

Prevalence and Predictors of Exclusive Breastfeeding among Mothers with Term Deliveries in Adventist Medical Center Manila (AMCM) Immediately Postpartum and at One Month Postpartum

Juliet Kristine C. Evangelista

Adventist Medical Center Manila, Philippines

Abstract

Breastfeeding is one among the foremost effective ways to make sure child health and survival. However, nearly 2 out of three infants aren't exclusively breastfed for the recommended 6 months—a rate that has not improved in 2 decades. Breastmilk is that the ideal food for infants. it's safe, clean and contains antibodies which help protect against many common childhood illnesses. Breastmilk provides all the energy and nutrients that the infant needs for the primary months of life, and it continues to supply up to half or more of a child's nutritional needs during the last half of the primary year, and up to at least one third during the second year of life. Breastfed children perform better on intelligence tests, are less likely to be overweight or obese and fewer susceptible to diabetes later in life. Women who breastfeed even have a reduced risk of breast and ovarian cancers.

Exclusive breastfeeding means a baby is fed only breast milk for the primary six months of its life, with no additional food or drinks. this is often the simplest nourishment for a baby and such babies aren't even given water. The importance of exclusive breastfeeding can never be understated. For a start, exclusive breastfeeding minimizes the risks of infections and diseases, furthermore, it's also considerably beneficial for the mother too. Read on to know the benefits of exclusive breastfeeding for a baby and its mother. Exclusive breastfeeding in infants provides an optimal nutrition in infants aged under six months. While the planet Health Organization (WHO) recommends to exclusively breastfeed their infants even up to 2 years, prevalence and duration among different countries are on decline. The aim of this study is to match the prevalence of exclusive breastfeeding immediately postpartum and one month postpartum and determine its associated factors and possible predictors at Adventist center Manila (AMCM). a complete of 235 mothers who delivered at AMCM were interviewed employing a questionnaire before discharge and was followed-up via call at one month postpartum. All analyses were administered using Statistical Package for the Social Sciences (SPSS)Version 21. All inferential analyses were performed at 5% level of significance, but the interpretation of the multiple binary logistic multivariate analysis at 10% level of significance and its implications was also considered. The prevalence of exclusive breastfeeding significantly decreased from 100% immediately postpartum to 74% at 1 month postpartum ($p < 0.001$). Among the possible associated factors, at 10% level of significance, 3 factors may be considered as independent predictors of exclusive

breastfeeding at 1 month postpartum namely: previous breastfeeding experience (OR = 3.70, $p = 0.080$) presence of lactation area at work (OR = 2.08, $p = 0.087$) and presence of refrigerator at work for breast milk storage (OR = 2.98, $p = 0.057$).

Scientific studies have revealed that the healthiest babies are people who are exclusively breastfed. For the primary six months of a baby's life, breast milk is all that a baby really needs.

Exclusive breastfeeding is one among the simplest ways to attenuate the probabilities of a baby getting diarrhea, allergies, pneumonia and affected by malnutrition, the addition of the other food will considerably increase the risks of an equivalent. Exclusive breastfeeding is understood to considerably decrease infant death rate on account of common childhood illnesses. Exclusive breastfeeding delays fertility assisting appropriate time intervals between pregnancies. Exclusively breastfeeding mothers are less susceptible to the cancer of the breasts and ovaries. Exclusive breastfeeding is additionally economical because it eliminates the necessity to get supplements and expensive formulas and equipment. Colostrum in breast milk cleans the stomach and promotes a healthy gut eliminating the necessity for medicines. Exclusive breastfeeding helps the new mother to reduce after delivery.

Mothers who breastfeed exclusively are less likely to experience postpartum depression. The more a baby suckles the more milk are going to be made within the breasts; this natural mechanism helps make exclusive breastfeeding a viable choice. Exclusive breastfeeding is additionally possible for working mothers via expressed breast milk. Expressed breast milk remains good for up to 10 hours at temperature and approximately three days within the fridge. Breastfeeding is once you feed your baby breast milk, usually directly from your breast. It's also called nursing. Making the choice to breastfeed may be a personal matter. it is also one that's likely to draw opinions from friends and family.

Many doctors, including the American Academy of Pediatrics (AAP) and therefore the American College of Obstetricians and Gynecologists, strongly recommend breastfeeding exclusively (no formula, juice, or water) for six months. After the introduction of other foods, it recommends continuing to breastfeed through the baby's first year of life. How often you

ought to breastfeed your baby depends on whether your baby prefers small, frequent meals or longer feedings. This may change as your baby grows. Newborns often want to feed every 2-3 hours. By 2 months, feeding every 3-4 hours is common, and by six months, most babies feed every 4-5 hours.

Recent Publications:

1. McDonald, SD, Pulleynayegum, E, Chapman, B, Vera, C, Giglia, L, Fusch, C, Foster, G. Prevalence and Predictors of exclusive Breastfeeding at Hospital Discharge. The American College of Obstetricians and Gynecologists (ACOG). 2012;119:6.
2. Maonga, AR, Mahande, MJ, Damian, DJ, Msuya, SE. Factors Affecting Exclusive Breastfeeding among Women in Muheza District Tanga Northeastern Tanzania: A Mixed Method Community Based Study. Maternal and Child Health Journal. 2016; 20: 77-87.
3. Eriksen, KG, Johnson, W, Sonko, B, Prentice, AM, Darboe, MK, Moore, SE. Following the World Health Organization's Recommendation of Exclusive Breastfeeding to 6 Months of Age does not Impact the Growth of Rural Health Gambian Infants. The Journal of Nutrition. 2017 Feb; 147 (2):248-255.
4. Sonko, A, Worku, A. Prevalence and Predictors of Exclusive Breastfeeding for the First Six Months of Life among Women in Halaba Special Woreda, Southern Nations, Nationalities and Peoples' Region/SNNPR/, Ethiopia: A Community Based Cross-Sectional Study. Archives of Public Health. 2015; 73:53.
5. Biks, GA, Tariku, A, Tessema, GA. Effects of Antenatal Care and Institutional Delivery on Exclusive Breastfeeding Practice in Northwest Ethiopia: A Nested Case-Control Study. International Breastfeeding Journal. 2015; 10:30.
6. Egata, G, Berhane, Y, Worku, A. Predictors of Non-exclusive Breastfeeding at 6 Months among Rural Mothers in East Ethiopia: A Community-Based Analytical Cross-Sectional Study. International Breastfeeding Journal. 2013; 8:8.
7. Dun-Dery, EJ, Laar, AK. Exclusive Breastfeeding among City-dwelling Professional working Mothers in Ghana. International Breastfeeding Journal. 2016; 11 (1):23.
8. Tanash, Hadeel Adnan. Breastfeeding Knowledge, Practice, Attitudes, and Influencing Factors: Findings from a Selected Sample of Breastfeeding Mothers in Bemidji, Minnesota. All Theses, Dissertations and other Capstone Projects; 2014. Paper 383.

Biography:

Juliet Kristine C. Evangelista is a recent Graduate in the Residency Training in the Department of Obstetrics and Gynecology at Adventist Medical Center Manila. As a resident,

she was a good learner, she was persevering and she demonstrated good rapport with her co-residents, peers, nursing staff, hospital personnel, superiors and subordinates as well. She showed competence and knowledge both in technical and clinical aspects of Obstetrics and Gynecology. She manifested good sense of responsibility and upholds good moral and professional values. She also exhibited good skills in Research as manifested by the success in accomplishing this study.

[World Congress on Gynecology and Obstetrics](#)
October 19-20, 2020.

Abstract Citation:

Juliet Kristine C. Evangelista, Predominance and Predictors of Exclusive Breastfeeding among Mothers with Term Deliveries in Adventist Medical Center Manila (AMCM) Immediately Postpartum and at One Month Postpartum, Gynecology Obstetrics 2020, World Congress on Gynecology and Obstetrics; October 19-20, 2020