

Lactation Management Centre: A case report

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Abstract

Most of the maternity care and tertiary level hospitals have a lactation management centre. Lactation management centre is a part of the mother-baby unit and identify the problems on breastfeeding and help the mothers with breast feeding problems and promote, protect and support the breast feeding. A retrospective data was collected from registered book of 4 hospitals where Lactation management centre have. Maximum mothers had lack of knowledge on positioning and attachment. Also faced the problems such as insufficient breast milk, crack nipple, flat nipple, inverted nipple, engorge breast etc. Service was given accordingly. In some cases oketani breast massage technique was needed. The nurses of Lactation management centre were skilled enough to motivate the mothers on breastfeeding 100%. [J Shaheed Suhrawardy Med Coll, 2015;7(1):36-39]

Key Words: lactation management centre, oketani breast message technique, breast feeding

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Introduction

Children are the greatest asset of our country. We should provide them proper environment for blossoming to their full potentials. Everyone should participate in the efforts to bring up the children as worthy citizens of the country¹.

Breast feeding has been identified as a major component of child survival². It is a normal physiologic process, which promotes infant and maternal wellness³. It provides the perfect nutrition for infants and lays the foundation for their healthy psychosocial development. Exclusive breast feeding satisfies the energy and nutrient needs of the child upto 6 months of age and continued breast feeding until 2 years is beneficial for the child⁴. Previously there had been sharp decline of breast feeding practices with giving 100% prelacteal feed and only 7% exclusive breast feeding⁵. In this alarming situation in breast feeding practices, an initiative was undertaken by a group of concerned professionals, govt. organizations, UN agencies and non govt organisations. The campaign for the protection and promotion of Breast feeding, CPPBF (now Bangladesh Breast feeding Foundation, BBF) was launched in 1989⁶. In concordance to innocenti declaration, Baby Friendly Health initiative (BFHI) programme was undertaken in 461 hospitals in our country⁷. So far in order to support the BFHI programme, the nursing mother need help to establish breast feeding and support to continue breast feeding. This breast feeding support activities can best be achieved through establishing a lactation management centre (LMC) in the outpatient department of the health

care facility⁸. It is possible to help majority of the mothers with lactation difficulties at the outpatient when the baby is less than 6 weeks of age or more such as in relactation. Most of the cases helping mothers with proper positions and attachment at the breast appears to be crucial for successful and effective lactation⁹. Lactation management centre is important not only to help and support mothers but also to train staff, the art of motivating and helping mothers to breast feed¹⁰.

Case report

One month data were collected from the nurses and registrar book of LMC of four institutions- Dhaka Medical College, Shaheed Shurawardy Medical College, Azimpur Maternity Hospital, Institute of Child and Maternal Health. In Lactation management centre mothers came from paediatric ward, neonatal ward, obstetrics ward, outdoor and the nurses visited in indoor such as obstetrics wards, labour ward, ante natal ward and eclampsia ward, neonatal ward. In Lactation management centre to identify problem history was taken first. History was taken regarding pretacteal feeding, predominant feeding, partial feeding, and artificial feeding. Identify the problem of the mothers and problem of the children. Service was given accordingly as mothers were categorized to correction of position and attachment of mothers, counselling, oketani breast massage technique, follow up. During assessment, breast feeding of mothers were observed. Whether suck good, not sucking, nasogastric feeding, poor feeding, vomiting, positioning and attachment. After observation of

breast feeding, all the mothers were counselled every day by trained nurse. After demonstration with the help of models about proper position and attachment mothers were asked to breast feed the babies applying proper technique. Most of the mothers breastfed their babies successfully. Nurses helped the mothers if any of them was unable to adopt the proper technique. When only counseling and correctioning the position and attachment did not work well, the oketani technique was applied to the mothers attending the LMC. The Institute of Child and Maternal Health and Shaheed Shurawardy Medical College has the

milk¹¹ in this study it was 26(only in IMCH). To solve the problem, nurse manually expressed the breast milk, ensured and built up the believe of mothers that the breast has enough milk. Hot compression was given for engorged breast milk. For flat nipple negative pressure stimulation exercises was shown and counsel more. In cracked or sore nipple, hind milk was applied and rubbed around the nipple and correct attachment. Some time back massage was given to stimulate and helped mother psychologically build her confidence, tried to reduce anxiety, helped her to

Table 1: Distribution according to reasons for attending LMC

Institutes/ Hospitals	Reasons of attending LMC	No of mothers	Total
Institute of Child and Maternal Health (ICMH)	Lack of knowledge regarding position and attachment	57	111
	Insufficient breast milk	14	
	Crack nipple	15	
	Flat nipple	12	
	Inverted nipple	6	
	Engorge breast	7	
	Shaheed Suhrawardy Medical College	Lack of knowledge regarding position and attachment	
Insufficient breast milk		70	
Crack nipple		20	
Inverted nipple		5	
Retracted nipple		1	
Azimpur Maternity Hospital	Lack of knowledge regarding position and attachment	120	168
	Inverted nipple	11	
	Crack nipple	20	
	insufficient breast milk	17	
Dhaka Medical College	Insufficient breast milk	35	95
	Lack of knowledge regarding position and attachment	20	
	Flat nipple	20	
	Vomiting after milk	12	
	Inverted nipple	8	

facilities to do oketani. Each of the hospital was done 6 oketani breast messages last month. The mothers advised to come for follow up visits. All mothers were counselled on the benefit of breast feeding at LMC. Through applying the counseling skills like listening and learning, building confidence and giving support the mothers were allowed to take decision on their own about continuation of breast feeding. The nurses of Lactation management centre were skilled enough to motivate the mothers on breastfeeding 100%.

Discussion

22 mothers had lack of knowledge¹¹ and in this study it was 57(only in ICMH). In case of lack of knowledge the nurses counsel the mother to build up their confidence, told the mother to consider urine output and weight gain. Proper position and attachment was shown by dummy and practicing the mothers. 26 mothers had insufficient breast

goodthought about her baby. When the duct was blocked completely Oketani breast message technique was applied. In poor sucking, relactation, bottle feeding, big nipple counselling was done. Last of all follow up was done. In a study it was shown that the success rate of breastfeeding was 95%¹², but in these centres the remark was good and success rate was 100%.

Conclusion

For effective management of breast feeding LMC is an important centre for supporting mothers and also for continuing breast feeding for long days. Most of the mothers required counseling and correction of positioning and attachment and some mothers needed Oketani breast massage technique. In Lactation management centre, one skilled nurse works. They are highly skilled, motivated and deviated to ensure successful breastfeeding but it is not

possible for one person to maintain both outdoor and indoor simultaneously. When the nurse is in leave or in training the LMC is practically nonfunctioning for that day/days. More manpower is needed to run the lactation management centre properly. Previously there was a reporting and monitoring system by Breast Feeding Foundation but recently it is not done. Lactation management centre is present in only tertiary level hospitals, it should be disseminated in districts and upazila health complexes for giving support to the mothers for effective breast feeding.



Fig 1- Lactation management centre in Institute of Child and Maternal Health is like this13

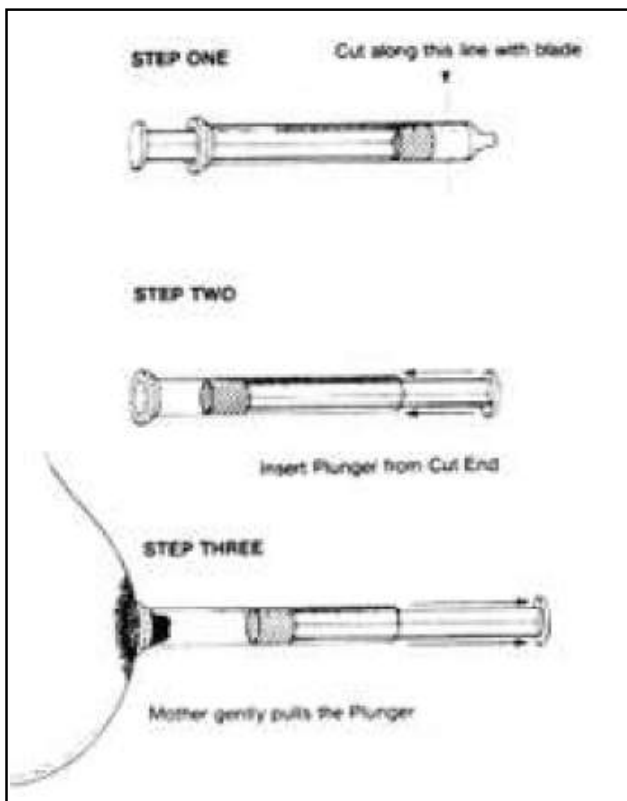


Fig 2 Mother had inverted or flat nipple, Syringe Method technique was used just before breastfed13



Fig-3 Back rub in practice



Fig 4 Instruction of breastfeeding in ICMH



Fig 5 Oketani breast massage instrument in Shaheed Suhrawardy Medical College

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