



Determinants of Exclusive Breastfeeding Among Mothers- A Cross-sectional study at a tertiary care hospital of Pakistan.

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Breastfeeding : Tool against protection from Female cancers

Introduction

- **Definition:** Feeding an infant solely with mother's milk without any supplementary fluids or solids, including plain water.
- **Recommendations:** Initial 6 months of infant life according to WHO
- **Benefits:** Protects the child from childhood infectious diseases, provides immunity and also protects the mother from various diseases such as breast and ovarian cancer
- **Problem Statement:** The prevalence of exclusive breastfeeding in Pakistan is below WHO targets due to multiple factors.

Objectives

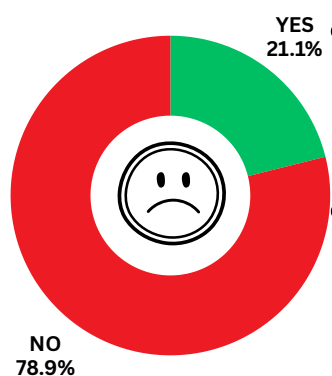
- To find the prevalence of Exclusive Breastfeeding among mothers in Qazi Hussain Ahmad medical complex Nowshera
- To assess the different factors that influence the practice of Exclusive Breast feeding

Methodology

- **Approval:** taken from ERB of NMC
- **Sample:** 384 using open Epi
- **Tools:** Questionnaire filled by researcher through interview from mothers of children presenting to Pediatric OPD and wards of QHAMC
- **Analysis:** SPSS version 27

Result

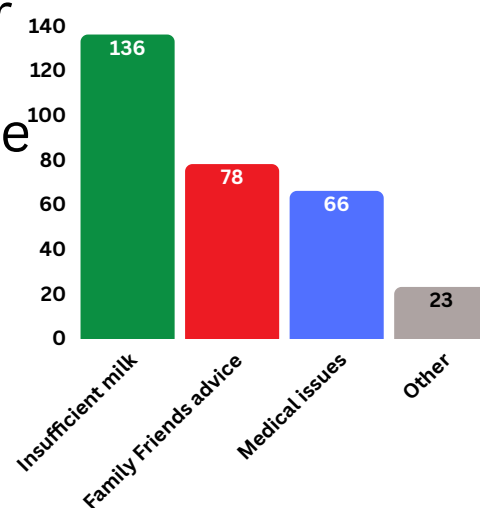
Practicing EBF



- Only 81 Mothers out of the 384 sample size were practicing Exclusive Breastfeeding correctly or had practiced it.
- No significant association between the practice of EBF and sociodemographic factors such as maternal age, mode of delivery, household income, place of delivery, maternal education,

residential status and number of children was found which means the issue is equally prevalent in all populations of Nowshera

Reasons for not practicing EBF(n=303)



Discussion

- The rate is significantly below the WHO targets as well as other regions (48% in Pakistan demographics and health survey 2017-18, 46.6% in Faisalabad(Sagheer et al),58% in Ethiopia(Muluneh et al),23% in Pune,India in 2023(Jeyakumar et al)

Conclusion

Significant Steps needs to be taken to improve the knowledge and prevalence of EBF for better mother and child health

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