

# Lactation and newborn diseases

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## Breastfeeding

- Important influence on children's health worldwide
- Provides optimal nutrition for the normal infant during the early months of life.
- More hazardous for formula feeding in developing countries
- Breastfeeding is re established as the predominant mode of feeding in the developing countries despite of invention of disease like HIV!

- Exclusive BF, is recommended from within 6 months of age
- Continued BF, together with adequate Component any foods, is recommended from 6mo up to 2years of age or Orders

# Assessment of breastfeeding

- To seek if the mother need help
- Observe baby attachments to the breast
- How the mother hold her baby
- How the mother holds her beast
- Overcoming difficulties
  - Poor of practices
  - Psychological factors
  - Sick conditions

- Policy principles on infant feeding were agreed by the leading UN agencies In 2002.
- Approaches to infant feeding form an important part of measures to prevent mother to child transmission(PMTCT) of HIV

- However , there are other important ways to prevent HIV infection by:
  - ✓ Preventing infection to mothers
  - ✓ Prevent unintended pregnancy
  - ✓ Providing long term support to women(empowerment)

- Tanzania is a baby friendly BF country
- Works together with PMTCT programme.
- Follow up of babies in RCH clinics & in most of the consultant hospitals to 18 months.

- Most mothers have breastfed their babies in the normal way
- Most traditional societies in Africa have good local knowledge about breastfeeding although practices have varied from culture to culture



# Vulnerable to nutrition problems

- Young children
- Orphans
- Children living with HIV/AIDS
- These need attention as lack opportunity to breastfeeding.

# Newborn diseases

- They are exposed to
  - ✓ HIV /AIDS
  - ✓ Pulmonary tuberculosis
  - ✓ Hepatitis
  - ✓ Mesles/Rubella etc

# TB and Leprosy guidelines in Tanzania 5<sup>TH</sup> edition 2006

- Mothers with PTB either contagious or not, should continue to breastfeed the baby at the same time receive full course treatment .
- However the baby should be given prophylaxis –INH(5M/KG) for 6mo

# For HIV/AIDS

- Exclusive BF for 6 months
- Nevirapine is given to all babies within 72 hrs of age
- In research institution at >6 months of age p24/PCR are done to exclude infection

No guideline for hepatitis B, measles are set.  
It requires consultants advice

# Common condition in Africa

- Prematurity
  - Birth asphyxia
  - Sepsis and meningitis
  - Neonatal jaundice
  - Cleft lips and palate
- They are conditioned which can be so severe to risk the baby for inappropriate feeding, where I/v Fluids lack any of the vital nutrients especially for the first days of life.

*Thank you!!*