

Prevalence of Exclusive Breastfeeding during the first month of life

Andiara B. B. Pin (IC), Ianê N. do Vale (PQ).

Abstract

This is a study of the prevalence of the Exclusive Breastfeeding (EB) during the first month of life. It was identified that 28% of the children, all patient of the “Ambulatório da Orelhinha” (CEPRE-UNICAMP), did not receive exclusive breastfeeding during their first month. Amongst the factors which probably contributed to the interruption of EB are the pain in the nipples and the inadequate increase of baby weigh.

Key words: Breastfeeding, Weaning, Newborn.

Introduction

Breastfeeding is a process which promotes deep interaction between mother and child¹, and its benefits are availed when breastfeeding is practiced during at least two years, exclusively during the first six months². Despite the increase of breastfeeding during the last decades³, national studies shows Brazil indexes are still below those considered ideal by WHO³⁻⁴. This study aims to identify the prevalence of the EB and the factors which may contribute to interrupt this practice during the baby's first month of life. The subjects are children Born at the Hospital da Mulher Prof. Dr. José Aristodemo Pinotti (CAISM) which attends the Centro de Estudo e Pesquisa em Reabilitação Professor Doutor Gabriel de Oliveira da Silva Porto (CEPRE) in order to perform the Exam of Evoked Otoacoustic Emission (“Ambulatório da Orelhinha”).

Results and Discussion

This research analyzed 140 questionnaires, applied between March 4th and July 8th, 2015. The sociodemographics characteristics from the mothers are similar to other studies^{2,3}. The average age of the mothers was 26 years, varying between 15 and 40 years. Most of them are from Campinas (67%), are primiparous (63%) and married (61%). Regarding education, nearly half (49%) has complete high school or more, and 39% are paid employees. The number of prenatal made by them vary between three and 20 consults, with an average of 10 consults. The prevalence of six or more prenatal consults is 73%. Prevailed the vaginal delivery, with 63%. The prevalence of exclusive breastfeeding during baby's first month of life was 72% higher than found by other studies⁶. 53% of the interviewed reported there was no offering of pacifier to the newborn, while 24% reported the offering of bottles, with either breast milk, other kind of milk or other liquids. Pain during breastfeeding was reported by 54% of them. Regarding the

newborns, the average birth weight was 3,193g, varying between 2,095 and 4,365. 63% had a weight loss before leaving hospital higher than 7% of the birth weight, 33% were no weighed before leaving hospital and 23% from those which were weighed had a weight between 3,000 e 3,500g, with an average of 3,286g. The average weight loss was 39g per day. This study results were similar to those from other studies^{2,3,5} regarding sociodemographics and age of the mother. The most common alleged reasons for introduction of other food were: few milk available and inadequate increase on baby weigh.

Conclusions

The prevalence of EB reported by this research was 72% higher than those reported by other studies. The most common alleged reasons for introduction of other food was: few milk available and inadequate increase on baby weigh.

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¹ Brasil. Ministério da Saúde. Saúde da criança: nutrição infantil: aleitamento materno e alimentação complementar. Brasília: Editora do Ministério da Saúde; 2009

² Chaves RG, Lamounier JA, César CC. Fatores associados com a duração do aleitamento materno. J. Pediatr (Rio J). 2007;83(3):241-246

³ Venancio SI, Escuder MM, Saldiva SR, Giugliani ER. A prática do aleitamento materno nas capitais brasileiras e Distrito Federal: situação atual e avanços. J.Pediatr (Rio J). 2010;86(4):317-324

⁴ Brasil. Ministério da Saúde. Pesquisa de Prevalência de Aleitamento Materno em Municípios Brasileiros; Editora do Ministério da Saúde; 2010

⁵ Carvalhães MABL, Corrêa CRH. Identificação de dificuldades no início do aleitamento materno mediante aplicação de protocolo. J. Pediatr (Rio J). 2003;79(1):13-20

⁶ Vieira GO, Martins CC, Vieira TO, Oliveira NF, Silva LR. Factors predicting early discontinuation of exclusive breastfeeding in the first month of life. J. Pediatr (Rio de Janeiro). 2010;86(5):441-444