

BREAST FEEDING AND WEANING PRACTICES OF MOTHERS AND HEALTH PROFILE OF THEIR CHILDREN (6-59MONTHS) ATTENDING WELL BABY CLINIC AT SSG HOSPITAL, VADODARA

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ABSTRACT

Research Questions: - What are the Breast feeding and weaning practices of mothers?
- What is the Health Profile of the children (6-59 months) coming to Well Baby Clinic (WBC)?

Objectives: 1.To know breast feeding and weaning practices of mothers attending WBC.
2. To know health profile of the children (6-59months) attending WBC.

Study Design: Cross – sectional Study.

Setting: WBC, Shri Sayaji General (SSG) Hospital, Vadodara. *Gujarat, India*

Participants: Children (6-59 months) including their Mothers as the respondents.

Statistical Analysis: Data entry and analysis were done using Epi-info 6.04d.

Sample Size: 180 children (6-59 months).

Results: - 63% children were males and 37% were females. - 98 % mothers were from socio demographic class IV & V. - Mean Birth weight was 2.7kg, while 24% of children in the study sample had birth weight less than 2.5kg. - 76% of the children *received* Exclusive Breast Feeding and Mean duration of Exclusive Breast Feeding was 6.2 months. - In 94% of children, Colostrums was given. - 7% of the mothers had started to wean their children by 4 months of age while in 68% children weaning was started by 6 months. - 100% children received BCG vaccination, *although vaccination scar* was present in 90% of *them*. - Measles vaccine was given in 99% of children. - 78% mothers sought treatment from Government hospital for their children. - In last 2 weeks, 21% children had fever, 27% had cough, 9% had diarrhea and 2 % had other illness.

Conclusion: Exclusive breast-feeding acceptance is high (76%) among mothers attending WBC. Among children attending WBC vaccination coverage is nearly 100%.

Recommendation: Establishing and strengthening WBCs along with all Obstetric units in the health care set up will help address millennium development goals favorably.

KEY WORDS

Well Baby Clinic, Exclusive Breast Feeding, Vaccination

INTRODUCTION

S.S.G. hospital is a tertiary care hospital attached *to* Government Medical College in Vadodara district. Well Baby Clinic (under 5 clinic) is run by Department of Paediatrics for over 3 decades on every Monday from 3pm to 5-30pm.

All the normal- “well” babies, under 5 years attend the Well Baby Clinic (WBC), most of them born at S.S.G. Hospital.

Major activities carried out at Well Baby Clinic:

- **Monitoring of** Growth and Development
- Immunization
- Dietary advice to mothers (including EBF & weaning)
- Counseling related to Family Planning
- Maintenance of record of all babies.
- Follow up **at the clinic is advised as under:**
 - Up to 1 year: every monthly
 - 1 year- 2 years: every 3 monthly
 - 2 years- 5 years: every 6 monthly

Exclusive Breast Feeding (EBF) – that is the infant only receives breast milk without any additional food or drink, not even water, except, vaccines and medicines when required.

OBJECTIVES

- To know practices of mothers attending WBC regarding breast feeding and weaning.
- To know health profile of children (6-59months) attending WBC.

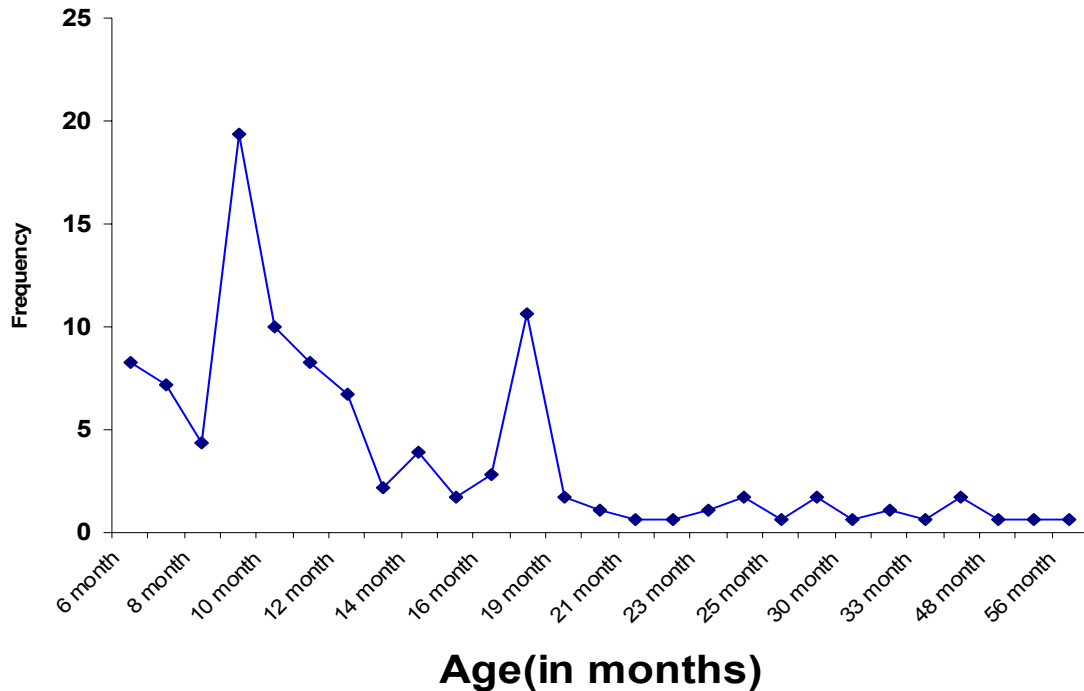
METHODOLOGY

- **Study Design:** Cross – sectional Study.
- **Setting:** WBC, Shri Sayaji General (SSG) Hospital, Vadodara.
- **Participants:**
 - ❑ Children (6-59 months) attending WBC, with their mother as respondent.
 - ❑ Data was collected on every alternate Monday.
 - ❑ Every third child was selected for the study.
- **Study Duration :** July’03-June’04
- **Sample Size:** 180 children (6-59 months).
- **Statistical Analysis:** Data entry and analysis was done using Epi-info 6.04d.

RESULTS AND DISCUSSION

- Gender distribution of children shows **that in the present sample**, 37% children were female and 63% were male children.

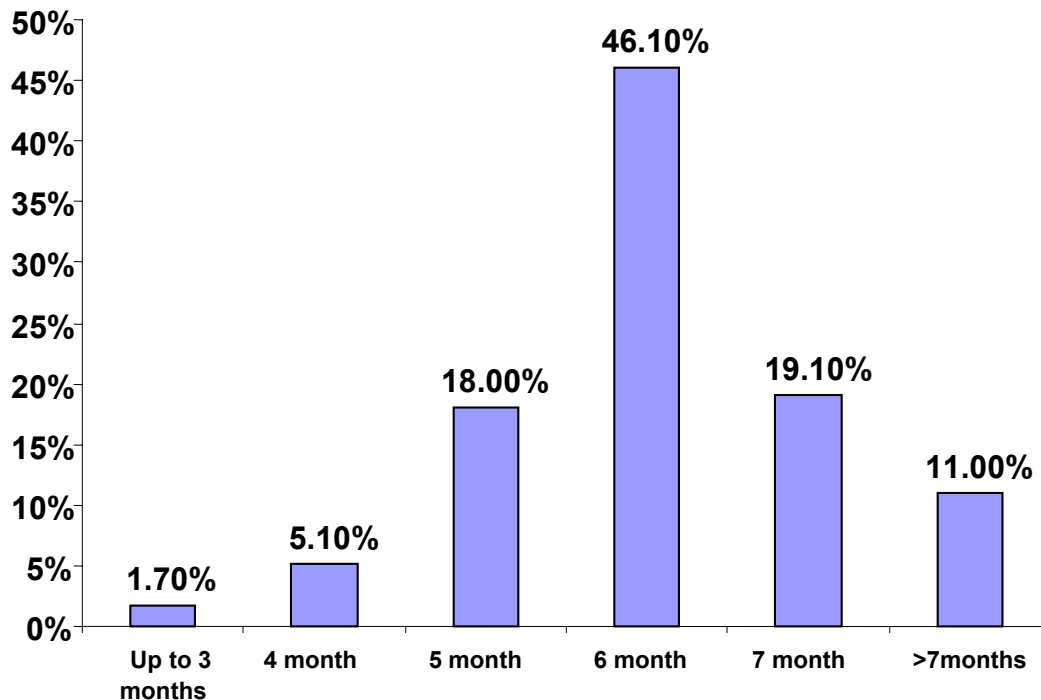
- Age distribution of children attending Well Baby Clinic shows that majority of the children came to WBC at 9 months and 18 months, which is at the time of vaccination *against Measles and DPT, OPV booster respectively.*



AGE DISTRIBUTION OF CHILDREN ATTENDING WBC

- Education status of the mothers shows that > 85% mothers are educated, which is higher than women literacy rate of Gujarat.
- 92 % mothers belong to Socio-economic Class IV & V.
- 93.3% children were **hospital delivery**.
- 24% children weighed < 2.5Kg. Mean Birth Weight of the child was 2.68Kg, which suggests effect of Ante Natal Care taken by mothers in Govt. health setup.
- 72 % mothers initiated breast-feeding within 1 hour, while 11.2% mothers initiated the same within 1-2 hours.
- Colostrum was given in 94% children.

- *At least half of the babies received Exclusive Breast Feeding(EBF) up to 6months of age, which is a practice promoted. Nearly 30% mothers continue beyond 6 moths, which is not desirable.*



Duration of EBF(In months)

- BCG vaccination was given to 100% children, while Scar on Left shoulder was present in 90% children.
- Vaccine coverage for DPT 1, DPT 2, DPT 3, OPV 1, OPV 2 & OPV 3 was 99.4% (n=180). For Measles Vaccine coverage was 99.4% (n=145).
- Preference for treatment in case the child is sick, 78.3% mothers prefer Government hospital, while 21.7% mothers prefer private hospital.
- In last 2 weeks 27.2% children had cough, 21.1% had fever and 7.8% had diarrhoea.

CONCLUSION

- Exclusive breast-feeding acceptance is high (76%) among mothers attending WBC.
- Among children attending WBC vaccination coverage is nearly 100%.
- Fever, Cough and Diarrhoea are most common morbidity among children.

RECOMMENDATION

Establishing and strengthening of Well Baby Clinics along with all Obstetric units in the health care set up will help address “*millennium development goals*” favorably.