

Awareness & Practice of National Guidelines on Infant and Young Child Feeding among Working Women in Delhi

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Background

It is estimated that 1 out of every 3 malnourished children lives in India and malnutrition is the leading cause of childhood mortality. Optimal infant and young child feeding practices determine the health and survival of infants and young children. Government of India has given the National Guidelines for Infant and Young Child Feeding (NGIYCF), but optimal IYCF practices are not reflected in the results of national surveys. With urbanization and increased literacy rates among females, female employment is increasing. Working women find it even more difficult to practice these guidelines. They need more support from government authorities and their families. Thus, present study was planned to assess the level of awareness and practices opted by the working women and the factors influencing implementation of these guidelines.

Aims & Objectives

To assess awareness and practices being followed by working women in Delhi and the factors responsible for suboptimal feeding practices.

Material & Methods

The study was carried out in the Department of

Pediatrics, UCMS & GTB Hospital, New Delhi and nearby private hospitals after obtaining clearance from the IEC. The mothers were enrolled after taking a written informed consent. 200 mothers were interviewed by the investigator on the basis of a semi structured questionnaire. The questionnaire had demographic details of the respondent, including educational, employment and economical status, questions on the awareness about the national IYCF guidelines, the practice they followed and role of counselling.

Results

There existed a gap between awareness and practice of initiation of breastfeeding (62% vs 54%), optimal duration of exclusive breastfeeding (67% vs 38%), initiation of complimentary feeding (68% vs 39%) and optimal duration of breastfeeding along with complimentary feeding (72% vs 60%). Of the factors taken into account, some showed statistical significance through calculation of P value differently for awareness and practice.

Conclusion

Despite better awareness in certain aspects, optimal infant and young child feeding practices are lacking in working women.

Typhoid Fever: A Life-Threatening Illness

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Typhoid fever, is a life-threatening illness associated with fever i.e. a systemic infection which is caused by *Salmonella enteric serotype typhi* (*S. Typhi*). It can also be caused by *Salmonella paratyphi*, a related bacterium that usually leads to a less severe illness. Typhoid fever also known as Enteric fever is an infectious disease of global distribution. Although there is a wealth of data on *Salmonella typhimurium* infection in the mouse and the interaction of this serovar with human cell lines in vitro, there is a relatively small amount of data on *S typhi* and

the pathogenesis of typhoid fever. *Salmonella enteric serotype Typhi* has created a significant therapeutic problem as these strains have developed resistance to the commonly used antimicrobials for the treatment of typhoid fever. To reduce the morbidity and mortality caused by typhoid fever, many preventive measures and strategies have been employed, the most important being vaccination. In this review, focus is on: latest symptoms & causes of the typhoid fever, preventative strategies including good diet, treatment and typhoid vaccine