

Evaluating the Results of Early Breastfeeding Implementation at the University Hospital for Obstetrics and Gynecology “Koço Gliozheni”, Tirana, Albania

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Abstract

Background: The benefits of breastfeeding for infant nutrition, development, reduced morbidity and mortality, and prevention of long-term chronic diseases are now widely recognized. After the first study presented we reiterated to see the results. In this case we also include the information that we received from the mothers when they leave the maternity ward.

Aim: Awareness and training of the maternity staff in order to promote and support breastfeeding within the first hour of life.

Methods: This is a prospective study conducted at the Department of Obstetrics, UHOG ‘Koco Gliozheni’. Data was collected during a one-month period. Singletons born at term, either vaginally or by means of cesarean section were

included in the study. All other deliveries were excluded.

Results: In this study a total of 101 infants and mothers were included in the average gestational ages: 39.36 ± 0.80 (weeks). Skin-to-skin contact immediately after birth was performed in 85.5% of infants with vaginal delivery and about 63.6% of infants’ delivery by surgical section, but the time was less than 5 minutes [OR 3.38 (0.8 - 13.2), $p = 0.07$]. Early breastfeeding is performed for about 88.8% of babies born vaginally and only one case at birth with surgery. Delivering by c-section significantly delays the initiation of breastfeeding beyond the one-hour recommendation [OR 80 (9.2 - 692), $p = 0.0001$].

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Conclusions: Information and awareness of health staff is the Achilles' heel in improving results. The time of staying in skin-to-skin contact with the mother should be increased and there is need to work and collaborate with the team in the operating room in order to get early breastfeeding.

Key words: newborn, early breastfeeding, information, awareness, health staff