

Importance of early feeds, breast milk and KMC for infection prevention

Slide No. 2: Introduction

- Failure to give enteral feeds requires initiation of IV fluids, & hence increases the risk of infections
- Early and exclusive Breast milk feeding gives survival advantage to neonates and prevents against infections
- KMC decreases mortality and morbidity among low birth weight neonates
- Therefore Early enteral feeding, breast milk feeding and KMC may play a very important role in preventing morbidity and mortality in neonates especially in resource constraint setting

Slide No. 3: In this webinar we will learn how to

- Dangers of not initiating early enteral feeds
- Common myths regarding early enteral feeding
- How breast milk prevents infection
- Role of KMC in prevention of infections

Slide No. 4: Dangers of delayed feeds

- Failure to initiate early enteral feeds leads to
 - Establishment of intravenous line & IV fluids
 - Prolonged hospital stay
 - separation of mother and baby
 - All these factors increase the exposure of baby to microorganisms, which increases the chance of health care associated infections
- It has been clearly shown that if breastfeeds are initiated within first hour of life, the Risk of death within 28 days is half as compared to those in whom breastfed are started after first hour of life

Slide No. 5: Common myths for unnecessary delay of enteral feeding

Certain situations lead to unnecessary delay in initiation of enteral feeds. These situations include but not limited to

- Neonate requiring CPAP/oxygen support
- Maternal HIV
- Isolated episode(s) of regurgitation with otherwise healthy abdomen
- Occasional blood tinged aspirate with normal abdomen examination
- Isolated episode of apnea

If the neonate has minor illness but the abdominal examination is normal, we should continue feeds.

Slide No. 6: Role of breast milk in preventing infection

- Breast milk is rich in bioactive factors, which augment the infant's immune system, and provides protection against infections. Such bioactive factors include
 - Immunoglobulin, mainly secretory immunoglobulin A, which prevents bacteria from entering the cells. These immunoglobulins develop in mother and are against local pathogens, therefore are likely to protect the baby against pathogens prevalent in baby's environment
 - White blood cells- which fight against infection
 - Lysozyme and lactoferrin, which have antibacterial anti-viral and antifungal properties;
 - Oligosaccharides, which prevent bacteria from attaching to mucosal surfaces.

Slide No. 7: benefits of KMC

There are innumerable benefits of KMC.

- It prevent mortality by 40% especially in low birth weight neonates.
- It prevents incidence of nosocomial infection and neonatal sepsis by 55%
- It improves temperature of the baby and prevents hypothermia by 66%. Hence reduces the handling of neonate.
- KMC results in improved breastfeeding rates as well as duration of breastfeeding. It reduces unnecessary IV fluids and other interventions and thus reduces the risk of infections
- It also reduces length of hospital stay and promotes early discharge

Thus KMC is an effective strategy in reducing the incidence of infections.

Slide No. 7: Summary

To summarise, in this webinar we have learnt that-

- Delay in initiation of feeds increases the risk of death, acquired infections
- Enteral feeds should be initiated within first hour of life unless any contraindication exists
- In presence of normal abdominal examination, feeds should not be withheld for minor problems
- Numerous bioactive factors present in breast milk help in preventing infections.
- KMC prevents mortality and morbidity especially in LBW neonates

Thank you