



KALAWATI SARAN CHILDRENS' HOSPITAL

REPORT ON

BREAST FEEDING WEEK

(1ST-7TH AUGUST, 2021)



KALAWATI SARAN CHILDRENS' HOSPITAL
DEPARTMENT OF NURSING
NEW DELHI

August 2021

Introduction

World breast feeding week is celebrated every year from 1st to 7th August to encourage breast feeding and improve the health of babies around the world thus to reduce under five mortality and malnutrition.

This year's theme for the World Breast Feeding Week is

“Protect Breastfeeding: A Shared Responsibility”

So Dept. of Nursing KSCH conducted a week long activity to protect, promote and support breast feeding.

Objectives

1. Inform the healthcare workers about this year's theme which has been developed with the purpose of attaining SDG 2030
2. Encourage the health care workers to promote and support breastfeeding in covid-19.
3. Seek cooperation from immediate and extended family members for the successful breast feeding
4. Explain the scope and importance of donating human milk
5. Explain the need of sustaining breast feeding with complimentary feeds after 6 months of life

Program Schedule

Breast Feeding Week 2021 (1st -7th August)

Day 1 - 01/08/2021 (Sunday)		
Time	Program	Recourse Person
11am-12MD	<ul style="list-style-type: none"> • Role play on (Advantage of breast feeding & Positioning baby at breast) 	Unit 1
Day 2 - 02//08/2021 (Monday)		
11 am-1pm	<ul style="list-style-type: none"> • Advantage of breast feeding • Positioning baby at breast • Expression of breast milk. • Personnel Hygiene • Family Centered Care 	NNW
Day 3- 03/08/2021 (Tuesday)		
11am-12MD	<ul style="list-style-type: none"> • Role play on (Advantage of breast feeding & Positioning baby at breast) • Expression of breast milk. 	Unit 3 and Nursing students of LHMC
Day 4 -04/08/2021(Wednesday)		
10am-12MD	<ul style="list-style-type: none"> • Advantage of breast feeding • Positioning baby at breast • Role of Vaccination 	IYCF and Nursing students of LHMC
Day 5-05/08/2021-(THURSDAY)		
10.30am-12.30pm	Nurses Quiz	Ms. Achala Ms. Rashmi Gaur Ms Suman Dhaniya
Day 6-06/08/2021(FRIDAY)		
11am-12.30pm	<ul style="list-style-type: none"> • Advantage of breast feeding • Positioning baby at breast • Expression of breast milk. • Role play 	Unit 2 and Nursing students of LHMC
Day7- 07/8//2021(SATURDAY)		
10am-11am	Poster Competition (On Breast Feeding)	

DAY 1 (SUNDAY)

Health Talk for Mothers regarding Breast feeding, Cleanliness & Hand Hygiene were conducted in Unit- I by Nursing officers. This day's activities were totally dedicated to bedside counseling of mothers at their respective cubicles.



DAY- 2 (MONDAY)

An interactive session conducted for the postnatal mothers whose neonates were admitted in NN WARD of KSCH. The session covered the following topics

- a) Importance of exclusive breast feeding
- b) Physiology of milk production and ejection
- c) Expression of breast feed- demonstration
- d) Difference between mother's own milk and human donor milk
- e) Indications for donor human milk
- f) Importance of human milk donation

ANS, Senior nursing officer, Nursing Officers led the interactive session for the mothers.



DAY -3 (TUESDAY)

- Health Talk for Mothers regarding Breast feeding, Cleanliness & Hand Hygiene were conducted in Unit-III by Nursing officers. This day's activities were totally dedicated to bedside counseling of mothers at their respective cubicles.



DAY 4 WEDNESDAY

An awareness program on breast feeding for mothers and care givers was arranged at CHPC waiting area by IYCF. This interactive session covered exclusive breast feeding, complimentary feeding along with breast feeding and demonstration on expression of milk and importance of human milk donation. After the completion of the program prize had given to mothers.



DAY 5 THURSDAY

Quiz for Nursing personnel on Breast feeding was conducted on 5TH August. It includes 4 groups; each group has 3 participants. Prize distribution was also done for the winner team. Following teams are there: -

Team A	Team B	Team C	Team D
Anshika	Meena kumari	Gurpreet Malhotra	Savita Chauhan
Pakhi	Ahila.C	Monika Sanjeev	Jyoti Shukla
Kusum	Manisha	Jyoti Dahiya	Ranju

- **Round 1 Question/Answer round** each team will be asked 2 question of 10 marks each. They will give 30 second for each question.
- **Round 2 Rapid Fire round** each team will be asked 10 question in 1 minute.10 marks for the correct answer and negative 5 marks for the wrong answer.
- **Round 3 Buzzer round** the team who presses the buzzer first get to answer first 10 question. 10 marks for the correct answer and negative 5 marks for the wrong answer.
- **Round 4 Audiovisual round** clips will be shown to team and asked to identify. 10 marks for the correct answer and negative 5 marks for the wrong answer

First Prize - Team B Meena Kumari
 Ahila .C
 Manisha

Second Prize - Team C Gurpreet Malhotra
 Monika Sanjeev
 Jyoti Dahiya



DAY 6 FRIDAY

Health Talk for Mothers regarding Breast feeding & Cleanliness were conducted in Unit-II by Nursing officers. This day's activities were totally dedicated to bedside counseling of mothers at their respective cubicles



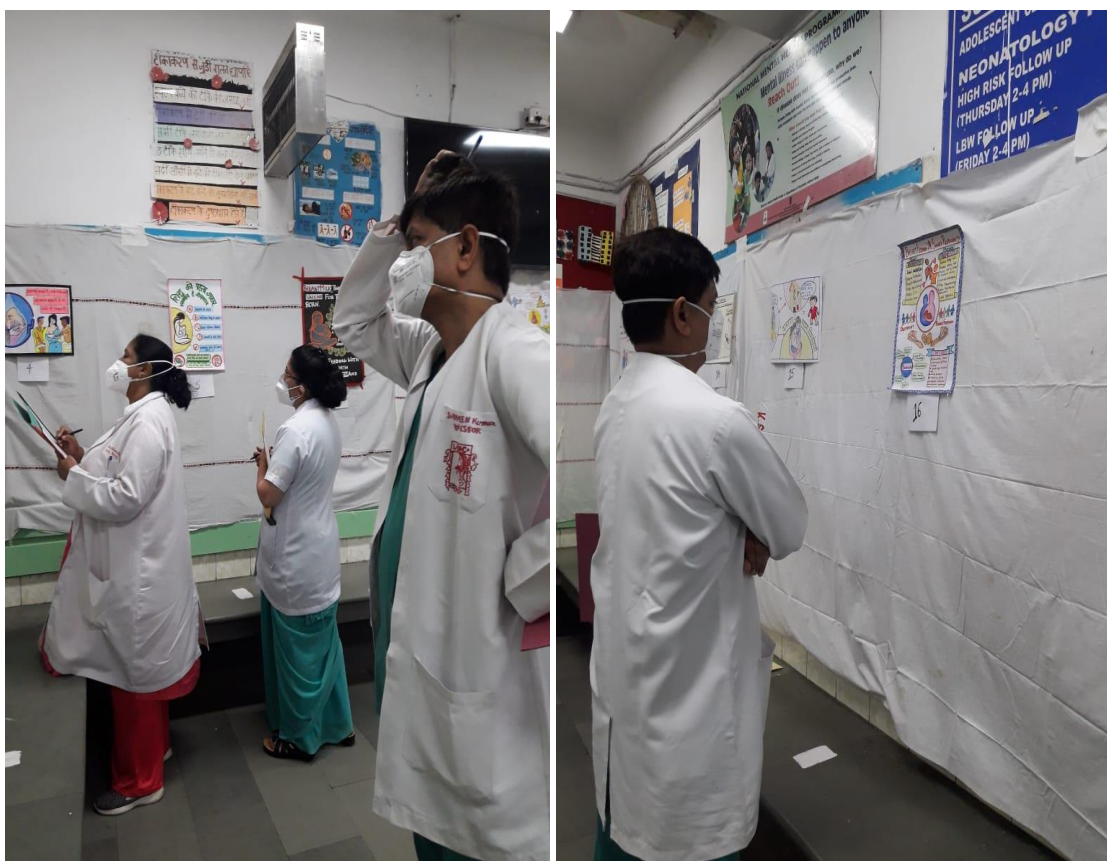
DAY 7 SATURDAY

Poster competition on Breast Feeding was conducted on 7th August in CHPC area of KSCH. Participants were Nursing personnel and Nursing students. Examiner for the poster competition were Dr. Sunita Singh Khambra, Dr. Praveen, Ms. Achala. Awards were distributed among the participants after the result declaration. The winners of poster competition were-

Sapna Mourya (Nursing Student) 1st

Vidhi (Nursing Officer) 2nd

Manisha Pal (Nursing Officer) 3rd



CONCLUSION

Various informative sessions were taken by the experts to enhance the nursing profession as well as to motivate the mothers for exclusive breast feeding till 6 months and timely start of complementary feeding.