



CODEN [USA]: IAJ PBB

ISSN: 2349-7750

## INDO AMERICAN JOURNAL OF PHARMACEUTICAL SCIENCES

<http://doi.org/10.5281/zenodo.2642550>

Available online at: <http://www.iajps.com>

Research Article

### MEASUREMENT OF INFORMATION AND PERFORMANCE ABOUT COLOSTRUM FEEDING AMONGST PREGNANT WOMEN

<sup>1</sup>Dr. Alina Amjad, <sup>2</sup>Hafiz Muhammad Naveed Iqbal, <sup>3</sup>Dr Shahid Latif

<sup>1</sup>Jinnah Hospital Lahore, <sup>2</sup>Medical Officer BHU Kot Qaisrani, <sup>3</sup>Medical Officer, RHC Gaggo, Vehari.

**Article Received:** February 2019

**Accepted:** March 2019

**Published:** April 2019

**Abstract:**

**Background:** Colostrum is significant for indorsing well-being, development and progress of newborn also aggressive contagions.

**Objective:** The objective of our current research was to measure information also performs around Colostrum nourishing amongst pregnant women.

**Methodology:** Research Project: Cross Sectional research. Period and Location: The current research Study remained led from February 2017 to October 2017, in Mayo Hospital Lahore. The example of 110 women was occupied after Pediatrics subdivision, Gynecology subdivision and EPI center of Hospital that remained designated through suitable sampling. The pre-designed survey with variables comparable age of women, teaching of women, Profession of women, House zone of women, information around colostrum nourishing, Foundation of material, Data around position of colostrum, Information around prolateral nourishing, applies around colostrum nourishing, performs around prolateral nourishing was occupied via questioning those females. Information remained examined through using SPSS 22.

**Results:** In the current research study, average age of women was  $28.86 \pm 6$  years, 43.2% research themes remained uneducated 78.2% remained house wives. 77.3% females have info around colostrum 46.8% of research cases stated that basis of info was friends and family. 43.8% of women recognized colostrum as nourishing milk. 70.6% research cases had delusion that prolateral feedstuffs stay essential for youngster fitness. 29.7% females have happening breast feeding inside 1st hour and 74.4% has assumed prolateral feedstuffs to their newborn offspring.

**Conclusion:** Mainstream of women had respectable information around colostrum nourishing, and they supposed that it remained nourishing exploit and decent for newborn fitness. But on other hand, 3/4 women experienced prolateral nourishing for their broods. Here remains very large gap among information and rehearsal around colostrum nourishing. Well-being teaching Programme would remain happening to concealment this gap.

**Key Words:** Information, Performs, Colostrum, Nourishing.

**Corresponding author:**

**Dr. Alina Amjad,**

Jinnah Hospital Lahore.

QR code



Please cite this article in press Alina Amjad et al., *Measurement of Information and Performance about Colostrum Feeding Amongst Pregnant Women.*, Indo Am. J. P. Sci, 2019; 06(04).

**INTRODUCTION:**

The primary milk concealed at period of parturition, opposing from milk concealed far ahead, via comprising extra lactalbumin also lactoprotein, in addition also being amusing in antibodies that consult inactive protection to new, also called “foremilk”. Colostrum is identified to comprise resistant cells as lymphocytes [1]. It aids to decrease one of foremost reasons of demise in Pakistan comparable diarrhea also Acute Respiratory Contagion. Though here remains slight milk at that period it aids to create feeding and the nearby women-child association, recognized as “attachment”. Initial beginning of breast feeding likewise decreases the women's danger of postpartum hemorrhage, one of foremost reasons of womenly humanity [2]. Inopportunistly colostrum feeding remains not assumed to novel instinctive for numerous social mythologies also misconception. In the untruthful confidence of gummy, honey, sugar water, glucose, also Mishra water remained nourished as pre-lacteal feeds in Pakistan [3]. Baby death degree (75 deaths/1000 live births) denotes 1 in each 15 children in our country expire earlier attainment one year of age, that designate one youngster expires each minute from infectious illnesses. It remains recommended that to decrease child death also unkind health, mom would initially offer breast milk to her baby inside sixty minutes of birth mentioned to as “primary beginning of breast feeding” [4]. Appropriate beginning of breastfeeding remains not solitary calmest, but then again also maximum fee real in addition, most fruitful interference in refining health of newfound. Healthiness position of newborns in complete South East Asia remains upsetting, in addition complete image of South East Asia in footings of neonatal deceases stays dangerous, our country being one of states [5]. Working on Supportable Growth Aims, Colostrum feeding has lot of position in dipping kid death also disease. As here remained incomplete statistics or else research obtainable connected to Colostrum Feeding in our rustic zones, current research remained done to measure Information also Performs of Colostrum Feeding amongst pregnant women of Rahimyar Khan.

**METHODOLOGY:**

Research Project: Cross sectional research. Research Location: Mayo Hospital Lahore. Research Themes: Pregnant Women through at least single kid of fewer than 2 years age. Example Size: The entire of 110 women remained included in the current research. Sample Method: Suitable sample. Period of the research: The current research remained led from February 2018 to October 2018. In alternative research study it was 96%. In the current research study, 46.8%

females declared that basis of info was friends and family, also 14.4%, 10.6%, 5.4%, 2%, described gynecological doctor, media, LHV, LHW correspondingly. Rendering to alternative research study, additional than half (66%) of women stated getting breastfeeding information from foundations other than MCH nurses. While health care earners' information is not solitary predictable foundation of info, it is fascinating to note that the higher quantity of defendants conventional breastfeeding info as of added foundations such as their women (chief quantity), grandwomen, friends and relatives somewhat than doctor and media. In the current research study, 43.7% women expressed that it stayed nourishing milk, 24.9% had not any awareness around colostrum, 21% supposed it remained dense milk, whereas rendering to 6.8% also 8.7% it as normal milk and primary milk to remain rejected correspondingly. In existing research study, 70.6% females expressed that prolateral nourishing is obligatory for child beforehand colostrum's nourishing, 17.3 % females we're not decided by this whereas 15.4 % females had not any impression.

**Enclosure Standards:** Women with at least one teen of less than 2-year age in addition pregnant mom. Who gave knowledgeable consent?

**Prohibiting Standards:** Women who remained pregnant for primary time. Information Gathering Technique: Our current research study remained led on example of 110 women that remained designated via suitable sample. The pre-designed form with variables comparable age of women, teaching of women, Profession of women, house area of women, Data around colostrum feeding, Information around colostrum feeding, foundation of info, Position of colostrum to teen fitness, Data around prolateral feeding, performs around colostrum feeding, performs around prolateral feeding remained occupied via questioning those females. Altogether information remained composed afterward receiving verbal agreement from women.

**Information Examination:**

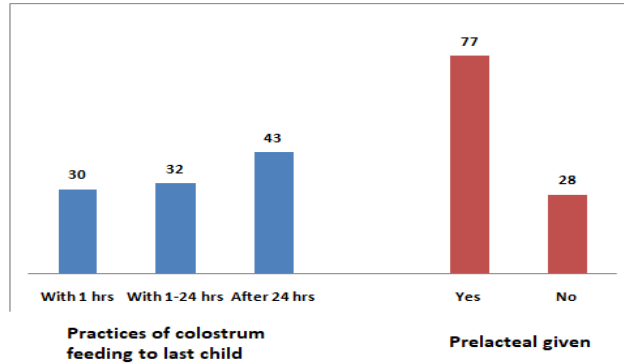
Information was arrived and examined via using SPSS version 22. The occurrences and proportions remained designed on definite variables. Average also SD remained intended on arithmetical variables i.e. Age in addition Once-a-month revenue. Moral endorsement remained required from Recognized Appraisal Panel.

**RESULTS:**

Rendering to consequences of the research, average age also average once-a-month domestic revenue of

pregnant women was 28+6 years and 14848 ± 4005 (PKR). (Table 1)

**Figure 1: Colostrum feeding in addition prolateral assumed.**



Mainstream of women 82 (78.2%) were housewives, 46 (43.7%) were uneducated, 33 (31.56%) had 4 offspring in addition 58 (55.4%) fitted to city zones, 81 (75.3%) women had caught around colostrum feeding 48 (45.7%) got information from family and friends, 45 (42.9%) supposed that colostrum stayed the nourishing milk, and 78 (74.4%) did prolateral feeding. 44(42%) did colostrum nourishing afterwards 1 day. 19 (41%) women expressed colostrum is nourishing milk also 21 (36%) women fitting to city zones did colostrum feed inside first hour afterwards distribution. (Figure 1) (Table 1) The average age of females were 28.86 years by SD of 6.83 years, it was distinguished that 43.1% of women were uneducated and 4.9% of them stayed graduate, whereas in alternative research study solitary 3.6% were uneducated and 37.8% of them were subordinate and

overhead. In current research study, 55.4% cases fitted to city zone whereas 46.8% to rustic area. Profession of pregnant females remained as follows: housewife 78.2% township worker 8.7%, laborer's 6.7\8%, management servant 5.9%, private servant 6.9%, that is in dissimilarity to alternative research study in which 96% of females were jobless and solitary 6% were working. In the current research study, 77.3% females had gotten around colostrum nourishing. In alternative research study it was 96%. In the current research study, 46.8% females declared that basis of info was friends and family, also 14.4%, 10.6%, 5.4%, 2%, described gynecological doctor, media, LHV, LHW correspondingly. Rendering to alternative research study, additional than half (66%) of women stated getting breastfeeding information from foundations other than MCH nurses.

**Table 1: Expressive data and information round colostrum. (n=110)**

Education Status	
<b>Characteristic Occurrence (%)</b>	
Illiterate	45 (42.9)
Primary	22 (21)
Middle	13 (12.4)
Matriculation	13 (12.4)
Inter	8 (7.6)
Graduate	4 (3.8)
<b>Total</b>	<b>110 (100)</b>
Occupation	
House wife	81 (77.1)
Govt. servant	5 (4.8)
Private serv ant	5 (4.8)
Village worker	8 (7.6)
Laboure	6 (5.7)
<b>Total 110 (100)</b>	

Source of information about colostrum's Feeding	
Media	10 (9.5)
Antenatal care Doctor	14 (13.3)
LHV	1 (1.0)
LHW	4 (3.8)
Family and Friends	48 (45.7)
Not Know	28 (26.7)
<b>Total 110 (100)</b>	
Knowledge about importance of colostrum's feeding	
Notorious milk	45 (42.9)
No Idea	25 (23.8)
Thick milk	21 (20)
First milk to be discarded	8 (7.6)
Ordinary Milk	6 (5.7)
<b>Total</b>	<b>110 (100)</b>
Prolateral nourishing is essential for teen	
Agreed	73 (69.5)
Not agreed	17 (16.2)
No idea	15 (14.3)
<b>Total</b>	<b>110 (100)</b>

Table 2: Information and performs around colostrum nourishing against teaching of women and house.

Schooling of women	Mom teaching against information around colostrum					
	Ordinary milk No (%)	Thick milk No (%)	Nutritious milk No (%)	First milk to be discarded No (%)	No idea No (%)	Total No (%)
Illiterate	0	6(27%)	9(41%)	2(9%)	5(23%)	22(100%)
Primary	4(9%)	5(11%)	18(40%)	4(9%)	14(31%)	45(100%)
Middle	0 (0%)	4(31%)	5(38%)	0 (0%)	4(31%)	13(100%)
Matric	1(7.5%)	2(15%)	8(61.5%)	1(7.5%)	1(7.5%)	13(100%)
Inter	0 (0%)	1(25%)	3(75%)	0 (0%)	0 (0%)	4(100%)
Above inter	(12.5%)	3(38%)	2(25%)	1(12.5%)	1(12.5%)	8(100%)
<b>Total</b>	<b>6(5.7%)</b>	<b>21(20%)</b>	<b>45(43%)</b>	<b>8(7.6%)</b>	<b>25(24%)</b>	<b>105(100%)</b>
education f women versus practices about colostrum feeding						
Education of women	Within 1 hr. No (%)	Within 1-24 hr. No (%)	After 24 hr. No (%)			Total
Illiterate	4 (18%)	8 (36%)	10 (46%)			22 (100%)
Primary	5 (11%)	14 (31%)	26 (58%)			45 (100%)
Middle	8 (62%)	2 (15%)	3 (23%)			13 (100%)
Matric	3 (23%)	7 (54%)	3 (23%)			13 (100%)
Inter	(100%)	0 (0%)	0 (0%)			4(100%)
Above Inter	6 (75%)	1 (12.5%)	1 (12.5%)			8(100%)
<b>Total</b>	<b>30(28%)</b>	<b>32(30%)</b>	<b>43(42%)</b>			<b>105(100%)</b>
Residence VS Practices about colostrum feeding						
Residence	Within 1hr No (%)	Within 1-24 hr. No (%)	After 24 No (%)			Total
Rural	20(35%)	12(21%)	25(44%)			57(100%)

Urban	10(21%)	20(42%)	18(37%)	48(100%)
Total	30(28%)	32(30%)	43(42%)	105(100%)

### DISCUSSION:

In the current research study, we measured information and performs of women concerning colostrum nourishing. The entire example size in the current research study was 110. The average age of females were 28.86 years by SD of 6.83 years, it was distinguished that 43.1% of women were uneducated and 4.9% of them stayed graduate, whereas in alternative research study solitary 3.6% were uneducated and 37.8% of them were subordinate and overhead [6]. In current research study, 55.4% cases fitted to city zone whereas 46.8% to rustic area. Profession of pregnant females remained as follows: housewife 78.2% township worker 8.7%, laborer's 6.7\8%, management servant 5.9%, private servant 6.9%, that is in dissimilarity to alternative research study in which 96% of females were jobless and solitary 6% were working [7]. In the current research study, 77.3% females had gotten around colostrum nourishing. In alternative research study it was 96%. In the current research study, 46.8% females declared that basis of info was friends and family, also 14.4%, 10.6%, 5.4%, 2%, described gynecological doctor, media, LHV, LHW correspondingly. Rendering to alternative research study, additional than half (66%) of women stated getting breastfeeding information from foundations other than MCH nurses [8]. While health care earners' information is not solitary predictable foundation of info, it is fascinating to note that the higher quantity of defendants conventional breastfeeding info as of added foundations such as their women (chief quantity), grandwomen, friends and relatives somewhat than doctor and media. In the current research study, 43.7% women expressed that it stayed nourishing milk, 24.9% had not any awareness around colostrum, 21% supposed it remained dense milk, whereas rendering to 6.8% also 8.7% it as normal milk and primary milk to remain rejected correspondingly [9]. In existing research study, 70.6% females expressed that prolateral nourishing is obligatory for child beforehand colostrum's nourishing, 17.3 % females we're not decided by this whereas 15.4 % females had not any impression. In current research study, 42% of females had happening breast nourishing after 1 day whereas 29.7% and 31.6 % nourished colostrum inside 1st and 2 – 13 hours correspondingly. In the current research study, 74.4% had given pre lacteal foods comparable "gutty" to their new babies this inclination remained likewise experienced in Karachi anywhere virtually 2/3 of women 74% gave pre-lacteal foods to their neonates [10]. Teaching position Versace information of

colostrum exemplified that 41% uneducated women told that it remained nutrias milk. This relation amplified through teaching position, 76% graduated women recognized it as notorious milk. In the current research study, 12% uneducated women were nourishing colostrum inside 1st hour whereas altogether graduated women remained nourishing colostrum inside 1<sup>st</sup> hour afterward distribution of newborn. In current research study 22% females from rustic area and 36% females from city zone remained nourishing colostrum inside 1st hour.

### CONCLUSION:

Mainstream of women had respectable data around colostrum nourishing, and they supposed that it remained nourishing milk also respectable for baby's well-being. Nevertheless, on additional hand mainstream women experienced prolateral nourishing for their broods at residence of colostrum nourishing. Here remains very large opening among information also exercise around colostrum nourishing in Rahimyar Khan. Fitness teaching Programme would remain happening in Rahimyar Khan to concealment the current opening.

### REFERENCES:

1. Tadele N, Habta F, Akmel D, Deges E. Knowledge, attitude and practice towards exclusive breastfeeding among lactating women in Mizan Aman town, Southwestern Ethiopia: descriptive cross-sectional study. *International Breastfeeding Journal*. 2016;11(1):4-11.
2. Kuzma J. Knowledge, attitude and practice related to infant feeding among women in rural Papua New Guinea: a descriptive, mixed method study. *International Breastfeeding Journal*. 2013;8(1):16-18.
3. Hashim T, Mgongo M, Katanga J, Uriyo J, Damian D, Stray-Pedersen B et al. Predictors of appropriate breastfeeding knowledge among women in Moshi Urban, Tanzania: a cross-sectional study. *International Breastfeeding Journal*. 2016;12(1):1-16.
4. Gul S, Khalil R, Yousafzai MT, Shoukat F. Newborn care knowledge and practices among women attending pediatric outpatient clinic of a hospital in Karachi, Pakistan. *Int J Health Sci*. 2014;8(2):167-75
5. Ten Steps to Successful Breastfeeding [Internet]. *Unicef.org*. 2017. Available from : <http://www.unicef.org/newsline/tensteps.htm>

6. The Dawn. Child health in Pakistan. 17/4/2012. Available from: <http://www.dawn.com/news/711129/child-health-in-pakistan>.
7. WHO e-library of evidence for nutrition actions(eLENA). Early initiation of breast feeding. WHO;2014. Available from: [http://www.who.int/elena/titles/early\\_breastfeeding/en/](http://www.who.int/elena/titles/early_breastfeeding/en/)
8. Setegn T, Gerbaba M, Belachew T. Determinants of timely initiation of breastfeeding among women in Goba Woreda, South East Ethiopia: A cross sectional study. BMC Public Health. 2011;11(1):211-23
9. Godhia M.L, Patel N. Colostrum - its Composition, Benefits as a Nutraceutical - A Review. Curr Res Nutr Food Sci 2013;1(1):37-47.
10. Bertotto A, Castellucci G, Fabietti G, Scalise F, Vaccaro R. Lymphocytes bearing the T cell receptor gamma delta in human breast milk. Arch Dis Child.1990;65 (11): 1274–5.