Breast feeding week

1-7 AUG 2018

NNF Kerala Academic Module

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Edited by: Dr A.K Jayachandran
Learning Objectives

❖ Introduction
❖ Breast feeding week -2018
    ➢ Theme & Objectives
❖ Revised WHO BFHI 2018 –Ten steps
    special stress on .....  
        ➢ Role of Antenatal care
            • Advantages of breast feeding
            • Inverted Nipple – correction techniques

Continued.....
Learning Objectives

➢ Immediate care after birth
  • Skin to Skin contact
  • Early breast feeding
  • LATCH score
➢ Breast milk – Expression & storage
➢ Rooming in & Bedding in
➢ Breast feeding & society
Introduction

❖ Exclusive breastfeeding prevents 13% of under-five deaths
❖ Early initiation of breastfeeding can cut down 22% of all neonatal mortality.
❖ As per National Survey (NFHS-4, 2015-16) India
  ➢ Only 41.6% children under age 3 years breastfed within one hour of birth
  ➢ Only 44.9% children under age 6 months exclusively breast fed
WABA World Breast feeding week 2018

Breast feeding
Foundation of Life

1-7 AUG 2018

NNF Kerala
Objectives

INFORM
people about the links between good nutrition, food security, poverty reduction and breastfeeding

ANCHOR
breastfeeding as the foundation of life

ENGAGE
with individuals and organisations for greater impact

GALVANISE
action to advance breastfeeding as a part of good nutrition, food security and poverty reduction
BFHI
Ten steps to successful breastfeeding
(WHO Revised 2018)

Guidance to Protect, Promote & Support Breast Feeding
1. Hospital Policies

- Written infant feeding policy
- Not promoting infant formula, bottles or teats
- Making breastfeeding care standard practice
- Keeping track of support for breastfeeding
  - Data management & monitoring
2. Staff Competency

- Training staff on supporting mothers to breastfeed
- Assessing health workers’ knowledge & skills
  - Anatomy of breast
  - Physiology of breast feeding
  - Practical aspects
3. Antenatal care

❖ Discussing the importance of breastfeeding

➢ Health talk, display of posters, distribution of booklets. or pamphlets.
➢ Discuss with pregnant women & family members too.
➢ Obtain detail history of breastfeeding in previous children.
➢ Nutritional & diet counselling
Advantages of breast feeding

- Complete food, species specific
- Easily digested and well absorbed
- Protects against infection
- Promotes emotion bonding
- Better brain growth
Advantages

- Helps in involution of uterus
- Delays pregnancy
- Lowers risk of breast and ovarian cancer
- Decreases mother's work load
- Saves money
- Promotes family planning
- Decreases need for hospitalization
- Contributes to child survival
Examination of Breast & Nipple

- During Third Trimester visit
- Do Nipple Protractility test for inverted nipple by obstetrician
- Explain Correction methods
Inverted Nipple - Correction

- Immediately after delivery
- Breast Pump
- Double syringe method
  - Two 20 ml syringe, IV set rubber connector
4. Care Right after Birth

Immediate skin to skin contact

Early breast feeding

Helping mothers to put their baby to the breast right away
5. Support mother

❖ Checking positioning, attachment and suckling
❖ Giving practical breastfeeding support
❖ Helping mothers with common breastfeeding problems
Attachment

1. Mouth should be wide open
2. Chin should be touching the breast
3. More areola should be visible above than below
4. Lower lip should be everted

Good Attachment  Poor Attachment
Positioning

A proper position should satisfy all the 4 criteria:

1. Mother and baby should face each other
2. Should be very close to each other
3. Body head and neck should be in a straight line
4. The baby should be well supported
Common Feeding Positions

- Cradle Position
- Cross Cradle
- Foot Ball
- Side lying
- For Twins
Feeding problems – Not Enough Milk

- Antenatal Counselling
- Early Skin to Skin Contact
- Position, Attachment & Proper Latch on
- Encourage Direct Breast feeding – 2 hrly
- Use objective method – LATCH SCORE
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<tr>
<th>L Latch</th>
<th>0</th>
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<th>2</th>
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<tbody>
<tr>
<td>Too sleepy</td>
<td>Repeated attempts for latch or suck</td>
<td>Grasps breast</td>
<td></td>
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<tr>
<td>No sustained latch or suck</td>
<td>Hold nipple in mouth</td>
<td>Tongue down</td>
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<tr>
<td>Comfort</td>
<td></td>
<td>Lips flanged</td>
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<tr>
<td>Hold</td>
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<td>Rhythmical sucking</td>
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**LATCH SCORE**

**L** Latch

**A** Audible swallowing

**T** Type of nipple

**C** Comfort

**H** Hold

**TOTAL**
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<th>L</th>
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<th>A Audible swallowing</th>
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<td>None</td>
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**C Comfort**

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<tr>
<td></td>
<td>Engorged Cracked, bleeding, large blisters, or bruises</td>
<td>Filling Reddened, small blisters or bruises</td>
<td>Soft Non-tender</td>
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**LATCH SCORE**
## LATCH SCORE

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<tr>
<td>Full assist (staff holds infant at breast)</td>
<td>Minimal assist (staff holds, then mother takes over)</td>
<td>No assist from staff Mother able to position and hold infant</td>
<td></td>
</tr>
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**LATCH SCORE**

- Total score less than 7 requires further monitoring and assistance
- Teach all staffs – how to do LATCH SCORE
- Keep LATCH SCORE charts in the postnatal ward
6. Supplementing

- Giving only breast milk unless there are medical reasons
- Prioritizing donor human milk when a supplement is needed
Expressed Breast Milk

**Indications**

- Working mothers
- Preterm / Sick baby
- Sick mother
- Local breast problems

Hand Expression

Breast Pump
Technique - Hand Expression
Expressed Breast Milk - Storage

- Room Temperature: Upto 4 hours
- Refrigerator: Upto 24 hours
- Freezer: Upto 3-6 months
7. Rooming-In

Rooming IN & Bedding IN

**Baby**
- Decreases Stress
- Allows to breast feed when hungry
- Safer

**Mother**
- Learn feeding cues
- Better quality sleep
- Good milk supply
8. Responsive Feeding

- Helping mothers know when their baby is hungry
- Not limiting breastfeeding times
9. Bottles, Teats & Pacifiers
10. Discharge

- Referring mothers to community resources for breastfeeding support
- Working with communities to improve breastfeeding support services
Support breast feeding in working woman

Breastfeeding and Work

Let’s make it work!
Feeding Areas in public places
To conclude......
Thank you

NNF Kerala