

**DETERMINANTS OF
EXCLUSIVE BREASTFEEDING
AMONG LACTATING MOTHERS
ATTENDING IMMUNIZATION SESSION IN
CENTRAL WOMEN'S HOSPITAL (YANGON)**

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M.B., B.S**

**Master of Hospital Administration (MHA)
University of Public Health, Yangon
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ABSTRACT

Exclusive breastfeeding (EBF) up to six months is an effective intervention to improve child health and survival. EBF is giving breastmilk only and no other liquids, except drops or syrups with vitamins, minerals supplement or medicine. According to Myanmar DHS data, 2016, the proportion of EBF was 51% in Myanmar, increasing trend than last decades but still needed to be promoted. So, it is needed to identify the factors influencing EBF in Myanmar. Most of the previous studies in Myanmar was done in peri-urban area. Hence this study was conducted to assess determinants of EBF among lactating mothers of infants aged between six months to one year attending immunization session in Central Women Hospital, Yangon during August to November, 2019. Data collection was done through face-to-face interview using structured questionnaires among 180 lactating mothers. Most of the respondents were graduates and over 30 years. About half of the respondents were dependent, over two-thirds of the working mothers got maternity leave for less than 24 weeks. Over 60% of the respondents were primiparous and most of them were delivered by LSCS. Three-fourth of the respondents have good knowledge. Out of 180 respondents, 62.8% practiced EBF, not high in accordance with study population including graduates, those who lived in downtown area and those who delivered their babies at public and private hospitals. In Logistic regression analysis, the following factors were observed. Respondents without antenatal complications were significantly more likely to practice EBF (AOR=4.0, 95% CI= 1.1, 14.3). Receiving health education on EBF during postnatal care was significantly associated with practice on EBF (AOR= 3.8, 95% CI= 1.4, 9.8). The respondents with good knowledge on EBF were 9.8 times more likely to practice EBF than those with low knowledge (AOR= 9.8, 95% CI= 4.0, 24.1). The respondents who received peers' experience sharing about EBF were 2.4 times more likely to practice EBF than others (AOR= 2.4, 95% CI= 1.2, 5.2). Receiving spouse's support was significantly associated with practice on EBF (AOR= 2.8, 95% CI= 1.4, 5.5). According to qualitative findings, misconception of lactating mothers, lack of knowledge about breastfeeding by community, post-operative pain and stress, inadequate maternity leave for working mothers, advice of private nurse to choose formula feeding were main barriers of EBF. This study identified that giving HE about EBF in postnatal care, enough duration of maternity leave, peers' breastfeeding experience sharing, spouse's support, improving knowledge, skills and attitude of health care providers were essential for promotion of EBF in community.