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Research Article

**A CROSS-SECTIONAL RESEARCH TO ASSESS THE  
HARMFUL PRACTICES AND THEIR PATTERN AMONG  
NEWBORNS**<sup>1</sup>Dr Maria Asim, <sup>2</sup>Dr Hafsa Fayyaz, <sup>3</sup>Dr Mudassar Abbas<sup>1</sup>Nishtar Hospital Multan<sup>2</sup>Sir Ganga Raam Hospital.<sup>3</sup>Medical Officer Rural Health Centre Maghian, Pindigheb, Attock**Abstract:**

**Objective:** The purpose of the research was to evaluate the design of detrimental practice which might influence the death ratio of a newborn in our society.

**Material and Method:** The mode of the research was cross-sectional established on the infant's birth recall as well as rearing developments via the respondents. We carried out this research at Services Hospital, Lahore from September 2018 to May 2019. Approximately twenty-five thousand people with mainly fewer emolument families. The numbers of females called for interview were one hundred. To diagnose these detrimental practices, a questionnaire was utilized by the researcher in urban localities. **Results:** It was constituted that multiple of detrimental newborn practices were common among the enrolled mothers of the research. Powder strew with (94.10%) in the newborn is the most dominant practice along with unhealthy cord exercise (74%), pre lacteal feeding (79%), as well as usage of unhygienic Surma (73%). Additionally, large numbers of mothers are not familiar with the result of these detrimental practices. Moreover, entire mothers were identified as sensitive and impatient to find out either these habits are advantageous or detrimental.

**Conclusion:** It was accentuated that multiple of the detrimental newborn practices were too common in our community. Multiple of the researches is mandatory to check the quantum consequences of conventional detrimental infant practices to the infant demise with the objective of developing program and mechanism for said purpose.

**Keywords:** SVD (Spontaneous Vaginal Delivery), Newborns, Pre-Lacteal Feeds.

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**INTRODUCTION:**

The Infant casualties are a major health issue which is neglected all over the world. According to the supposition, the number of infants expired before reaching one month of age was approximately four million in all over the world. Expiration rate meanwhile the neonatal duration (the initial twenty-eight days of life) account for approximately 2/3<sup>rd</sup> of entire mortalities in the initial year of life along with forty percent of the deaths prior to five years of age [1]. However, mortality percentage in entire infants having less than five years of age have been descended while the current decade. There is minor alteration in neonatal demise rate; however insignificant consideration has been given to the delicate age category [2]. The percentage of neonatal casualties is much greater in developing states and a large number of infants expired at home without getting the most basic treatment [1]. The percentage of newborn deaths in Pakistan is also higher with respect to contiguous states and each struggle to minimize it can't overlook the signification of newborn practices. Family members, parents, childbirth attendants are the main sources of knowledge for females in our society. Therefore, these pregnant females, as well as neonatal mothers, should be focused on educational messages. A research conducted in Pakistan depicted the primary role that conventional opinions, as well as practice, perform in care providing behaviours and health-seeking of mothers. The research approved that care providers should assist mothers to discriminate between detrimental practices and benign.

The mortality, as well as morbidity, could be minimized and neonatal health could be ameliorated with the promotion of such practices having solid evidence as well as improvement in detrimental practices by health care providers. Cultural and conventional customs must be distinguished if the impression on neonatal health assessed before guideline of a global standard is suitable to the local conditions [4]. The initial step establishing an institute for the pattern and development of the BBC program is distinguishing prevailing neonatal care practices. Familiarization with the point at which females, as well as their family members, would be voluntarily agreed to receive fresh practices and modify their ordinary attitude that is, type of changes they would perform only with circumstances under which they would perform them is too significant to crafting practical, concerning attitudes change messages. The purpose of the research was to evaluate the design of

detrimental practice which might influence the death ratio of a newborn in our society.

**METHOD AND MATERIAL:**

The mode of the research was cross-sectional established on the infant's birth recall as well as rearing developments via the respondents. We carried out this research at Services Hospital, Lahore from September 2018 to May 2019. Whereas another population-based on variant income categories was resident in different above-mentioned localities. A survey-based upon the house to house visit was conducted beginning with those particular births which were recorded within last six months duration in the office of the union council forty-five succeeded by mothers' interviews who further leads us to other homes of that zone where the birth has occurred in current six month. We were further guided by these particular private clinics in that zone which has good reputation and deliveries were performed by medical experts with the assistance of union council office. Other current delivered mothers were also approached and interviews were conducted only via filling of the questionnaire and the objective of the research was thoroughly explained in front of entire participants and with the objective of data composition, approval was taken from each individual. The identities of the entire mothers participating in the research were kept secret. The questionnaire was managed by the interviewer and utilized closedended structured questionnaire. Fresh hundred mothers of newborns were interviewed by the researcher. The researcher also utilized convenience sampling methodology for public sampling.

The researcher selected only those healthy mothers who gave birth to full form babies via SVD (spontaneous vaginal delivery) and all those mothers are excluded who gave birth a premature infant with less weight. The researcher also not included those mothers in his research whose newborn required any intervention. Data was composed as well as evaluated by utilizing SPSS software. For a description of data, the researcher utilized descriptive statistics.

**RESULTS:**

The numbers of mothers interviewed by the researcher were one hundred. Fifty-six percent of the mothers have a general habit of the given bath to their newborns immediately. The most general practice was immediate bathing of newborns with general practitioners was eighty-two percent (n=52) and seventy-six (n=13) percent with Dias while rare

(n=35) with hospitalized deliveries. Thirty-nine percent of the newborn was immediately feed in hospitalized deliveries and an additional forty percent of the infants were feed in two to three hours whereas remaining twenty-one percent infant feeding was deferred for more than four hours. The ratio of immediate feeding in hospitals via specialists was higher with (65%) as compared to the dais and general practitioners with (23% & 25%) respectively. the percentage of oil message as common practice was sixty-one percent.

It was auspicious to record that seventy-eight percent of mothers gave breastfeeding whereas twenty-two percent give milk of cow, buffalo and infant formula etc. the practice including breastfeeding did not substantially affect by income. On the subject of giving colostrum's, sixty-three percent of the mothers give feedback as positive. Just eighteen percent of the mothers provide pacifier to their infants. Newborns were given a bath with tepid water, regardless of

whether or education as well as were promptly clothed just after childbirth by ninety-eight percent. Eighty-eight percent assumed vernix caseosa as grimy and cleaned it. Some of the mothers were not familiar with it and told that the child was born to clean and they not considered any vernix on newborn so they do not cater to its elimination at the time of washing newborn.

Surma was considered as conventional cosmetic and was utilized from the centuries by huge numbers of mothers (73%) however it was of poor quality as well as impure. Uniformly the usage of talcum powder was too frequent with ninety-four percent. Ninety-five percent of the infants were positioned supine, the remaining were normally positioned prone or on the other side. Newborns were normally positioned supine at entire three locations, ninety-six percent at G.Ps, ninety-one percent at specialists and hundred percent at dias. Seventy-one percent of the mothers also not gave water to their children.

**Table – I:** Stratification of Variables

Variables	Percentage	
<b>Education</b>	Illiterate	22.0
	Primary	29.0
	Matric	29.0
	Matric Above	20.0
<b>Religion</b>	Muslim	95.0
	Christian	5.0
<b>Ethnicity</b>	Punjabi	83.0
	Urdu speaking	7.0
	Pathan	9.0
	Kashmiri	1.0
<b>Monthly Income (Pak Rs)</b>	< 5000	27.0
	5000 - 10000	39.0
	> 10000	34.0
<b>Place of Delivery</b>	Specialist	35.0
	General Practitioners	52.0
	Dai	13.0

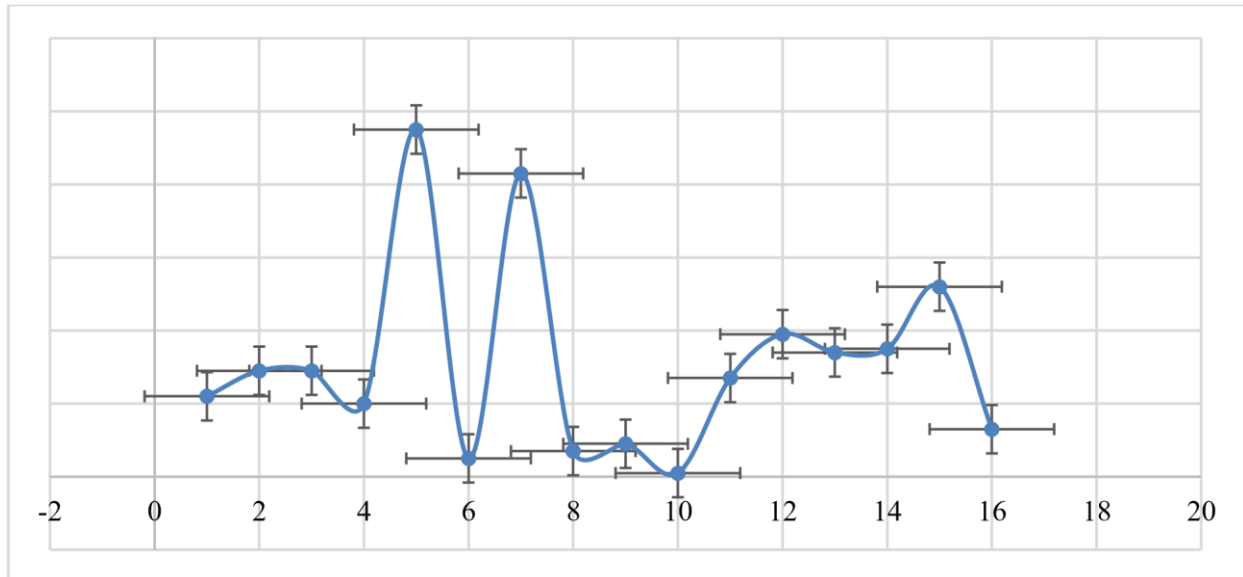


Table – II: Stratification of Behavioral Practices

Practice	Behavior	Percentage
Immediate washing of baby	Yes	56.0
	No	44.0
Feeding initiated	Feeding in an hour	39.0
	Feeding in two hours	40.0
	Feeding in four hours	21.0
Oil Massage	Yes	61.0
	No	39.0
Prelacteal Feeding	Ghutti	18.0
	Honey	24.0
	Both	35.0
	Others	2.0
	None	21.0
Cord Practice	Nothing	18.0
	Ghee or oil	46.0
	Spirit	16.0
	Medication	7.0
	Multiple	13.0
Exclusive Breastfeeding	Exclusive breastfeeding	78.0
	Supplemented feeding	22.0
The practice of giving colostrum's	Yes	63.0
	No	37.0
Use of a Pacifier	Given	18.0
	Not given	82.0
Wrapping of baby	Immediate	98.0
	Delayed	2.0
Removal of vernix	Yes	81.0

	No	19.0
<b>Application of surma</b>	Yes	73.0
	No	27.0
<b>Powder sprinkling</b>	Yes	94.0
	No	6.0
<b>Laying of baby</b>	Supine	95.0
	Prone	5.0
<b>Giving water to the baby</b>	Yes	29.0
	No	71.0

### DISCUSSION:

Prior we embark over any intervention we primary perceive that what public is presently performing, the reason of execution, which developments are suitable within the present to restrain, moreover how conversation positively address these developments. Population attitude is guided by customs, tradition as well as the culture of their society [5, 6]. The purpose of the research was to evaluate the design of detrimental practice which might influence the death ratio of a newborn in our society. It was identified that practices accentuated through media have acquired acknowledgement just like exclusive breastfeeding, however some other practices just like pre lacteal, continuously rampant in our community. Several present practices are advantageous to infants however multiple are harmful. Among the harmful practices in child handling is prompt bathing after delivery, as prompt washing of the child is primary cold stress as well as inadequate wrapping of a child not covering the head, postponement in drying, wrapping and warming [8]. Harmful practices in infant feeding involve postponement or unnecessary delay in child feeding. Whereas approved time period of breastfeeding by the specialists is immediate or must be within one hour of delivery. Multiple types of feeding just after the start of breastfeed, due to false belief. Nil utilization of colostrum's and the general practice of pre lacteal feeds [2, 7, 9, 10]. Mustered oil utilization to the child skin, vernix caseosa removal at the delivery time, pacifier utilization, usage of contaminated Surma, detriment cord practice, a sprinkling of powder over newborn skin, the detrimental practice of water giving to infants are few additional harmful practices identified in current research. [12 – 17]. The usual practice of bathing of the baby after delivery is much frequent in private clinics as well as dais which developed hypothermia declaring these habits as detriment might bring diminution if not totally eliminated. The correct procedure is giving a bath with Luke warm water and

prompt covering with cloth or towel. It is advantageous for the newborns, however, if it is postponed for twenty-four hours it will much beneficial for the infant.

The pre lacteal practice was inferior in-hospital birth. Mostly peoples visit private clinics for deliveries as compared to hospital deliveries. Honey was much in the norm as compared to ghutti, however multiple birth-given both to the newborns especially where the child was looked after by mothers in-laws. With respect to cord practices, the ashes, as well as cow dung mud, were not utilized by all mothers.

Possibly the causes were populated urban locality where peoples are well knowledge and educated and that modify the behaviours. Burning onion in desi gee, as well as gee usage, was also in norm by multiple of mothers. The logic given by the mother for that practice was that cord dried up it bleeds and gee performed the role of emollient.

Surma and oil massage were also too common practices among mothers performed on a daily basis. However, few of them not performed it daily and considered it as harmless. However, the justification is that they have not responded immediately. The logic behind surma application was given that it cleans the eyes of an infant. Talcum powder was also utilized to eliminate the smell caused by infant burp up milk. Anyhow mothers were not familiar with the reality that inhalation of talcum powder can develop lungs aspiration pneumonia.

The advantageous results of vernix are not known by the entire mothers of the research and they immediately clean it. Most of the mothers are totally unaware of vernix and they consider infant washing is enough for cleaning off any dirt. Because of media role, the breastfeeding has received popularity however few mothers also give supplements. The cause which was noticed was an insufficiency of

mother milk specifically in low socioeconomic categories. This was possibly due to mothers' dietary deficiencies because of consecutive pregnancies are might be family obligations, however weaker health's developed deficiency of mother milk.

Colostrums were also not commonly utilized by numbers of mothers because they are not aware of it. Few of them given colostrum's to their infant because of the pressure of their elders moreover multiple of mothers could not differentiate colostrums and milk. Pacifier was also in minor usage and most of the mothers were also familiar that water developed insufficient calories in infants so they not given water to their newborn [10]. Entire mother's assumed EPI vaccination as the too substantial however huge population was unaware of other vaccination to infants. Multiple of them assuming that vaccination of hepatitis was not the element of an extended program of immunization. A few years earlier, it was assuming better to lay the infant in prone for prevention of aspiration and abdominal colic. Now research has presented it as a bigger factor of high SIDS [16]. Now it is approved that the infant should be lying in spine position.

### CONCLUSION:

It was accentuated that multiple of the detrimental newborn practices were too common in our community. Multiple of the researches is mandatory to check the quantum consequences of conventional detrimental infant practices to the infant demise with the objective of developing program and mechanism for said purpose.

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