



VINAYAKA MISSION'S COLLEGE OF NURSING  
Kirumampakkam, Puducherry  
A Constituent College of  
VINAYAKA MISSION'S RESEARCH FOUNDATION  
(Deemed to be University)



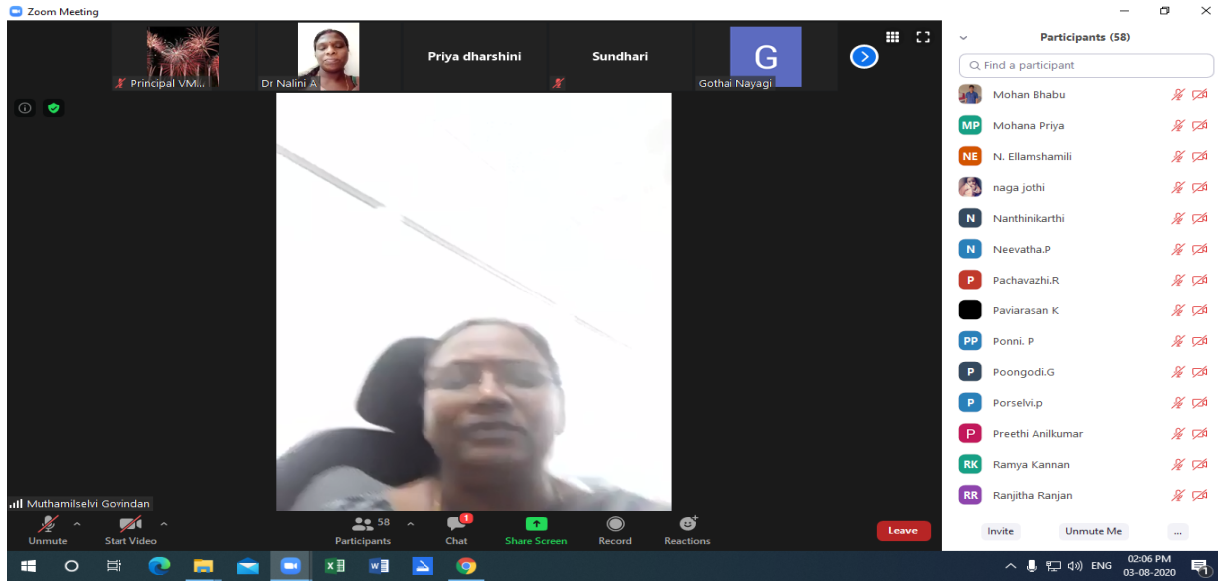
**Report on Breast feeding week - Webinar Series -01.08.20 - 07.08.20 (Online)**

**Theme: "Support Breast feeding for a Healthier Planet"**

**Department of Child Health Nursing**

World Breastfeeding week was observed by Department of Child Health Nursing, Vinayaka Missions College of Nursing, Puducherry from 01.08.20- 07.08.20. In view of pandemic situation the department organized a webinar series for one week focusing the students on the issues and challenges of breast feeding during Covid 19. First day slogan competition was conducted for the students on the theme of breast feeding week.

On 03.08.20 inauguration of breast feeding week and the session on "Awareness of breastfeeding during Covid 19" was arranged. Welcome address was given by Dr. B. Sudha, HOD , Child Health Nursing. Inaugural address was given by Dr. G. Muthamilselvi, Principal, VMCON and unfolding of the theme by Dr. V.Sasi, Vice Principal cum IQAC Coordinator, VMCON. Dr. A. Nalini, Assistant Professor, AVMCH took the session on "**Awareness of breastfeeding during Covid 19**".



On 04.08.20, the Webinar was handled by Ms. N.Jamuna, General Manager, Impetus Health Care, on “**Problems of Breast Feeding**”.On 5.8.2020the session on “**Feeding of Sick,Preterm ,and Low Birth Weight babies**”was taken by Ms. S.Rajeswari, Professor , KGNC, Puducherry. “**Role of Health workers in Supporting Breastfeeding for aHealthier Planet**” was discussedby Ms. A. Shanmugapriya, Asso. Professor, Chettinadu College of Nursing on 6.8.2020.The final day of the session “**Psychosocial support for Breastfeeding during Covid 19**” was handled by Dr.Rajathisakthivel, Vice Principal, Hindu Mission College of Nursing. Everyday 50 -90 participants attended and benefitted by the webinar. Doubts were cleared at the end of the session.

**Breastfeeding Problems**

**Mother**

- Delayed lactogenesis
- Latching pain
- Insufficient /No milk secretion
- Inverted Nipples/flat nipples
- Engorged breasts
- Cracked Nipples/ Sore nipples
- Plugged Ducts
- Mastitis
- Breast abscess
- Maternal illness (HIV, HBV, COVID-19)

**Baby**

- Low birth weight/ Preterm
- Sleepy baby
- Feeding refusal
- Structural abnormality (Tongue tie/ Palate)
- Biting
- Overactive letdown reflex
- Oral candidiasis
- Newborn illness

**TRIFECTA Conceptual model ( 2014)**

**1. Comprehensive functional breastfeeding assessment and intervention:**

- Physical exam
- Medical history
- Psychosocial history
- Pre-post feeding weights
- Assess latch
- Evaluate milk transfer
- Observe infant regulation
- Post hospitalization feeding plan
- Evaluate baby growth and milk supply

**2. Psychosocial assessment and support:**

- Evaluate family adjustment
- Assess pregnancy-related depression/Administer EPDS
- Acknowledge and support partner's involvement in feeding routines
- Discuss sibling adjustment
- Self-care:
  - Ensure getting rest
  - Enjoyable activities
  - Help with childcare

**3. Intervention**

Community → Intervention → Family → Intervention → Baby → Intervention → Breastfeeding Dyad

Lactation Consultant + Pediatrician + Psychologist

**Organizing Secretary  
(Dr.B.Sudha)**

**Principal**