

## CHAPTER 6

### CONCLUSION

The objective of this study was to identify any difference in weight gaining and episodes of diarrhoea and ARI between EBF and NEBF infants at the end of 4 months of periods. Finally from the 4 months follow up study of 100 new born, it can be concluded that the weight gained of EBF infants were 0.52 Kg. significantly higher than NEBF infants ( $p < 0.05$ ) at the end of first 4 months of life. The incidence of diarrhoea and ARI episodes in EBF infants had significantly lower than those NEBF infants ( $p < 0.05$ ) at the end of first 4 months of life. Furthermore, the result from the analysis showed that there was no significance difference between EBF and NEBF infants in term of parental education, socio-economic condition and birth weight of infants except the occupation of fathers.

According to the finding of this study, which indicated the great need of exclusive breast feeding in infants because of its positive and protective impact among under four months infants. So It is concluded that attention should be directed towards promotion and protection of exclusive breast feeding for prevention of faltering of weight gain and for decreasing the mortality and morbidity from

diarrhoea and ARI in early infancy in the urban community of Biratnagar.

**6.1. RECOMMENDATION:**

The following recommendations should be made in order to promote and protect of exclusive breast feeding in the urban community

1. Exclusive breast feeding promotional activities need to be emphasized from ante-natal period. During visits at home, pregnant women should be explained about the danger of bottle feeding and importance of exclusive breast feeding.

2. Mothers should be informed and encouraged exclusively breast fed their babies for the first 4 months of life. No water, glucose water or other foods or fluids should be given to infants. No prelacteal feeds after birth before the initiation of breast feeding.

3. To overcome the problems, health personnel especially traditional birth attendance must be trained to promote exclusive breast feeding among mothers.

4. The health personnel should motivate the mothers-in-law, and husband toward exclusive breast feeding of infants in order to increase their awareness of the potential

dangers if they are not breast fed properly immediately after birth to 4 months of life of baby. Lack of awareness is considered an important barrier towards preventive actions against PEM, growth faltering, and incidence of diarrhoea and ARI. Therefore health personnel should encourage them to have exclusive breast feeding practice in order to achieve the goal of having a healthy baby.

It is sure that breast milk has beneficial effect to improve health status of infants as a whole, needed a wider scale participation of all the concerned health manpower i.e grass root level, middle level, higher level, family members community and policy maker to achieve the target of health for all by 2000.

In the future the regional lactational center should be established to facilitate training as well as to conduct research work in the field. The health personnel should be encouraged in more researches to explore further this matter.