

Abstract

Introduction/Background

In 2014, International Federation of Gynecology and Obstetrics settled guiding principles for Mother Baby Friendly Birthing Facility. These evidence based, simple, effective efforts can in fact become a beacon of light to navigate the world towards anticipated low levels of maternal and neonatal morbidity and mortality rates. But such agendas warrant positive participation of both service provider and recipient with correct knowledge, attitudes and practices.

Objectives

To describe the knowledge, attitudes, practices and the factors associated with Mother Baby Friendly Initiative among healthcare workers and postpartum mothers at Colombo South Teaching Hospital

Methods

A descriptive cross sectional study was conducted at Colombo South Teaching Hospital among 246 healthcare workers of maternal, newborn and child health working stations and 384 immediate postpartum mothers. Non probability sampling method was used. Two separate interview administrator questioners were used for data collection. Knowledge and practices were assessed by a set of questions developed based on FIGO and other maternal guidelines. Attitudes were assessed using a five point Likert scale. Percentages and mean values were used to describe variables while associations were tested using Chi square test.

Results

Sample was predominantly female (70.4 %), with 48 % nursing officers for healthcare workers. Mean age of participants was 37.57 (SD=8.113) and mean years of service was 12.39 (SD=8.87). While majority of them possessed correct knowledge on most of the components of MBFI, it was minimal for postpartum mothers. Both group showed positive attitudes for many components but attitudes in breastfeeding during mastitis was poor for both groups. Cup feeding was a poorly practiced method for both groups. Breastfeeding counselling and BFHI were two trainings that showed association with practices among healthcare workers while it was parity and educational level in postpartum mothers.

Conclusions and recommendations

Although healthcare workers have a satisfactory knowledge and attitudes on MBFI, certain practices need improvement. A knowledge gap was seen in postpartum mothers. Hence, a need of more awareness and training is recommended.

Key words: Mother Baby Friendly Initiative, Healthcare workers, Postpartum mothers