

**ORIGINAL ARTICLE****KAP STUDY ABOUT BREASTFEEDING IN HEALTHCARE WORKERS OF IMRAN IDRESS TEACHING HOSPITAL AND SIALKOT MEDICAL COLLEGE**

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**Introduction**

Breastfeeding is a process by which breast milk is fed to the child. It is a process by which bond of love is formed between mother and child and it is a natural phenomenon that has been in practice since eternity.<sup>1</sup>

Breast milk gives adequate nutrition and optimal feeding practice is a right of every child. Breast milk is a natural meal box. It is hygienic and easily accessible. It improves the growth, health, and survival of newborn.

The first milk is known as colostrum that is rich in proteins and fats. It is perfect food for new-borns. Colostrum naturally contains high quantity of antibodies. More immunity is present in first 3 days milk with high caloric value and less fluid. According to climate and weather, there is more fluid in summers and more calories in winters.<sup>2</sup>

Breast milk is preferable than other dairy milk as "human milk is for human child and cow milk is for cow child." Human breast milk is significant for infant as it is readily available, available at optimal temperature,

no need to purchase, and no artificial supplements added in it, it is full of vitamins and IG (immunoglobulin) antibodies and above all it is a GIFT OF GOD to infants through mother.

According to Qura'n (Surah Al-Baqra-1)<sup>1</sup>

وَالْوَالِدَاتُ يُرْضِعْنَ أَوْلَادَهُنَّ حَوْلَيْنِ كَامِلَيْنِ لِمَنْ أَرَادَ أَنْ يُنَمِّئَ الرُّضَاعَةَ

Mothers may breastfeed their children two complete years for whoever wishes to complete the nursing. The suckling period is two years according to this direction from Allah to the mothers.

Healthcare workers include Doctors, Nurses, LHVs and LHWs etc. According to WHO, A person with medical degree, whose job is to treat ill person is known as doctor. LHV stands for lady health visitors, who are present in BHU, RHC, THQ, DHQ, and teaching hospital whereas LHW stands for lady health worker who are present in villages.<sup>4</sup>

Another research was conducted in Indonesia. According to this research, although prenatal healthcare providers had positive attitude toward breastfeeding but in some areas, knowledge was incomplete and they further delivered incorrect information about breast-feeding to the mothers.<sup>3</sup>

A study was conducted about current knowledge of breast-feeding among the healthcare workers in Calabar Nigeria.<sup>10,11</sup> Outcomes of this research showed that 225 healthcare professionals were surveyed, with a mean age of 37.7 years, the mean percentage of the knowledge score was 85%.

In January 2017, a study was conducted to access the knowledge and healthcare providers' role in promoting breastfeeding in United Arab Emirates.<sup>9</sup> It was revealed that majority of participants showed high knowledge towards breastfeeding due to family support.

## Objectives

To access the knowledge, attitude, and practice of healthcare workers about breastfeeding

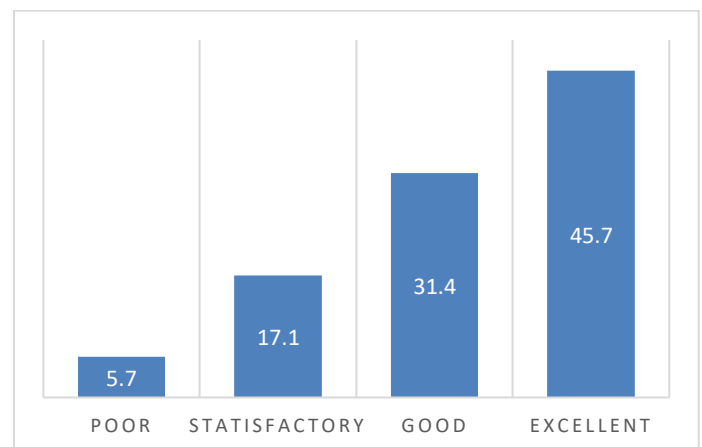
## Methodology

A cross sectional KAP study was conducted in May-June 2023 on 35 married females having children in Sialkot Medical College and Imran Idress teaching hospital. The questions were divided into three sections based on the knowledge, attitude and practice of participants.

## Results

### 1. Knowledge:100%

Training of breast feeding during professional education, 52% got training while 48% did not.

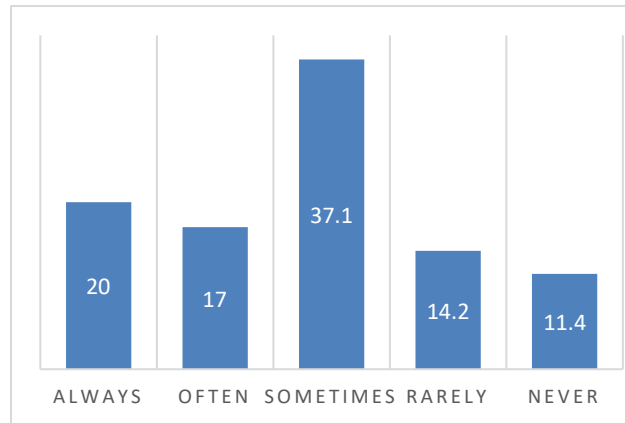


**Figure-1**

Knowledge rate about breast feeding in healthcare workers

5.7% = poor, 17.1% = satisfactory, 31.4% = Good, 45.7% = excellent

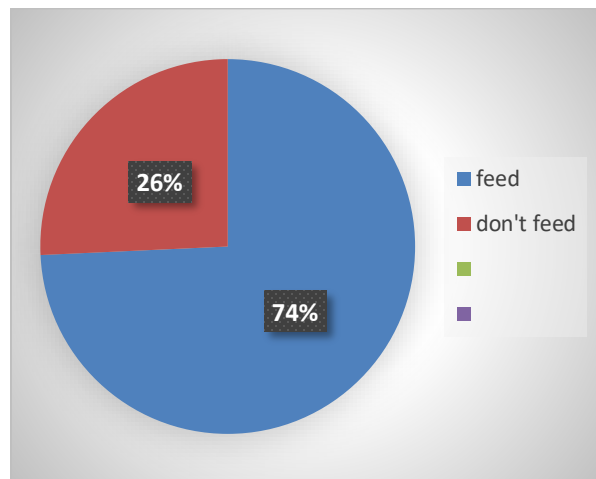
## 2. Attitude. 100%



**Figure-2**

Access breast feeding initiation and practice during prenatal and antenatal case.

## 3. Practice: 74%



**Figure-4**

### Discussion:

We compared our study with international studies, like Indonesia<sup>3</sup>, Kenya<sup>5</sup>, Egypt<sup>8</sup>, Nigeria<sup>10,11</sup>, Iran<sup>7</sup>, Emirates and Saudi Arabia<sup>6</sup>.

We found that our study results were better than all the other countries or comparable with above mentioned countries. However this study was conducted in healthcare workers, who had sufficient knowledge due to their profession, but this study cannot be generalized in whole Pakistan, where figures of breastfeeding may be disappointing.

## Conclusions

It was concluded that majority of healthcare workers had proper knowledge, positive attitude and they were practicing.

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