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Effectiveness of interventional counseling package on preterm neonatal feeding versus routine care on preterm neonatal feeding till discharge in neonatal units of tertiary care hospital Chandigarh, India

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Abstract: Global evidence shows that children who are exclusively breastfed are 14 times more likely to survive the first six month of life than non breastfed children, Initiation of early breast feeding (within <1 hour after birth) significantly reduces neonatal mortality. Of all the global deaths under 5 years, 64% are due to infections and 40 % occurred in neonates. Wide range of interventions can improve breast feeding rate. Study planned with Objective: to assess the effectiveness of individualized counseling package on preterm neonatal feeding versus routine care on preterm neonatal feeding till discharge.

Design and participants: Randomized controlled trial was conducted at clean labour room and neonatal units of tertiary care hospital Chandigarh India. Study subjects were mothers and preterm babies (28-34weeks of gestation) were randomized at admission to either receive the intervention package versus routine care till neonatal discharge.

Intervention: The intervention group received individualized counseling package along with routine care whereas control group received routine care which was regular postnatal counseling by unit public health and bedside nurses regarding breast feeding, KMC and NNS.

Results: A total of 140 mother in preterm labour and baby (70 in each group) were enrolled in the study. 11 babies from both groups were expired during the period of study. Final sample was 129. Only 63 preterm babies in control group while 66 preterm babies remained in experimental group. Feeds were initiated at a median (IQR) of 6 (2-7) hours in intervention group (n=66) and 48 (6-72) hours in the control group (n=63) (p<0.001) with expressed breast milk (EBM) in 95% (60 of 66) in intervention and 6% (4 of 63) in control group (p<0.001). By day 21, 100 % in intervention group were on exclusive EBM as compared to 33.3% in control group (p=0.001). At discharge, exclusive expressed breastmilk (EBM) was given in 100% (66 of 66) in intervention group as compared to 20.6% (13 of 63) in control group (p<0.001). In intervention group, 53% (35 of 66) were discharged on direct breast feeding along with spoon feeding and 47% (31 of 66) on only spoon feeding as compared to 5% (3 of 63) and 95% (60 of 63) in control group (p<0.001).

Conclusion: Individualized counseling package improve exclusive breastmilk feeding in preterm neonates.

Biography

Dr. Sukhwinder Kaur has completed her Ph.D at the age of 40 years from PGIMER Chandigarh. She is working as a Lecturer at National Institute of Nursing Education PGIMER, Chandigarh since May 1996. Her area of interest is Child Health, Neonatal health and women health. She has presented number of Scientific papers in National and International Conferences at Japan, London, Spain, USA, Canada, Bangkok and Dubai. Received 7 best research paper awards. She is life member of ten professional bodies. She is Recipient of Glory of India Award, Rashtriya Gaurav Award, Bharat Vibhushan Samman Puraskar Global Achievers Award for Education Excellence. She has published more than 50 papers in reputed journals and has been serving as an editorial member of reputed. Written number of chapters in books.