

Regional Meeting of the Physiological Society of Sri Lanka

29th June 2013, Faculty of Medicine, University of Jaffna

Abstracts of oral presentations

OP 1: FACTORS AFFECTING THE EARLY INITIATION OF BREASTFEEDING AT BIRTH IN THE JAFFNA MUNICIPAL COUNCIL AREA

Kamalarupan L¹, Sivapalan K², Sivarajah N³, Surendrakumar N⁴

¹Allied Health Sciences Unit, ² Department of Physiology, ^{3,4} Department of Community Medicine, Faculty of Medicine, University of Jaffna

Introduction: World Health Organization (WHO) recommends early initiation of breastfeeding. Despite many benefits and policies various factors affect early initiation of breast feeding.

Objective: To determine the rates of initiation of breastfeeding and selected factors influencing it in the Jaffna Municipal Council Area.

Methods: A Population based descriptive study was conducted. Calculated sample size was 422. All births (400 expected) from 10 October 2011 to 29 February 2012 were included. Interviewer administered questionnaire was used. There was no home delivery. Chi-square test was used for bivariate analysis.

Results: The rate of initiation within first hour of delivery was 76.7% (Sri Lankan rate of 75%); among cesarean babies it was 35.3%; 79.9% among babies with birth weight of 2500 grams and above. Formula and normal saline were given to 5% of the babies (admitted to PBU). The association of initiation of breastfeeding: mother's age (P=0.004), mode of delivery (P=0.00), Period of Amenorrhoea (POA) (P=0.00), birth weight (P=0.00), health worker assisting the first breastfeeding (P=0.003), the health workers instruction after delivery (P=0.00). Mothers' educational level, occupation and parity were not significant. More teen age mothers initiated breast feeding within one hour than the other reproductive age groups (OR= 0.86; 95%CI=0.28 - 2.66). Proper positioning (OR= 1.01; 95%CI=0.61 - 1.68) and proper attachment of the baby to the breast (OR=2.78; CI=1.44 - 5.39) was associated with earlier initiation of breastfeeding.

Conclusion: Pregnancy and related care service factors may influence the initiation of breast feeding.