

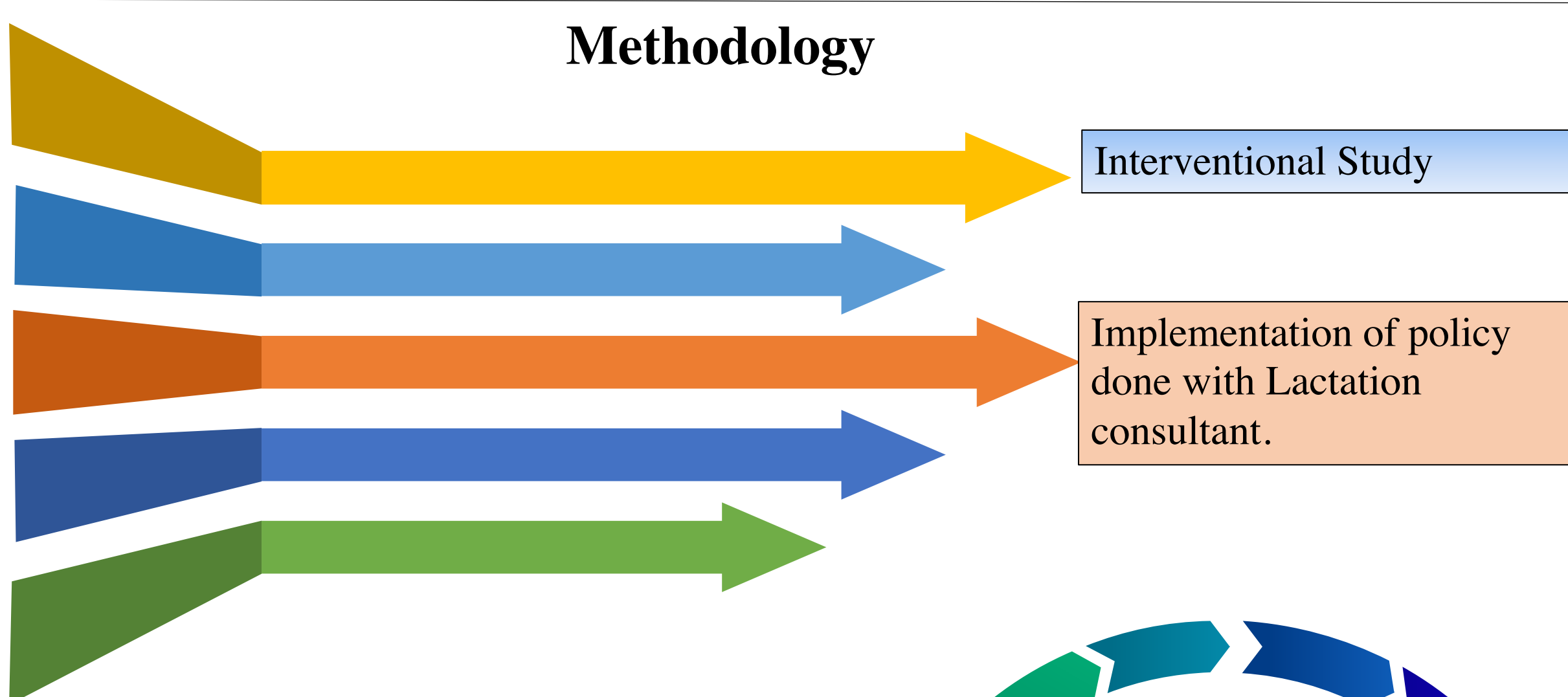
Efforts To Rediscover The Motherhood In Post-natal Mothers Through Lactation Awareness

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Objectives

- To increase exclusive breastfeeding in post-natal mothers through awareness generation activities, especially targeting post-natal mothers and OPD patients.
- To incentivize the best efforts of nursing and consultant on awareness.

Methodology



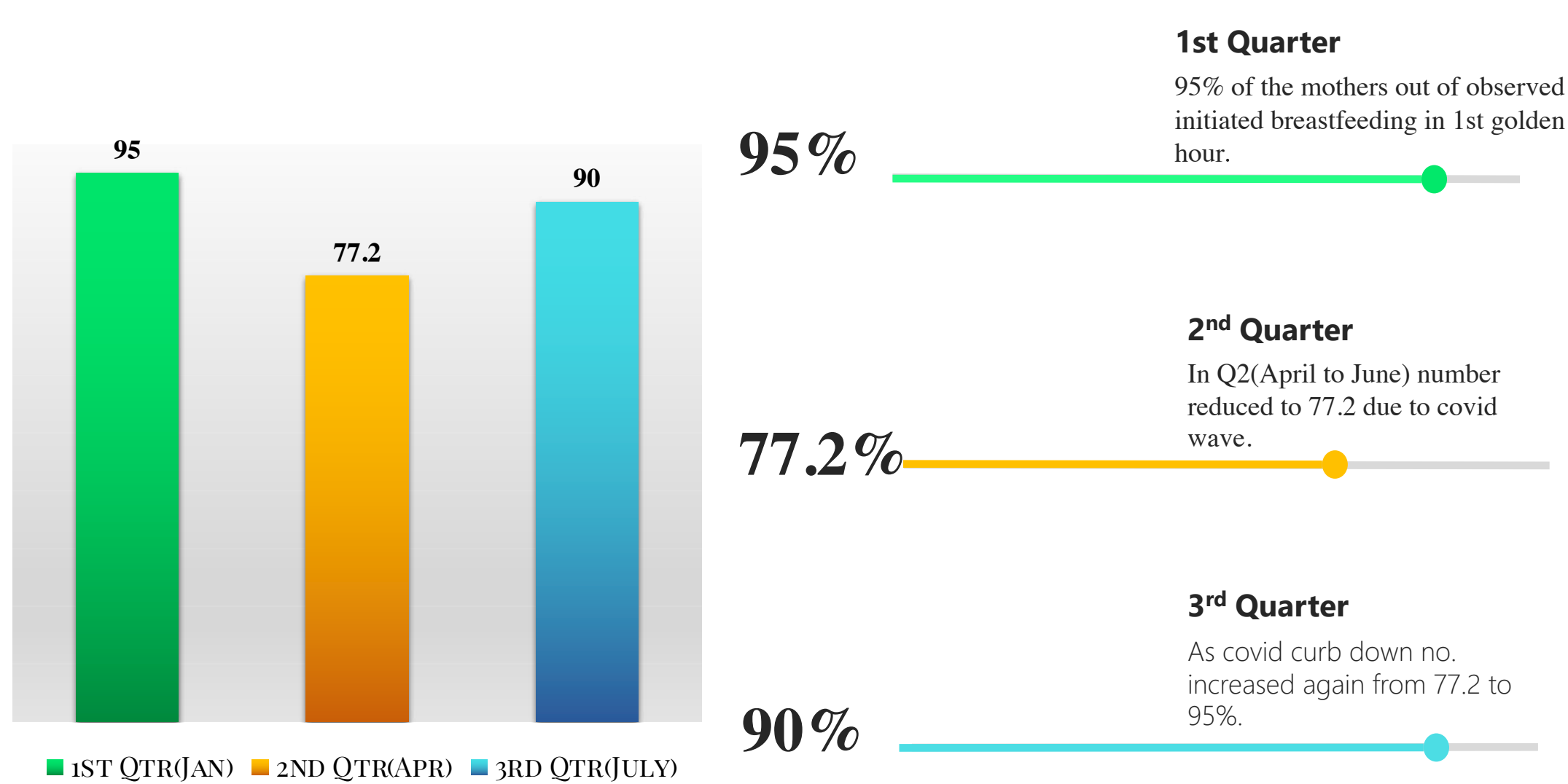
Focused Area

Policy majorly focussed on the skin-to-skin touch and prohibits the promotion of breast milk substitutes. All the antenatal mothers and post-natal mothers were given training



Result

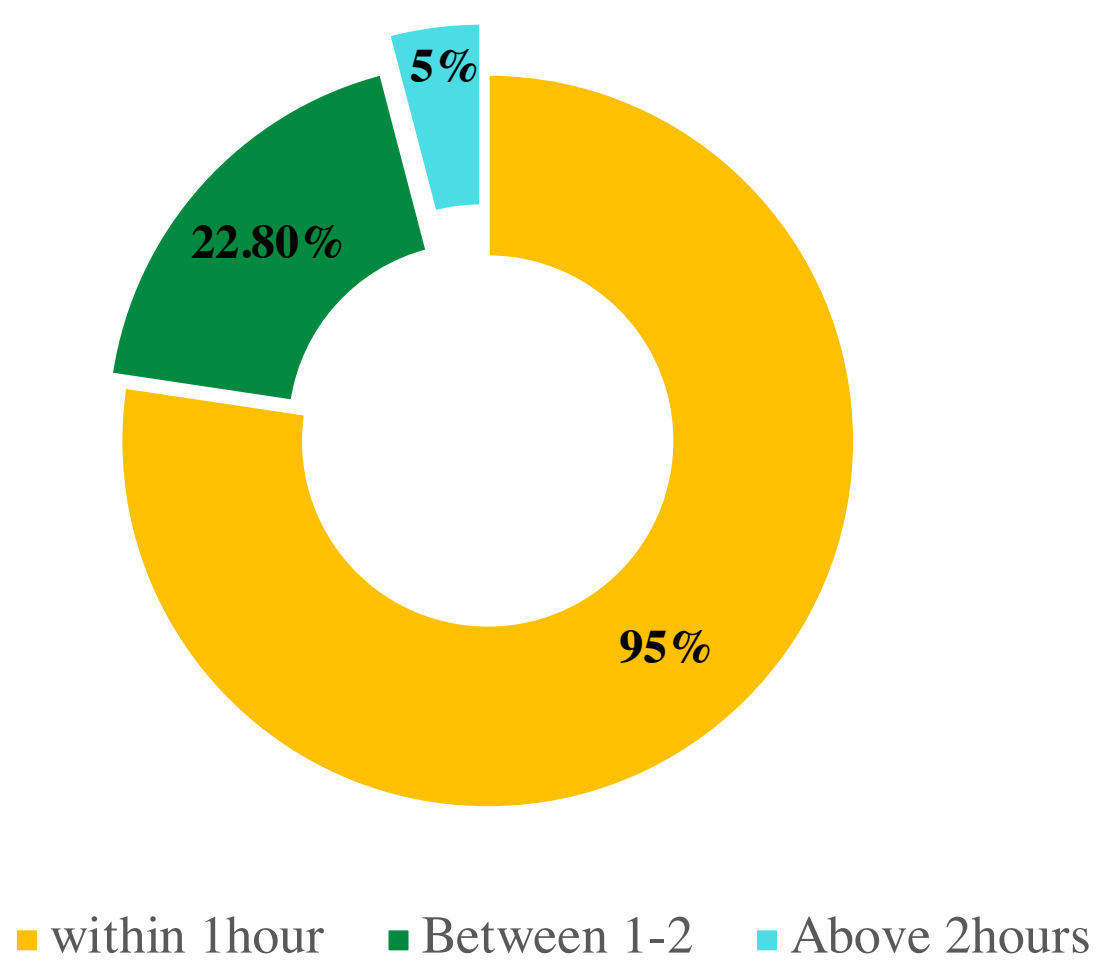
Initiation of breastfeeding within 1 hour



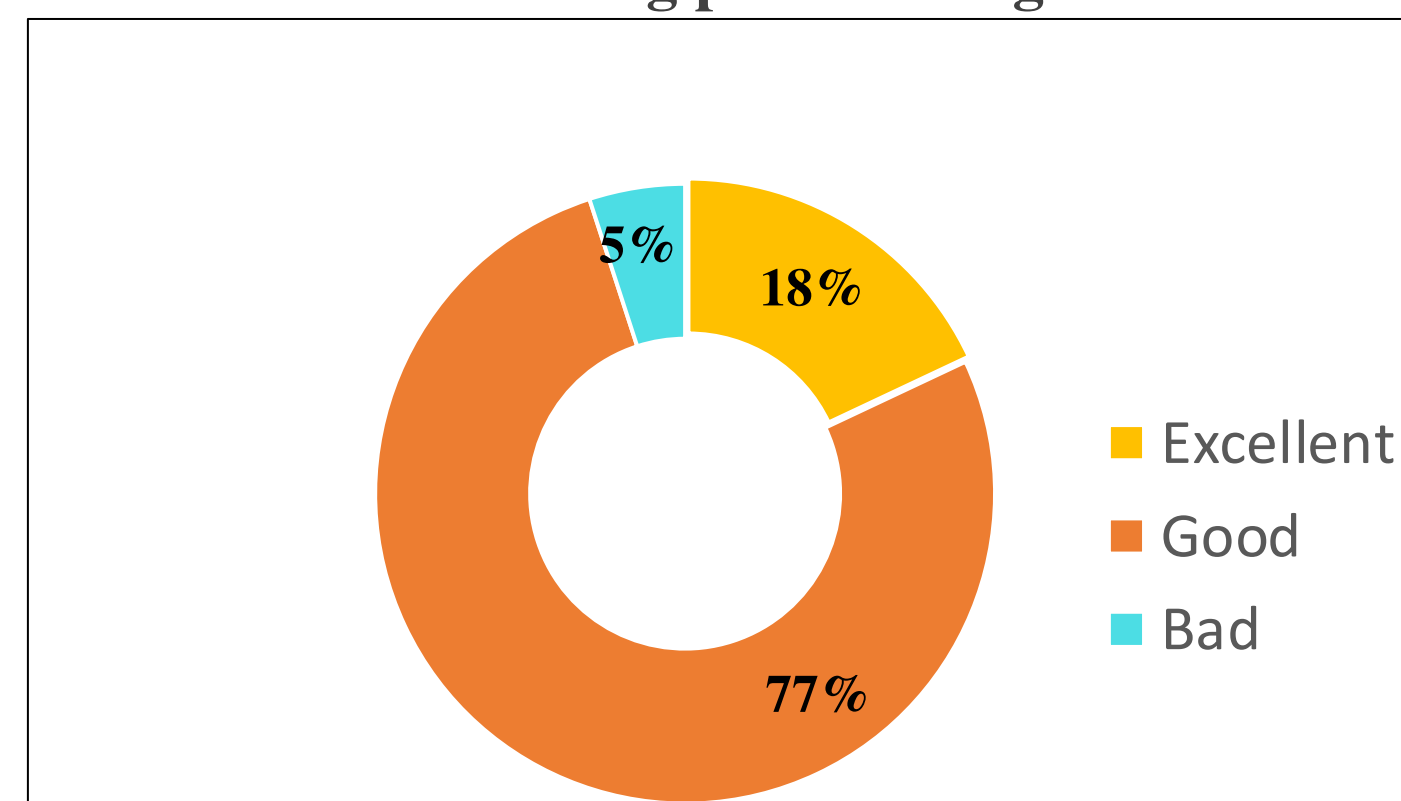
Knowledge about breastfeeding among nursing before intervention

Category	No. of correct Answers	No. of incorrect Answers
POSITION OF BREASTFEEDING	45	33
BREASTFEEDING FREQUENCY	55	23
POSITION OF BABY	44	34

Initiation of breastfeeding in time frame



Knowledge about breastfeeding among nursing post training.



Conclusion

1. In this study this has been indicated that nursing are the major source of knowledge providers in the secondary care, as most of the consultants are on visiting basis and they do not pay attention on trainings.

2. All the family members should be involved in breastfeeding training and importance of colostrum and how it helps in development and play a important role in child's nutrition.

3. The most essential times to promote breastfeeding are during the ANC check-up, in the delivery room, and immediately after birth. All the family members should be involved breastfeeding training and importance of colostrum.

4. In Q1 Nursing training to post-natal mothers showed a remarkable percentage within 1 hour of breastfeeding and it was due to secondary education given by nursing and lactation consultant to delivered mothers

