

**Programme of Assistance
for the Promotion of Breastfeeding
for the Republic of Kyrgyzstan**

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Programme of Assistance for the Promotion of Breastfeeding The Republic of Kyrgyzstan

1. Current situation

In view of the high level of infant morbidity and mortality in the Republic (as at 1 August 1993, the infant mortality rate stood at 29.7 per 1000 live births), the problem of proper feeding and universal extension of the practice of breastfeeding is of great importance.

Despite the huge nutritional merits of breastfeeding, its economic advantages and the benefits for the environment, only 57.3% of infants under 1 year of age are breastfed.

The national traditions of the Kyrgyz people, formed over the centuries and related to a nomadic lifestyle, have tended towards earlier breastfeeding and a regular feeding pattern without the use of water and other fluids.

Severe socioeconomic conditions, a multitude of stress situations, free access to artificial infant feeding compounds, hospital regulations which separate the mother from her baby, the insufficient attention paid to breastfeeding by medical personnel and physicians in all specialties, and the high level of employment of women in agriculture and its relation to occupational injuries, have all sharply reduced the practice of breastfeeding. More than half of all women of childbearing age have suffered from extragenital diseases, 68% of women experience complications during pregnancy and 32% experience hypolactation.

The aim of this programme is to improve the method of breastfeeding and promote breastfeeding of babies up to 1 year of age.

The objectives of the programme, considered in the light of their respective priorities, presuppose:

1. giving legal status to the policy of support for breastfeeding at the level of the Ministry of Health of the Republic, in the form of official documents;
2. improving personnel policy in the area of support for breastfeeding;
3. conducting research related to the health status of women and children and problems of lactation;
4. carrying out organizational/methodological work aimed at practical implementation of the various phases of the national programme;
5. carrying out extensive educational work among the population, aimed at maintaining and raising the prestige of breastfeeding at all levels (political, institutional, social and individual).

STRATEGY AND TYPES OF ACTIVITY

1. Personnel training

Phase	When	Who	Where	What	How much
Drafting and approval of the programme on breastfeeding at the Medical Institute	By the end of the first year of the programme	Students in the fifth and sixth years	Medical Institute, Department of Paediatrics	Training in breastfeeding method.	70% of students' instruction
Drafting and approval of the programme on breastfeeding in medical schools	From October 1993	Nurses and midwives	Medical schools (10 training facilities)	Instruction in the breastfeeding method	60% of students' instruction
Drafting and approval of the training programme on refining the breastfeeding method at the Centre for Continuing Education of Medical Specialists.	By the end of 1994	Senior specialists from health care administrations, Bishkek	Planned improvements and travelling sessions in the regions	Be able to introduce the breastfeeding method in the regions	7 chief paediatricians, 7 chief midwives/ gynaecologists, 7 chief midwives

2. Research work

Activity	Responsible body	Period of implementation
Study of morbidity and mortality among children in the first two years of life in relation to the type of feeding in the various regions of the Republic	Department of Social Research, Kyrgyz Midwifery and Paediatrics Research Institute (KMPRI)	1994-1995
Design and publication of a methodological aid on lactation and breastfeeding for physicians and intermediate-level medical personnel	Department of Neonatology and Department of Nutrition, KMPRI	1994-1995
Study of the causes of hypolactation, questions of prevention and treatment in women of childbearing age	Department of Midwifery, KMPRI	1994-1995

3. Organizational/methodological work

Activity	Responsible body	Period of implementation
Establishment of a support group for breastfeeding and correct breastfeeding in accordance with the decree issued by the Ministry of Health	Maternity clinic, KMPRI	1994-1995
Universal organization of joint accommodation for mothers and babies (with the exception of cases of neonatal pathology)	Municipal and regional health boards	1994-1995
Improvement of the method of putting neonates to the breast during the first 30 minutes after birth. Consider as absolute contraindications for early placement, for the mother:	Municipal and regional health boards, chief specialists of regional health boards and Bishkek Health Board	1994-1995
- decompensation states		
- birth trauma		
for the baby:		
- severe asphyxia		
- birth trauma		
- rhesus factor incompatibility		
Ensure early discharge of neonates from municipal maternity clinics within 2-3 days (under conditions of normal physiological birth and in accordance with the immunization schedule)	Municipal health boards, chief specialists of municipal health boards	1994 - Bishkek 1995 - other cities in the country
Establishment of breastmilk banks and donor milk points in major cities in the country	Department of Nutrition, KMPRI	1995 - Bishkek 1995 - Osh 1995 - Kara-Kol 1995 - Jalalabad
Monitor implementation of the decree on breastfeeding, with preliminary development of indicators for assessing breastfeeding and conducting surveys of mothers	Ministry of Health of the Republic and KMPRI	Monitoring to be carried out every three months

4. Health education work

Activity	Responsible body	Period of implementation
Allocate 5 minutes' air time on national television to issues of lactation and breastfeeding	National Health Centre and regional centres	Monthly in the programmes "Den-Sooluk", "Mamina Shkola"
Transmit regular radio broadcasts on issues of breastfeeding	National Health Centre and regional centres	Monthly
Arrange for the publication of pamphlets and brochures on breastfeeding	National Health Centre and KMPRI	Continuous
Draw up a programme for holding cycles of lectures and discussions in support of breastfeeding	National Health Centre	First 6 months of 1994
Prepare of a video clip and film on breastfeeding	Senior specialists at the Ministry of Health	1994
Publish material on breastfeeding in national newspapers and journals	National Health Centre	Continuous
Activately involve social workers in encouraging breastfeeding	Department of Social Research, KMPRI	Continuous, in feldscher/ midwifery posts

5. Monitoring and evaluation of the programme

In order to ensure monitoring of the programme:

- prepare a decree of the Ministry of Health on submittal of additional data at yearly intervals:
 - indicator (coefficient) of breastfeeding
 - indicator (coefficient) of joint accommodation of mothers and babies
 - indicator (coefficient) of early placement at the breast
 - indicator (coefficient) of early discharge of neonates from maternity clinics
 - indicator (coefficient) of duration of breastfeeding.

In order to carry out a survey among mothers, develop and introduce the following questionnaire.

QUESTIONNAIRE

for surveying mothers on support for breastfeeding

1. Family name, first name _____
2. Age of mother _____
3. Address _____
4. Antenatal consultation _____
5. Age of child _____
6. Did you receive information on support for breastfeeding from the Correspondence School for Mothers? Yes No
7. First placement at the breast after birth in the maternity clinic:
natural birth caesarean section
immediately within 30 minutes within 1 hour in the first 2 hours
within 24 hours at ___ days
8. Were you recommended to give your baby supplementary mixed feeding? Yes No
9. Was your baby with you in the maternity clinic? Yes No
10. Infant feeding routine: every 3 hours on demand
11. Was your baby given water or glucose in the maternity clinic? Yes No
12. After how many days was your baby discharged from the maternity clinic?
2 days 3 days at 4 days or more
13. Did the district paediatrician recommend the introduction of juices and supplementary feeding before 6 months? Yes No
14. For how long was your baby exclusively breastfed? 1 month 3 months 6 months
15. Did you use a dummy/pacifier? Yes No
16. How was your baby given juices or supplementary feeds? From a spoon from a cup
from a bottle with a dummy
17. At what age was supplementary feeding introduced? 3 months 4 months 5 months
6 months

6. Budget

The following bodies are proposed as sources of funding for implementation of the breastfeeding programme: Ministry of Health and sponsoring organizations.

The estimated budgetary requirements for implementation of the breastfeeding programme in 1994 are as follows:

1. Salaries: (a) 7.5 posts of specialists in lactation (15 maternity clinics x 0.5 posts = 7.5 posts) – 300 som or \$300; (b) hourly payment of teachers at the Centre for Continuing Education (60 hours at 1.5 som per hour, total 200 som = \$20); travelling courses of further training in the regions – 500 som (\$50). Total = \$370^a
2. Overhead expenses = \$123. Deduction for salaries (7%) = \$23.
3. Methodological literature:
 - (a) publication of teaching aids = 2000 som = \$200
 - (b) publication of brochures and booklets (1000 pcs = 2000 som = \$200)
 - (c) publication of questionnaire = 2000 som = \$200
 - (d) expenditure on advertising = \$300
 - (e) video film = \$100
 - (f) television/radio broadcasting = \$100
 - (g) printing = \$50total section 3 = \$896^a
4. Expenditure on research work = \$500
5. Purchase of technical equipment:
 - (a) photocopier = \$100
 - (b) slide projector = \$100
 - (c) overhead projector = \$100
 - (d) plaster casts = \$100
 - (e) slides = \$100Total budget amounts to \$2412^a

^a Translator's note: The conversion rate used in this section is not consistent.

BREASTFEEDING TRAINING PROGRAMME IN THE REPUBLIC

Training facilities:

1. Centre for Continuing Education of Medical and Pharmaceutical Specialists, Bishkek
2. Faculty of Therapeutics and Paediatrics, Medical Institute, Bishkek
3. Medical Schools in Bishkek, Osh, Jalalabad, Naryn, Tokmok, Kara-Balta, Majli-Saj, Kyzyl-Kija, Talas
4. Clinical facilities for specialist training of medical personnel
5. Regional maternity clinics (travelling courses of further training).

Responsible officials:

1. Professor T.C. Chubakov, Director, Centre for Continuing Education
2. Professor A.M. Murzaliev, Rector, Kyrgyz National Medical Institute
3. Directors of medical schools
4. Senior specialists at the Ministry of Health.

Objective of the programme

To extend and support the practice of breastfeeding among children up to 1 year of age by increasing the professional knowledge and practical skills with regard to breastfeeding among physicians, nurses and midwives.

Targets for the programme

1. To introduce a 24-hour course in breastfeeding into the curriculum of students in the fifth and sixth years at the Kyrgyz National Medical Institute (Paediatric and Therapeutic Faculties).
2. To introduce a 2-week course on breastfeeding into the curriculum of third-year students at medical schools.
3. To ensure the training of medical personnel at all levels in a course of further training at the Centre for Continuing Education (1 week, total 30 hours).
4. To ensure on-the-job specialist training of medical personnel in breastfeeding, with the aim of acquiring practical skills in caring for mothers and infants during breastfeeding (duration 1 month).

Composition and number of participants in breastfeeding training courses, 1994

Period	Participants				
	Senior specialists	Physicians	Nurses, midwives, feldschers	Other	Total
1st quarter (10 hours)	7	20	25	-	52
2nd quarter (10 hours)	10	25	25	-	60
3rd quarter (10 hours)	9	25	25	5	64
Total	26	70	75	5	176

Outline content of training in breastfeeding for physicians

Topic	Method of instruction	Visual aids	Monitoring (assessment of outcome)
Principles of successful breastfeeding	Papers at learned societies, lectures in educational establishments	Joint WHO/UNICEF Declaration "10 steps to successful breastfeeding"	Statistical returns
Advantages of breastfeeding			
(a) Composition of breast milk	Formal lectures in educational establishments	Slides, tables, video films	Test exercises, test certificate
(b) Physiology of lactation	"	"	"
(c) Comparative lactation	"	"	"
(d) Contraindications to breastfeeding	"	"	"
Factors affecting successful breastfeeding			
(a) Anatomy and physiology of the breast	Lectures, seminars	Plaster casts, diagrams	Test exercises
(b) Pathology of the breast	Practical exercises		"
(c) Questions related to births and maternal health status	Lectures, practical exercises	Slides, video film	Certification in accordance with test programme
(d) Questions related to lactation	Seminars, practical exercises	Slides, diagrams, video film	" Role plays
Feeding of neonatal infants			
(a) Oral/motor functions of the child	Lectures, seminars	Diagrams, tables	Test exercises
(b) Feeding of premature infants	Practical exercises	Slides	Certification in accordance with the test programme
(c) Feeding of neonates with pathological conditions	Practical exercises	Slides	"

(d) Timing of introduction of supplementary feeding	"	"	"
Nutrition of the mother during the period of lactation	Lectures, seminars	Slides, tables	Test exercises
Lactation amenorrhea	Lectures	Diagrams	Certification in accordance with the test programme
Weaning	Lectures	Slides	Role plays
Hypolactation and the possibilities of breastfeeding	Lectures, seminars	Tables, slides, diagrams	Certification in accordance with the test programme