

BREASTFEEDING PROBLEMS DURING FIRST THREE POSTNATAL DAYS**J. Raju**¹, M. Vatsa¹, R.K. Agarwal²¹*College of Nursing,* ²*Department of Pediatrics, All India Institute of Medical Sciences, New Delhi, India*

Background and aims: We surveyed late preterm and term mother-newborn dyads (n=380) in a tertiary care hospital to determine the epidemiology of breastfeeding problems during initial 72 hours.

Methods: The subjects were enrolled within 12 hours of delivery and assessed 12 hourly for perception of and documented breastfeeding problems using validated open ended questionnaire and checklist respectively.

Results: Most mothers had vaginal delivery (220; 57.9%), no previous experience of breastfeeding (228; 60.0%), were graduates (170; 44.7%) and received antenatal care (100%).

All mothers had one or more perceived or documented breastfeeding problem. Perceived breastfeeding problems included insufficiency of milk (89.7%, 95% CI 86.7 to 92.8), difficulty in latching (38.2%, 95% CI 33.3 to 43.0), breast and nipple related problems (29.5%, 95% CI 24.9 to 34.1).

Documented breastfeeding problems were poor positioning and attachment (99.5%, 95% CI 98.7 to 100.0), engorgement (20%, 95% CI 16.0 to 24.0), flat/inverted nipple (11.3%, 95% CI 8.1 to 14.5), sore nipple (6.6%, 95% CI 4.1 to 9.0) and cracked nipple (3.2%, 95% CI 1.4 to 4.9).

Predictors of documented breastfeeding problems were education up to senior secondary (OR 3.8; 95% CI 1.0, 14.7) and having a large for date baby (OR 2.5; 95% CI 1.0, 6.1).

Conclusion: There is a large burden of breastfeeding problems in mothers delivering at or near term. These findings have a major policy implication for planning postnatal care of mothers and babies.