

Low Prevalence of Breastfeeding Counselling during ANC Visits in the Hospitals of Kathmandu Valley

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BACKGROUND

- Breastfeeding counselling during the antenatal period is important for promoting optimal breastfeeding.
- It increases likelihood of mothers to practice optimal breastfeeding after delivery (1).
- Studies suggest that breastfeeding counselling lacks for women having prenatal care visit (2)
- Not much is known about the adequacy of antenatal care in regards of breastfeeding counselling in Nepal and the characteristics of those who received the counselling



STUDY AIM

- Examine if women visiting Kathmandu valley hospitals for antenatal care received breastfeeding counselling
- Assess the differences in initial breastfeeding practices—skin-to-skin contact of mother and newborn soon after birth, breastfeeding within an hour after birth and no pre-lacteal feeding—among mothers who received and did not receive breastfeeding counselling.



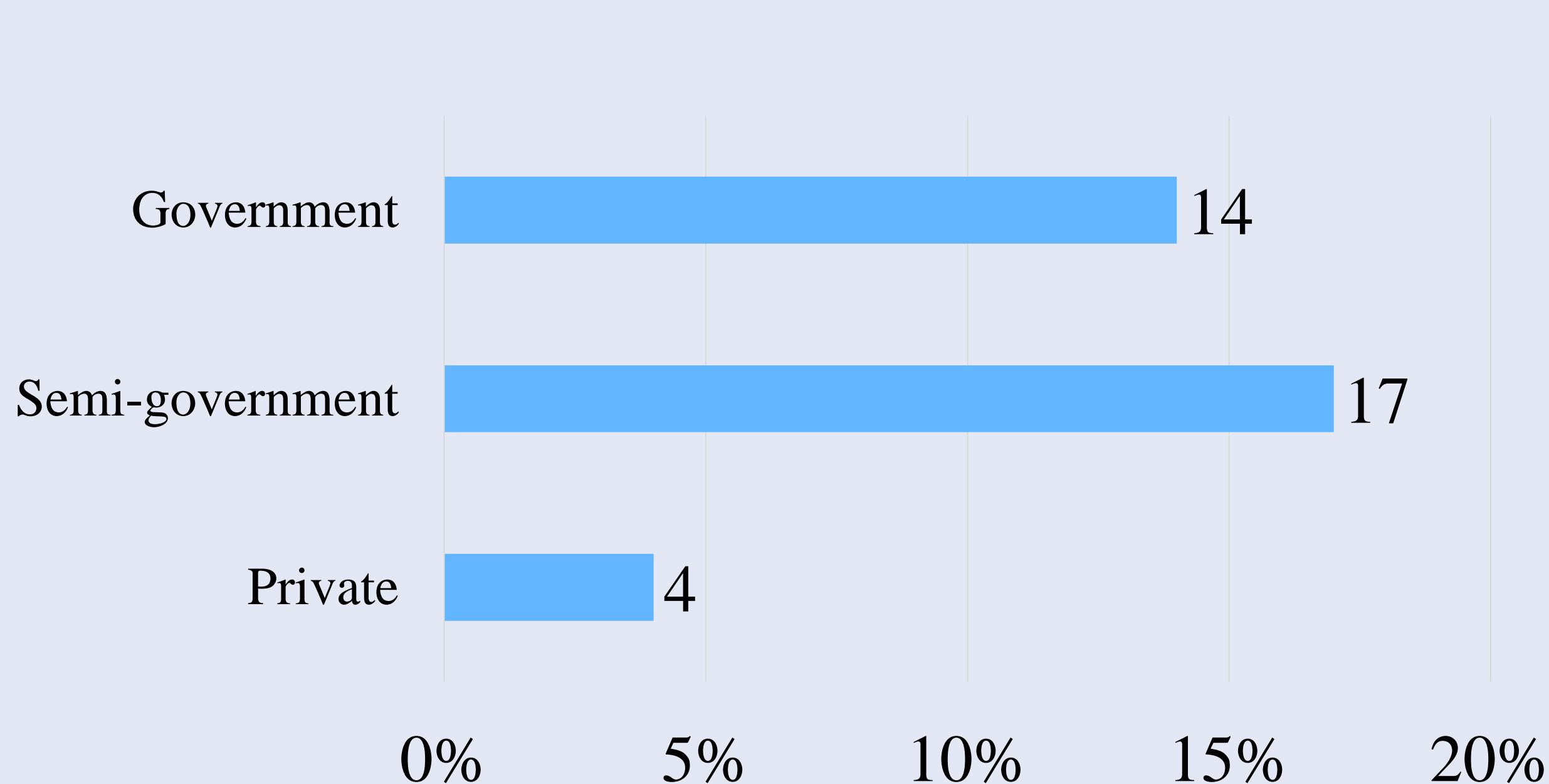
METHODOLOGY

- Data for analysis in this study was obtained from Helen Keller International’s hospital based study, where 304 mothers at discharge after delivery were interviewed.
- A cross-sectional survey was conducted from Dec 2013–Feb 2014 in 8 Kathmandu Valley hospitals
- A structured questionnaire was used to collect the data from mothers
- Descriptive statistics was employed to assess prevalence of breastfeeding counselling.
- Bivariate analysis performed to see association between breastfeeding counselling and women’s characteristics and initial breastfeeding practices with p-value <0.05 in the chi-square test

RESULTS

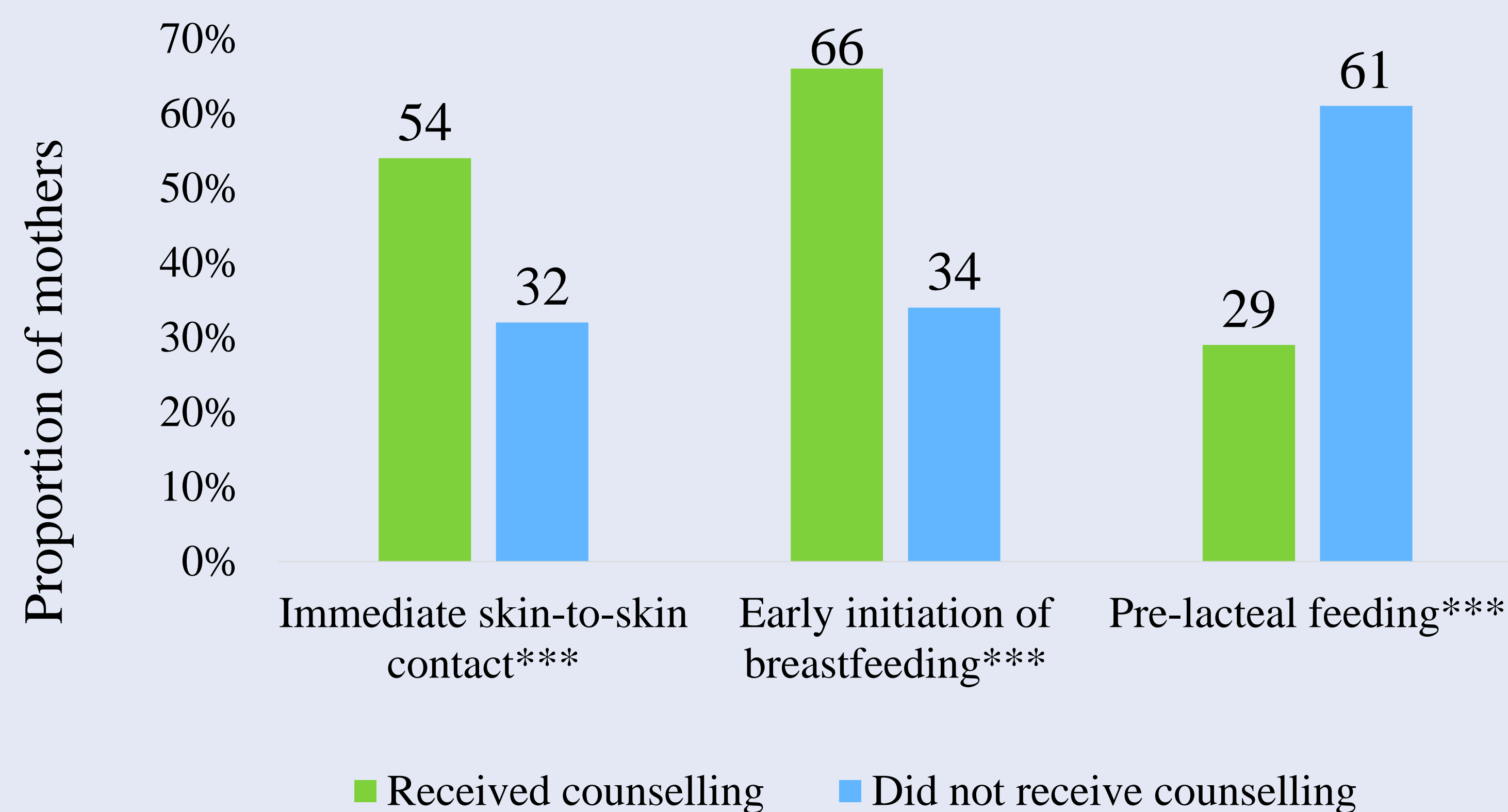
Only 11.6% women had received breastfeeding counselling during ANC visits

Graph 1: Breastfeeding counselling during ANC by the type of hospital



No significant difference in counselling by mother’s age, area of residence, education, and involvement in paid work

Graph 2: Early initiation of breastfeeding among those women who received breastfeeding information during ANC visits



CONCLUSION

- Our study findings indicated lack of breastfeeding counselling to mothers who visited hospitals for antenatal care.
- Emphasizing breastfeeding counselling during ANC visits is important to have positive impact on optimal breastfeeding practice
- As the study was limited to the data from study of ARCH project, it could not explore varied characteristics of the women
- Further study is suggested to further explore why breastfeeding counselling during ANC visit is neglected in the hospitals

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