeding, starting of complimentary feeding was studied. Study was divided into three main headings prelacteal feeding, breast feeding, and complimentary feeding.

Conclusion: community health education is must regarding prelacteal feeds, breast feeding and complimentary feeding. Literacy level should be raise among mothers. Support groups should be formed to help mothers in initiating and maintaining feeding.

Keywords: pre lacteal feeds, breast feeding, complimentary feeding,

Introduction

Background

Optimum nutrition is essential for child survival and quality of survival. Nutrition means nutricus meaning "to suckle at breast". After the introduction of Baby friendly hospital initiative in 1992 exclusive breast feeding on demand is the most common mode of nutrition for first 6 months of life. Every year world breast feeding week is celebrated from 1-7 august. Despite having such a deep knowledge over the issue, the problem of top feeding and prelactal feeding persists in India. In India there is so much diversity of feeding practices in different population due to multiplicity of castes, customs, beliefs, habits, and socioeconomic factor. The present study is mainly aimed at study of feeding and weaning pattern in K.T children hospital Rajkot. Various factors taken into consideration are social status, influence of opinion of the elders, economic status, the effect of education of mother, study of effect of beliefs in a different community.

Material and Methods: Mothers of 224 children were interviewed. To see effect of maternal education following groups were formed.

1. Illiterate
2. Primary education
3. Middle secondary education
4. Higher secondary education

Mothers from different caste were also interviewed

1. Hindu
2. Muslim
3. Christian
4. Jains

Inclusion criteria

1. Patient reporting in outpatient or inpatient department of K.T children hospital.
2. Age less than 12 months.

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Exclusion criteria

1. Age greater than 12 months
2. Children with severe congenital deformity
3. Children with severe perinatal insult
4. Maternal illness where breastfeeding is contraindicated.

Sample Size

We studied a total of 224 infants.

Type of Study

Prospective cross sectional study, including infants attending hospital premises both inpatient and outpatient. Mothers were selected by using purposive sampling method. (Non-random method)

Observation and Results

Socio- economic status of mothers belonging to rural/ urban groups (n= 224)

| | Poor | Lower Middle | Upper Middle | Higher |
|-------|------|--------------|--------------|--------|
| Urban | 14 | 57 | 74 | 9 |
| Rural | 22 | 48 | | |
| Total | 36 | 105 | 74 | 9 |

Literacy level among women belonging to different living status

| | Illiterate | Primary(Up To Class 5) | Middle(Up To Class 10) | Higher Sec |
|------------|------------|------------------------|------------------------|------------|
| Urban(158) | 37 | 57 | 35 | 24 |
| Rural(71) | 30 | 16 | 15 | 10 |
| Total(224) | 67 | 73 | 50 | 34 |

For the sake of convenience remaining observations are described under following headings

1. Pre-lacteal feeding
2. Breast feeding and weaning
3. Complimentary feeding

Prevalence of Pre-lacteal Feed among Various Communities

| Community | Gathuthi | Water | Milk | Honey | Castor Oil |
|-----------|----------|-------|------|-------|------------|
| Muslims | 2 | 1 | 2 | 1 | - |
| Hindu | 8 | 19 | 10 | 13 | 1 |
| Christian | - | - | - | - | - |
| Total | 10 | 20 | 12 | 14 | 1 |

Reason and Beliefs for Initiation of Pre-lacteal Feeds

| Reason/Belief | No. Of Mothers | % Of Total |
|--|----------------|------------|
| Advised By Elder | 38 | 65 |
| As Breast Substitute | 8 | 19 |
| As Purgative | 1 | 2 |
| Child Become Like The Person Giving Feed | 9 | 20 |
| Advised By Doctor | 2 | 4 |

Comparison Study of Increase of Diarrhea and Vomiting In Groups with H/O Pre-lacteal Feeds and Those on Exclusive Breast Feeding

| | Vomiting/Diarrhea | No Diarrhea/Vomiting | Odds Ratio |
|----------------------------|-------------------|----------------------|------------|
| Pre-lacteal Feed Given | 25 | 37 | 10.6 |
| Pre-lacteal Feed Not Given | 10 | 157 | 1 |

From above tables it is clear that water was the most common preparation given as pre-lacteal feed. Same preparation as used in the study of Desai [1] i.e. galthuthi and used in very unhygienic condition. Use of honey with ghee or water was reported by Bhandari [2], Dutta Banik [3].

The result of our study showed that there was 10.61 times increase in incidence of diarrhoea and vomiting in the group given pre-lacteal feeds. Similar study not done by anybody except Desai [1].

Various Reasons for Giving Breastfeeding among Mothers

| Reason For Giving Feeding | No. Of Mothers | Percentage |
|---------------------------|----------------|------------|
| Breast Fed And Convenient | 177 | 83 |
| Advice By Others | 15 | 7.6 |
| Advice By Doctors | 15 | 7.6 |

Walia *et al.* [4] revealed that breast feeding was preferred as it was convenient and mothers used to give it on advice of elders. Acc to IYCF [5] STUDY 2005-2006 almost 97% children ever breast fed out of which 89% continued feeding up to 1 year.

Time at Which Breastfeeding Was Begun

| Time At Which Breast Feeding Begun (In Hours) | No. Of Mothers | % |
|---|----------------|-------|
| 0-12 | 107 | 54 |
| 13-24 | 33 | 16.75 |
| 25-48 | 43 | 21.8 |
| >48 | 15 | 7.61 |

From above table it is clear that 54% mother started feeding in first 12 hours.

In study of Dutta Banik [3] breast feeding was started between 13-24 hours in 77% infants and 97% infants received feeding in 48 hours. Thaman *et al.* [5] observed that 53% of mothers started feeding within 12 hours of birth.

Reason for Delaying Breast Feeding Beyond 24 Hour

| Reasons (For Not Starting Feeding Earlier) | No. Of Mothers | % |
|--|----------------|-----|
| Breast Had Not Started Secreting Milk | 37 | 48 |
| Advised By Elderly | 2 | 1.5 |
| Colostrum Is Not Good For Baby | 4 | 5.2 |
| Advice By Relative | 24 | 32 |
| Rest To Mother | 9 | 12 |

Level of Education of Mother on Breast Feeding

| Age Of Infant | Breast Feeding | Total No Of Infants | Education Level Of Mother (Illiterate/Literate) |
|---------------|----------------|---------------------|---|
| 0-6 Month | Given | 47 | 13/34 |
| 7-12 Month | Given | 176 | 51/120 |

Above table state that 97.5% of mother educated giving breastfeeding. The IVCF Study⁵ Of infant 2005-2006 had similar conclusions stating 96.8% were given breast feeding.

Complimentary Feeding**Table Depicting Infant with Age > 6 Month on Complimentary Feeding or Not**

| Complimentary Feeds | Infants >6 Month | Percentage |
|---------------------|------------------|------------|
| Given | 127 | 61.5 |
| Not Given | 79 | 38.4 |

Acc to article published by arun gupta *et al.* [6] under symposium for child survival in India: Part 2 introduction of complimentary feeding along with continued breast feeding at age of 6-9 months is only 55.8%. In our study too infants who were started on complimentary feeds at 6 months of age were 77 (60%).

Summary and conclusion**Prelacteal Feeds**

1. Most commonly prelacteal feed given was water. Following water was milk and honey
2. 2 various beliefs are as customary in there group, act as purgative (2.5%), advice by elderly (65%), 19% gave it as milk substitute. Only 4% follow doctor advice.
3. 3 37% of infant received prelacteal feed have one episode of diarrheal as compared to 5.86% who do not revived.

Breast Feeding and Practices

1. Most common mode of feeding (83%)
2. Advice by elderly (7.6%)
3. Doctor advice (33%)
4. Convenience of mother (15.3%)

Reason for Delayed Initiation of Feeding

1. Delayed secretion of milk (48%)
2. Colostrums not good for baby (5.2%)
3. Advised by relatives (32%)

Complimentary Feeding

In our study, 61.6% of infants of age. 6 months were started on complimentary feeds. Of only 60.5% were started on the feeds at the appropriate age.

Recommendation

1. Mothers should be educated about benefits of breast feeding and should continue feed up to 2 years.
2. Efforts should be made to increase literacy among mothers.
3. Support groups should be formed to look into and help out mothers are really in need

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