

Breastfeeding Pattern among Infants with Congenital Heart Diseases at  
Cairo University Pediatric Hospitals

BY

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ABSTRACT

It is a widespread misconception that infants with CHD are not able to breastfeed. Malnutrition and growth retardation are common worldwide in infants and children with CHD. So, the aim of this study was to investigate breastfeeding pattern among infants with CHD at medicine departments and pediatric outpatient clinics at Cairo University Specialized Pediatric Hospital and at medicine departments at Pediatric University Hospital (EL Moniera Hospital). Total sample of 100 infants with CHD and aged from birth to 24 months was recruited for this study. Data were collected by using interview schedule. The results of this study revealed that the highest percentage of the infants' age was between 1 month and 6 months. Regarding to mothers' characteristics the majority of mothers' age ranged from 20 to 35 years old and more than one third of mothers had secondary school education and most of the mothers were housewives. The highest percentage of the sample had normal weight according to Egyptian growth curves. The majority of infants were diagnosed as having acyanotic heart diseases. Most of the infants were on breastfeeding. Nearly two thirds of the sample was on exclusive breastfeeding, more than one quarter of the sample was using bottle feeding beside breastfeeding, and the lowest percentage of the sample was taking bottle feeding only. The majority of mothers were continuing breastfeeding for their infants although they were having health problems during breastfeeding. There were no statistically significant differences between breastfeeding pattern (time of starting breastfeeding after delivery, mode of breastfeeding, frequency of breastfeeding, and breastfeeding on demand) and types of CHD. It can be concluded that most of the infants were taking breastfeeding while they complain from tachycardia and tachypnea. This study recommended that educational programs about optimal breastfeeding practices for infants with CHD must be conducted for mothers, nurses, and doctors to understand the various feeding techniques and strategies to overcome feeding challenges that may encountered those infants.

(Key words: Breastfeeding, Feeding Pattern, CHD).

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Chairperson