



Evaluating the results of early breastfeeding implementation at the university hospital for obstetrics and gynecology “KoçoGliozeni”, Tiran, Albania

Rubena Moisiu

University of Medicine, Albania

Abstract

Background: Beginning breastfeeding within one hour, beginning life with “life”. 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 maternity staff in order to promote and support breastfeeding within the first hour of life.

Methods:

- Type of study: Prospective.
- Place of performance study: Department of Obstetrics, Maternity “KoçoGliozeni” Tirana, Albania.
- Timing of the study: 01-31 October, 2019 (1 month).
- Acceptance criteria: babies born at term, unique birth, vaginal and surgical deliveries.
- Exclusion criteria: infants born preterm, twin births, triplets, etc., births with low Apgar-score, congenital abnormalities.

Results: In this study a total of 101 infants and mothers were included in the average gestational ages: 39.36 ± 0.80 (weeks); the average birth weight: 3252 ± 301 (g). Skin-to-skin contact immediately after birth was performed in 85% of infants with vaginal delivery and about 65% of infants delivery by surgical section, BUT the time was less than 5 minutes. Early breastfeeding is performed for about 81% of babies born vaginally and only one case at birth with surgery. About 98% of infants who were breastfed within the first hour of life were exclusively breastfed at the time of discharge.

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 need to work and collaborate with the team in the operating room in order to get early breastfeeding.

Biography

Rubena Moisiu is currently working at University of Medicine, faculty of medicine, Tirana, Albania. Her interest expands in the field of evaluation of breast.

Publication

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