

Original article:

Study of knowledge, attitude and practice towards feeding of colostrum in a tertiary care center of Jaipur, Rajasthan

¹Dr. Mayur Kumar Goyal, ²Dr. Nidhi Grover, ³Dr. Himani Saroha, ⁴Dr. Ramnik Garg, ⁵Dr. Anurag Tomar

¹IIIyr PG Resident, Deptt. Of Pediatrics, NIMS Medical College & Hospital, Jaipur, Rajasthan, India

²IIIyr PG Resident, Deptt. Of Pediatrics, NIMS Medical College & Hospital, Jaipur, Rajasthan, India

³IIIyr PG Resident, Deptt. Of Pediatrics, NIMS Medical College & Hospital, Jaipur, Rajasthan, India

⁴IIIyr PG Resident, Deptt. Of Pediatrics, NIMS Medical College & Hospital, Jaipur, Rajasthan, India

⁵ Professor, Deptt. Of Pediatrics, NIMS Medical College & Hospital, Jaipur, Rajasthan, India

Corresponding author: Dr. Mayur Kumar Goyal

Abstract

Introduction: The present study investigated the knowledge, knowledge and practice of mothers towards feeding of colostrum in a tertiary care center of Jaipur, Rajasthan.

Methodology: In this hospital based cross sectional study, a total number of 300 lactating mothers were selected from postnatal ward in NIMS Hospital, Jaipur over period of 3 months.

Information about demographics details of the mothers and knowledge, attitude & practice related to feeding of colostrum was obtained by using a pre-designed, self-administered, standardized questionnaire. Questions included knowledge regarding consistency and contents of the colostrum, attitude and practice towards colostrum feeding and reasons of discarding colostrum.

Results and conclusion: The study reveals that majority of the mothers had knowledge about colostrum that it is the first milk for the baby and its characteristics. In spite of having various myths and believes, significant number of mothers had fed their babies with colostrum.

Keywords: Breast feeding, Colostrum, Feeding practices

Introduction

Like mother's love there is no substitute for mother's milk. Breast feeding has a unique biological and emotional influence on the health of both mother and baby. It is globally accepted to be the best and complete food for the newborn as it satisfies the specific nutritional needs. Breastfeeding practices play an important role in reducing child mortality and morbidity. It is known that breastfeeding rates vary by demographic and socioeconomic factors and that these factors may impact differently on initiation and

duration. Since there was inadequate information regarding colostrum feeding practices around NIMS hospital, present study was undertaken to understand the prevailing colostrum feeding practices in this area. The present work was planned to assess the maternal knowledge, attitude and practices towards colostrum feeding with demographic characteristics.

Material and methods

It was a cross sectional Hospital based study from April 2014 to September 2014 in which 300 mothers of children aged between 0-28 days in post natal

ward in NIMS Hospital, Jaipur enrolled after the explaining purpose and procedure of the study, informed written consent was obtained. A face-to-face interview using a pre-designed, self-administered, standardized questionnaire regarding demographics details, knowledge, attitude and practices of feeding of colostrum was conducted. Ethical clearance were obtained from institutional ethical committee.

Inclusion Criteria

All mothers with children aged between 0-28 days in postnatal ward in NIMS Hospital, Jaipur and mothers who gave the consent

Exclusion Criteria-

Conditions where breastfeeding is contraindicated like mother is on anti cancer drugs and psychoses

Results

Table 1 shows that majority of the mothers(51.7%) in this study belonged to the age group of 21 to 25 years and 81% belonged to rural areas.72.7% of mothers lived in joint family and majority of them (97%) were unemployed. 35% Literacy rate was notedand 78% belonged to the group of above poverty line(APL). Table -2 reveals that 68.7% mothers knew that colostrum is the first milk for the baby and had sufficient knowledge regarding it’s characteristics (86.7%). Only 8.3% mothers knew about contents of the colostrum. 64.3% mothers believed that colostrum is difficult to digest and 40.7% had myth that it is deleterious to the baby (Table-3). 61.3% of mothers had given the colostrum to their babies (Table-4) while 37.9% discarded colostrum because of advice given by their relatives and elders. Whereas 24.10% mothers believed in myths regarding the same (Table-5)

Table-1 Distribution according to Demographics Characteristics

Age of the mother (In years)	Number	Percentage (%)
15-20	48	16
21-25	155	51.70
26-30	65	21.67
>30	32	10.63
Total	300	100

Residence of mother	Number	Percentage (%)
Rural	243	81
Urban	57	19
Total	300	100

Education of mother	Number	Percentage (%)
Illiterate	195	65
Literate	105	35
Total	300	100

Type of Family	Number	Percentage (%)
Nuclear	62	20.6
Joint	218	72.7
3 rd generation	20	6.7
Total	300	100

Economic status	Number	Percentage (%)
APL	66	22
BPL	234	78
Total	300	100

Occupation	Number	Percentage (%)
Employed	9	3
Unemployed	291	97
Total	300	100

Table-2 Distribution according to knowledge of mother about colostrum feeding

Knowledge of mother about colostrum feeding	I know	I don't know	Total
Consistency of colostrum	261 (86.7%)	39 (13.3%)	300 (100%)
Contents of the colostrum	24 (8.30%)	276 (91.7%)	300 (100%)
It's first milk for the baby	206 (68.7%)	94 (31.30%)	300 (100%)

Table-3 Distribution according to attitude of mother about colostrum feeding

Attitude of mother about colostrum feeding	Yes	No	Total
Causes constipation	48 (16%)	252 (84%)	300 (100%)
Unable to protect babies from jaundice	112 (37.3%)	188 (62.7%)	300 (100%)
Delirious to baby	122 (40.7%)	178 (59.3%)	300 (100%)
Difficult to digest	193 (64.3%)	107 (35.7%)	300 (100%)

Table-4 Distribution according to practice of mother about colostrum feeding

Colostrum feeding	Number	Percentage (%)
Given	184	61.3
Not given	116	38.7
Total	300	100

Table-5 Distribution according to reasons for discarding the colostrum-

Reasons for discarding colostrum	Number	Percentage (%)
Advised by relatives/ friends	113	37.9
Not good for baby's health	73	24.1
Unhygienic	37	12.1
Social customs	43	14.6
Non specific	34	11.3
Total	300	100

Discussion

Demographics Characteristics-

Age of mother- 51.7% mothers belonged from age group of 21-25 years which was confiding with Madhu. K et. al (2009)¹ where 60% of mothers were between 21 and 25 years. Ghai et al. (2009)² stated that most of mother's were between (29-39) years in his study.

Education of mothers- 35% mothers were literate in present study. 79.83% mothers were literate in the study done by R.Harnagle et al (2013).³ Occupation- 97% mothers were unemployed in present study. Haider et al (2010) also observed similar results in their study (98.34%).⁴

Type of the Family- 72.7% mothers lived in nuclear family. On contrary part, Odent et al.(2011) reported

that most of mothers were from extended family in his study.⁵

Residential Area- 81.3% mothers belonged from rural area. Smiliar finding were noted in the study by Haider et al. (2010), where 85% belonged from Rural area.⁴ Mother's knowledge regarding Colostrum Feeding- 68.7% mothers knew that it's first milk for the baby which was coinciding with Haider et al. (2010) (46%).⁴

Only 8.3% mothers knew regarding the Contents of colostrum. On contrary part, Yanikkeremet al. (2009) observed that 90.9% of mother's had knowledge about the content of Colostrum.⁶

86.7% mothers knew the consistency of colostrum (thick, sticky and yellowish in color). This findings were not coinciding with Jethi&Shriwastava et al. (2010)⁷, Singh et al. (2004)⁸, Yanikkerem et al. (2009)⁶, Odent et al. (2011)⁵

Mother's attitude regarding Colostrum Feeding- 64.30% mothers stated that colostrum was difficult to digest. Which was not consistent with Yanikkeremet al. (2009).⁶

40.7% mothers stated that colostrum was deleterious to baby. Contrary findings was observed by Ghash et al. (2008), 90% of mothers said colostrum protects the child from being sick.⁹

37.3% mothers believed that it is unable to protect baby from jaundice. Which was not consistent with study by Haider et al. (2010)⁴, Odent et al. (2011)⁵, Singh et al. (2004)⁸.

16% mothers believed that it causes constipation while according to Singh et al. (2004)⁸, 90% mothers said that colostrum causes constipation which was not confiding with present study.

Mother's practice regarding Colostrum Feeding-

Colostrum feeding- 61.3% of mothers fed colostrum to their babies. R.N. Kulkarni et. al 2004 (85.1%)¹⁰ and Ranjana Tiwari et. al 2009 (76.0%)¹¹ also observed that majority of mothers fed their babies with colostrum. On the counter part, Sudarshan Kumari et. al (1988) (16.9%)¹², kiransingh et al (17%)¹³ and Taja et al. (2001) (22.7%)¹⁴ studies showed that majority of mothers not fed their babies with colostrum.

Reason for discarding colostrum - Advice given by the relatives and friends in 37.9% of the mothers. Which was smiliar to R.J. Yadav et. al 2004 (36.6%)¹⁵ and contraray by Kiran Singh et. al (1992)¹³ (becomes 'heavy' or not good for the newly born).

Conclusion

Though the contents of the colostrum were not known to the mothers of the study group, majority of the mothers had knowledge about colostrum that it is the first milk for the baby and its characteristics. In spite of having various myths and believes (colostrum is difficult to digest and has deleterious effect on baby's health), significant number of mothers had immense love for their babies and fed them with colostrum while the other group did not feed under the influence of their relatives and myths.

Recommendation

Health education programs should be carried out for postnatal mothers regarding the importance of colostrum. Health education in the hospital and health center should be incorporated so as to spread awareness amongst mothers regarding colostrum. Mass media should also take a step forward in order to educate the families and the mothers about colostrum.

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