Breast is Best

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"And we have enjoined on man the doing of good to his parents. His mother bears him with trouble and she brings him forth in pain. And the bearing of him and the weaning of him is thirty months."

Holy Quran

BREAST feeding is natural and almost all mothers practice it instinctively. Breast feeding like that of normal feeding requires a technique that has to be learned especially with the first baby. In traditional rural society there is a heritage of practical knowledge among women who have children and they are constantly giving advice and support to new mothers whereas in urban society breast feeding is rare and not a rule. Here, it can be difficult for a woman to get support unless her mother comes to her rescue.

A woman who breast feeds her child happily, her mild supply automatically adjusts itself to the infant's demands. By this way they nurse their infants peacefully. About one third of breast feeding women in industrialised sociaties seem to be blessed with this ability. In a rural society where breast feeding is still a tradition, the proportion may be greater. There remain the other two-thirds of the women who all have some sort of problem. These vary from minor discomforts like leaking or plugging milk ducts, to more serious problems such as continual fluctuation in the milk supply, sore nipples, mastitis or an abscess. Unfortunately, there is no justice in the distribution of breast feeding problem. One mother may be highly motivated and prepare herself thoroughly. Yet she has all sorts of difficulties.

Another mother who is quite indifferent and even hostile to the idea of breast feeding, may drip with milk. But there are ways to overcome all these difficulties and it is essential for a Nurse/Health Worker to know how to deal with them.

Thus to nutritive anti-infective psychological, economic and demographic advantages of breast feeding have received greater emphasis, particularly as they are related to the developing countries. An understanding of the changing patterns of breast feeding and weaning in developing societies like that of India is of basic importance for child health growth and nutrition and for planning action programme to achieve the best possible level of infant and child care.

Underneath and a few important points which every mother should know:

- A mother should put her baby to the breasts on the day the baby is born. It is best to start very early, within ½ to 2 hours of birth.
- Ignorance, traditions and wrong beliefs for late onset of breast feeding should be avoided.
- The first milk is called colostrum. It is the most suitable for the baby, because it contains a high concentration of nutrients the baby needs and also contains substance that helps protect the baby from many infections.

Ignorance of traditions that colostrum cannot be digested by the child and colostrum is thrown away, should be avoided.

- Breast feeding mother should be provided a balanced diet so that she can nurse the infant nicely.

There is not any specific diet which is to be avoided during lactation.

- Mother should allow the baby to breast feed whenever he or she wants during the first week, as the baby's hunger and thirst will be irregular. Hence the child has to be breast fed even during night. Mother and baby unusually settle into rhythm later on. It is not good to feed at a precise time according to clock.
- A baby should be breast fed as long as possible. It is good to breast feed for at least one year. Breast milk is still important for growth in the second year of life. At the age of four months, babies grow at different rates and their needs may vary. But in general when the baby is between 4 to 6 months old, the mother should begin to give additional feeds to complement the breast milk.
- Contraceptive pills should be avoided, as they reduce the amount of breast milk. Breast feeding mothers should use other methods of avoiding pregnancy during the period of breast feeding. This is essential as the baby should receive breast milk for as long as possible. It is not necessary to stop breast feeding if the mother becomes pregnant. The quality of her milk is still good but the quantity may decrease. Breast feeding for the first few months of pregnancy will cause no harm to the child in her womb. But a pregnant mother, who is also breast feeding will need plenty of extra food. It is not good for a mother to become pregnant soon when the baby is small. Because we will not be able to give the first child breast milk for long enough.

Merits of Breast Feeding

Breast milk is the best natural food for babies.

Breast milk is always clean.

Breast milk protects the baby from disease.

Breast milk is available 24 hours a day and requires no special preparation.

Breast milk does not need to be purchased.

Breast milk feeding makes a special relationship between mother and baby.

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Aspects of Care in Barbiturate Poisoning

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an atraumatic, smooth and aseptic technique. Before suction chest physiotherapy should be given to loosen thick secretion and deep lung inflation should be administered; catheter is introduced gently, while inserting it should be pinched to prevent injury, application of suction should never exceed 10 seconds. To break up thick secretion 2-5 ml of sterile normal saline should be instilled into endotracheal tube and forceful suction done.

Skin Care:

Changing of side 2 hourly for prevention of bed sore, back care should be repeated 2 hrly.

Eye Care:

Since patients can not close their eyes to prevent corneal ulcer exposure eyedrops should be instilled and one should cover the eyes with sterile pad.

Prevent Circulatory Failures:

By correcting hypovolemic state with intravenous infusion of plasma or crystalloid fluids. C.V.P. and pulmonary wedge pressure should be measured; intake output charge should be maintained to prevent fluid overload with resulting pulmonary oedema.

Haemodialysis and Peritoneal Dialysis:

These are not instituted unless renal failure develops. Barbiturate clearance with dialysis is not very effective. Indications for dialysis are considered similarly in poisoned and non-poisoned patients.

Convulsions

Poisoning may be complicated by convulsions either as a direct effect of the toxin on the CNS or secondary to hypoxia. Prophylactic anticonvulsant therapy may be started. To prevent biting of tube an airway should be put in. Along with anticonvulsant therapy neunomuscular blocking drugs may be required in order to facilitate the artificial ventilation of the patient.

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Breast feeding helps parents to space their children.

Hazards of Bottle Feeding

Milk is easily contaminated with germs from dirty bottles, rubber teats, spoons, water or hand. This hazard is common in homes where there is no running water supply and where there is little fuel or time for sterilising the feeding bottles and teats.

Except for breast milk no other milk has any agents that can protect the child from infection.

Milk goes bad if it is not used quickly. This happens much more quickly in hot climates.

Cow's milk and powdered milks are often diluted too much. This is because they cost so much, if they are diluted the children do not get adequate nourishment and will not grow.

The rubber teat of the bottle may have too small or too large a hole. If the hole is too small the child may struggle to get the milk and swallow a lot of air but not enough milk. Too large a hole may cause rapid feeding and sometimes vomiting.

Thus the above points make it amply clear that there is no substitute to mother's milk. As such we are constrained to promulgate that 'Breast is Best'.

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