

## Assessment of IYCF Program in the Secondary and Tertiary Level Hospitals in Bangladesh

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## Introduction

Undernutrition in children is one of the most significant public health issues on a global scale. It is estimated that 35% of fatalities in children under the age of five in the world can be attributed to malnutrition. The most crucial factor in a child's survival is breastfeeding. It is both inexpensive and conveniently accessible to the baby. There is an elevated risk of mortality in the first two years of life due to inadequate breastfeeding. Complementary feeding has the potential role to improve the nutritional status of children. When breast milk is no longer sufficient to support the infant's rising nutritional and energy needs, complementary foods are introduced. The WHO and UNICEF suggest that complementary feeding begin at 6 months and that breastfeeding be continued for up to 2 years. Given that good complementary feeding depends on not only what is fed to a kid, but also how, when, where, and by whom they are fed, the complementary feeding stage is the most difficult for infants to navigate. Early breastfeeding initiation, exclusive breastfeeding for the first six months of life, adequate, timely, and appropriate complementary feeding from six to 24 months of age, continued breastfeeding following the introduction of complementary foods, adequate dietary diversity in complementary foods, and adequate frequency of meals are all aspects of infant and young child feeding (IYCF) that are crucial in the first two years of life.

## Justification

IYCF is crucial for their development, brain health, and general wellbeing. So far studies have been done to assess the IYCF practices among caregivers in one district or city. But a few studies found to assess the knowledge of service provider regarding IYCF and in such massive aspect. So, the study will reflect the actual state of IYCF practice among care givers and outcome of training of service providers of whole country. This study aimed to assess the knowledge, attitude and practice of IYCF among the health service providers as well as service receiver of the secondary and tertiary hospitals in Bangladesh.

## Material and Methods

A descriptive type of cross-sectional study was done to assess the knowledge, attitude and practice of IYCF among the health service providers as well as service receiver of the secondary and tertiary hospitals in Bangladesh. The study was conducted for a period from 1st February 2023 to 31st May 2023. Study places were selected randomly. Two district Sadar hospital and two medical college hospital from each of the eight division of Bangladesh were selected randomly and one hard to reach district was selected accordingly.

In study the service providers of both sexes of the ANC corner, IMCI nutrition corner and Breast-feeding corner and department of pediatrics of every hospital were taken and service receivers were of both male and female residents of those selected districts of Bangladesh and took services from the ANC corner, IMCI nutrition corner and Breast-feeding corner and department of pediatrics those hospitals. A semi structured questionnaire was used to collect data and face-to-face interview was conducted among the eligible study population. Calculated sample size was 426 for service receiver and 142 for service provider. Before going to data collection pretesting was carried out on the respondents of Dhaka Shishu Hospital and necessary modification was done.

## Results

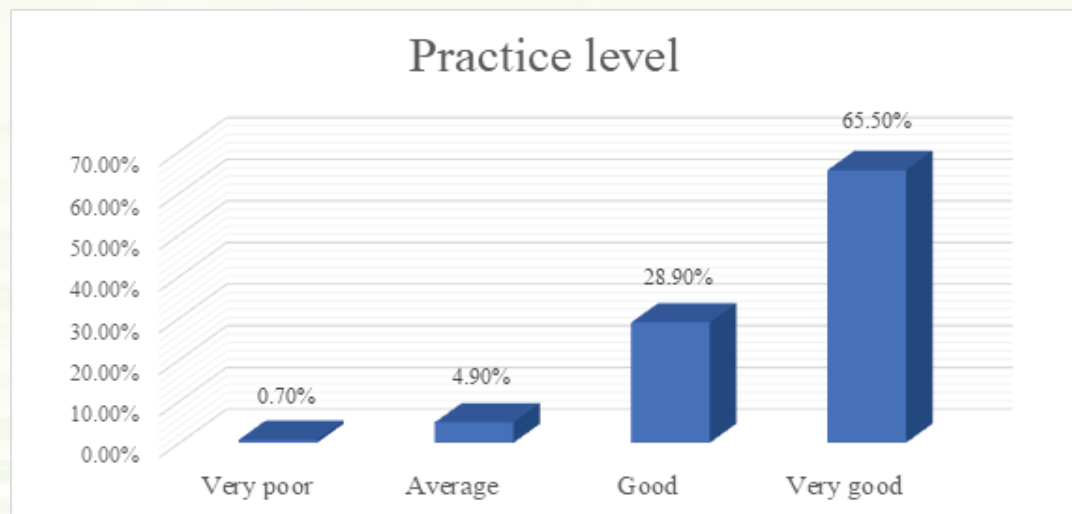
The current cross-sectional study was conducted among 416 service receivers and 142 service providers to assess the IYCF programs in the secondary and tertiary level hospitals in Bangladesh. The mean age of service receivers was  $26.29 \pm 5.51$  years and among them 98.1% respondents were female. About

86.3% respondents said that they breastfed baby immediately after birth, exclusively breastfed baby up to 6 months were 72.1%, 92.3% caregiver continued breastfed up to 24 months, 91.8% respondents started complementary feeding after 6 months. Among service receivers, 86.3% respondents gave home-made complementary food, 6.3% gave infant formula, rest gave commercial and other foods to their children. Among 416 service receivers 75.7% did not give bottle feeding to the baby. Out of 142 service providers 85.2% respondents did not get any IYCF training. 81.7% of them worked with IYCF and rest 18.3% never worked with IYCF. Among service providers, 65.50% respondents had very good practice level on IYCF activities.

**Table 1: Distribution of the respondents' practices according to IYCF elements (n=416).**

IYCF elements	Yes (%)	No (%)
Breastfed baby immediate after birth	86.3	13.7
Exclusively breastfed up to 6 months	94.0	6.0
Continued breastfeeding up to 24 months	92.3	7.7
Started complementary feeding after 6 months	91.8	8.2

**Figure 1: Distribution of the respondents according to their practice level of IYCF activity (n=142).**



#### Discussion:

Descriptive cross-sectional research was done in 32 health facilities in Bangladesh including two medical college hospitals and two Sadar hospital from each division. The research aims to assess knowledge, attitude and practice of IYCF among the health service providers as well as service receiver of the secondary and tertiary hospitals in Bangladesh.

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