



A SCOPING REVIEW TO ASSESS THE KNOWLEDGE , IMPLEMENTATION OF PRACTICES REGARDING COMPLEMENTARY FEEDING AMONG THE MOTHERS OF INFANT.

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ABSTRACT

Objective: In order to assist an infant's quick growth and development, complementary feeding attempts to supply crucial nutrients, vitamins, and minerals that may be absent from breast milk or formula. In addition to preventing vitamin deficiencies and encouraging appropriate eating habits, complementary feeding aids in weight gain for newborns and is vital for the development of their cognitive, motor, and sensory abilities as well as their oral feeding skills. Methods: Scopus, PubMed, Medline, Web of Science, and Cochrane, CINAHI, Embase, were searched. Journal articles published between 2009 and 2023 that reported on the knowledge, Implementation of practices regarding complementary feeding among the mothers of infant. Results: A Total of 420 articles are identified, Twenty one out of these were duplicates, and a further 357 were removed due to non – relevance. The assessment was via scoring individual articles on parameters such as level of systematic errors, transferability, and percision, among others. only twenty one artices met the cut – off for medium and high quality and are included in this review. Relevant infromation extracted from thr articles includes objectives, study population, location of the study, reserch question, methods, and results, i.e, barriers and enabling factors. Data were synthezied, mapped, and interpreted to identify barriers and enabling factors related to healthcare professionals – patients SSH discussions. Conclusions: Our findings show that despite the diverse study contexts of the study contexts of the studies included in this scoping review and their peculiarity the barrier and enabling factors for complementary feeding discussions were similar. Finding reveal enabling factors that can counteract common barrier to discussing complementary feeding in community settings.

Keywords: Knowledge, Practices, Complementary Feeding Mothers, Infant.

INTRODUCTION

After birth, the six-to-24-month period is when malnutrition is most likely to occur. On a child's physical and mental development, this may have long-term impacts that are difficult to undo.¹ The World Health Organization reports that malnutrition is a factor in 45% of child fatalities. For infants and young children (IYCF) to grow and survive, nutrition is crucial.² Optimal nutrition during the first two years of life not only reduces the risk of chronic disease, morbidity, and death, but also supports a child's overall growth.³⁻⁵ In India, infants who are 6 to 8 months old and have stunting or severe stunting are directly linked to delayed introduction of supplemental nutrients.⁶ The first 1000 days of a child's life, from conception to age two, are referred to as the "window of opportunity" since this is a crucial period for the development of a healthy person.⁷ After six months of age, newborns need a combination of complementary foods and breast milk for optimal growth and development.⁸ The introduction of supplemental nutrients too soon or in the wrong way might stunt a baby's growth.² Breast milk cannot provide a baby older than six months with all the nutrition they need.^{9,10} There's mounting evidence that a bad diet has an impact on learning ability and output. Stunted growth in children indicates that they are not getting enough nourishment to support regular growth and the development of important organs like the brain.¹¹

AIM

This scoping review aims to summarize knowledge , Implementation of practices regarding complementary feeding among the mothers of infant.

MATERIAL AND METHODS

A scoping review was conducted. Six databases were searched for relevant studies, including PubMed, Medline, Embase, Cochrane, CINAHL, and Web of Science. The studies selected for review were those published in English from 2009 to 2023 on complementary feeding practices and related factors, measuring at least three complementary feeding indicators, and available in full text. The criteria resulted in 20 eligible articles that were selected, extracted, and then analysed using descriptive and content analysis.

Table 1: Summary of the studies included in the review.

Author (Year)	Study Location	Aim	Study Design	Participants
1.Nita Bhandari (2004)	Haryana , India	To determine an educational intervention to promote appropriate complementary feeding practices and physical growth in infants and young children in rural Haryana, India. ¹²	cluster randomized controlled trial	Newborns were enrolled in all of the communities (552 in the intervention and 473 in the control)
2.S.Kavitha(2013)	Salem District	To determine Study of Complementary feeding practices among mothers of infants aged six months to one year. ¹³	Cross sectional study	50 Mothers of infants
3.Ram Hari Chapagain (2013)	Nepal	Complementary Feeding Practices of Nepali Mothers for 6 Months to 24 Months Children. ¹⁴	cross-sectional study	1100 mothers
4.Mansur Olayinka Raji (2017)	Sokoto state, Nigeria	To assess the factors influencing complementary and weaning practices among women in rural communities of Sokoto state, Nigeria. ¹⁵	cross-sectional study	296 Mothers

5.Fazal Dad(2017)	Pakistan	-To determine the mothers knowledge, attitude and practices (KAP) regarding complementary feeding in Kurrum agency of FATA -To see the relationship of education and socio-economic status of mothers knowledge, attitude and practices regarding complementary feeding. ¹⁶	cross sectional descriptive study	200 Mothers
6.Sandhya Rani Javalkar(2018)	Mangalore Taluk	To determine A study on complementary feeding practices among mothers in urban and rural areas. ¹⁷	cross sectional study	408 Mothers
7.Mustafa Ali Mustafa Al-samarrai (2019)	Iraq	Aim to assess the maternal knowledge, attitude, and practice about the complementary feeding for infants aged 6-12 months. ¹⁸	cross-sectional study	219 mothers
8.Nikita Sharma (2020)	Chandigarh, India	To determine Effectiveness of a culturally appropriate nutrition educational intervention delivered through health services to improve growth and complementary feeding of infants: A quasi-experimental study from Chandigarh, India. ¹⁹	quasi-experimental study	404 Mothers of infants

9.S.Bhaktiswarupa (2020)	Bhubaneswar , India	Assess The Knowledge of Mothers Regarding Complementary Feeding of Infant Selected Hospital, Bhubaneswar. ²⁰	descriptive quantitative study	50 Mothers
10.Sabina Shrestha(2020)	Kathmandu	To assess the knowledge, attitude, and practices of mothers of children between 6 to 24 months of age regarding complementary feeding. ²¹	convenient sampling method questionnaire	250 Mothers
11.Habtam Ayenew Teshome(2021)	Tegedie District, Northwest Ethiopia	Complementary Food Feeding Hygiene Practice and Associated Factors among Mothers with Children Aged 6–24 Months in Tegedie District, Northwest Ethiopia. ²²	Community based cross- sectional design	576 mothers
12.Ayesha Jabeen(2022)	South India	To determine Breastfeeding, Weaning, and Complementary Feeding Practices Among Women Attending a Tertiary Care Teaching Hospital in South India. ²³	cross- sectional questionnaire- based observational study	150 women

13.Priyanka Nagar(2022)	Jaipur	To determine complementary feeding knowledge and practices of mothers registered at Anganwadi centers of Jaipur. ²⁴	exploratory study	100 Mothers
14.Dr. Neha Patyal(2022)	Kangra, Himachal Pradesh	To determine Hospital Based Study on Complementary Feeding Knowledge among Postnatal Mothers in District Kangra, Himachal Pradesh ²⁵	cross sectional study	400 Post Natal Mothers
15.Samaa Jaber Abdulkareem (2022)	Kut City	To determine the type and time of initial complementary feeding practiced by mothers in Kut City and its relation with some associated factors. ²⁶	cross-sectional design	500 mothers
16.DORCAS ANUNDA AMUNGA1(2022)	Isiolo, Kenya	To determine Determinants of Complementary Feeding Practices and Nutritional Status of Children 6 – 23 Months in Pastoralist Communities of Isiolo, Kenya ²⁷	cross-sectional analytical study	288 children aged 6-23 months from pastoralist communities.
17.Lalita Bisht (2022)	Nainital	Assess the pre-test level of knowledge regarding weaning among the mothers of infants, to assess the	quasi-experimental study	60 mothers selected through a convenient

		effectiveness of structured teaching programmes regarding weaning among the mothers of infants and to find out the association between post-test level of knowledge with selected demographic variables. ²⁸		sampling technique
18.Karuna Singh (2023)	Sharda Hospital, Greater Noida, Uttar Pradesh	To assess the knowledge, Attitude and Practice of mothers regarding complementary feeding and its impact on nutritional status of children ²⁹	cross-sectional study	200 Mothers
19.Anila Varghese(2023)	Lucknow,Utt ar Pradesh	To determine Complementary feeding practices in children aged 6–23 months in rural Lucknow. ³⁰	cross-sectional study	300 mother-child pairs
20.Gizachew Ambaw Kassie(2023)	Wolaita Sodo town, southern Ethiopia	To determine Hygienic practice during complementary feeding and its associated factors among mothers/caregivers of children aged 6–24months in Wolaita Sodo town, southern Ethiopia. ³¹	cross-sectional study	602 participants mothers/caregivers

21.Dhamas Pratista 2023	Indonesia.	This study aims to analyze the impact of antenatal care (ANC) and postnatal care (PNC), especially nutritional counselling on the success of exclusive breastfeeding and appropriate complementary foods. ³²	cross-sectional design	230 mothers
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- Ethical consideration :

Ethical permission was needed as there was direct contact with human subjects . eligible articles contain statements on ethical aspects where relevant .

RESULTS

A Total of 420 articles are identified , Twenty one out of these were duplicates , and a further 357 were removed due to non – relevance. The assessment was via scoring individual articles on parameters such as level of systematic errors , transferability , and precision , among others . only twenty one articles met the cut – off for medium and high quality and are included in this review .Relevant information extracted from the articles includes objectives ,study population ,location of the study , research question . methods , and results , i.e, barriers and enabling factors . Data were synthesized , mapped , and interpreted to identify barriers and enabling factors related to healthcare professionals – patients SSH discussions .

Table:1 shows a total of twenty one articles included in the review (i.e., twenty one is quantitative studies) Many of the survey instruments used to quantitative studies covered areas such as participants demographics , pre test , post test interview levels discussing for knowledge , and implementation of practices , attitudes towards the complementary feeding .for studies with a qualitative design , the interview guides included open and close ended questions on whether practices , knowledge , attitudes of the mothers of infants and children. The articles were from the Haryana India , Chandigarh India , Navi Mumbai India , Jaipur Rajasthan ,Uttar Pradesh , Lucknow Uttar Pradesh , Kangra, Himachal Pradesh, Bhubaneswar india , Kathmandu ,Nepal , Pakistan , Salem district , Ethiopia ,Kenya ,Indonesia , Kurt city , Nigeria , Iraq. There is two major category is knowledge and implementation of practices regarding complementary feeding ,Main one category of barriers identified were attitudes related to complementary feeding

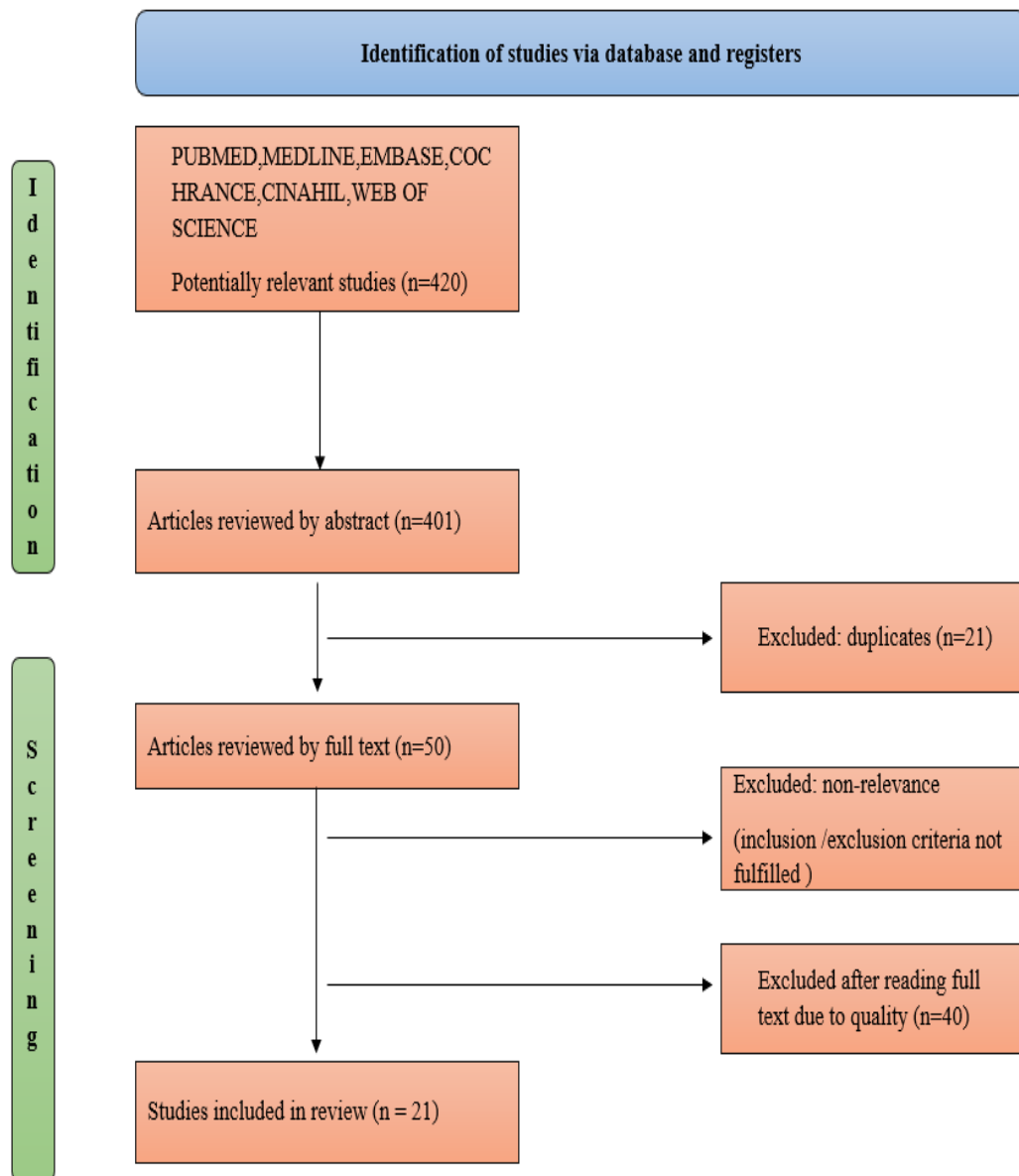


Figure 1 : Search Process Flow Chart.

DISCUSSION

Our findings show that despite the diverse study contexts of the study contexts of the studies included in this scoping review and their peculiarity the barrier and enabling factors for complementary feeding discussions were similar. Finding reveal enabling factors that can counteract common barrier to discussing complementary feeding in community settings.

Conclusion : the importance of discussing complementary feeding with in the community settings

there determinations as well as there the knowledge and assessment of pracatices related to the complementary feeding of the mothers of infants , therefore the mothers of infant improved their knowledge as well as the practices regarding complementary feeding and they are implementing to the infant to prevent malnutrition and low weight and hight of the infand and ensure about the growth and development of the infant .

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Conflicts of interest : The authors declare no conflict of interest .

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