

# Strengthening Institutional Capacity for Breastfeeding Promotion

## A Case Study from Nepal

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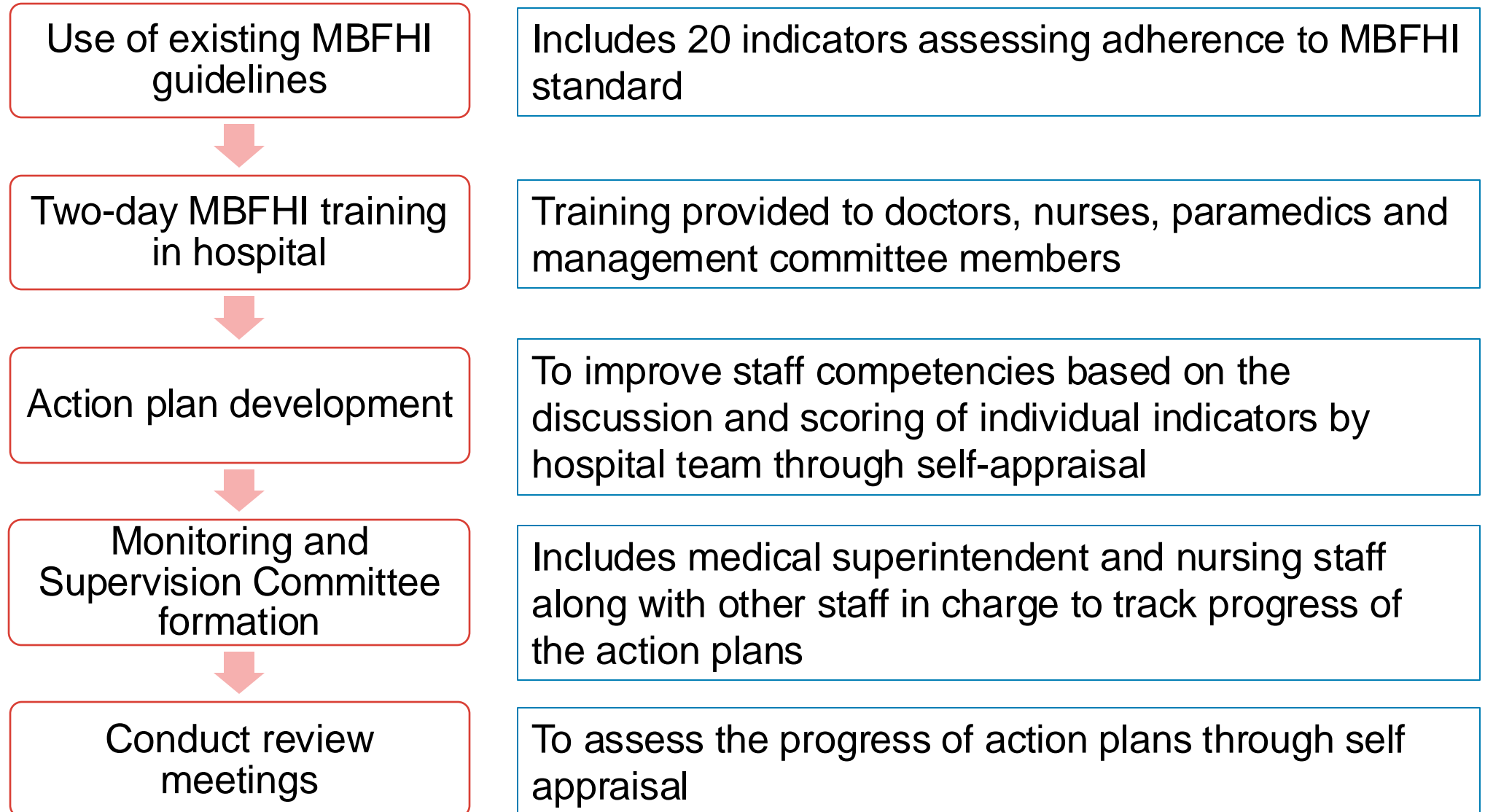
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## Rationale/Objective

- Even though institutional delivery is 81%; early initiation of breastfeeding is 55%; and exclusive breastfeeding is only 56% in Nepal (NDHS, 2022)
- It shows the need of further efforts to promote breastfeeding in Nepal.
- The government's Mother Baby Friendly Hospital Initiative (MBFHI) focuses on enhancing breastfeeding practices, and the quality of maternity care
- There is a need to train health workers to implement MBFHI standards; which increases the trust of service recipients in the health facilities and improves service accessibility
- Helen Keller Intl in collaboration with Family Welfare Division conducted MBFHI training in the hospitals in Lumbini Province
- This presentation includes case study of MBFHI training conducted in a hospital situated in Nawalparasi-West, Nepal.

## Approaches/Methods



## Findings

- An assessment at the health facility revealed significant gaps in MBFHI implementation, including privacy, practicing rooming in, skin to skin contact, availability of written breastfeeding policy, support groups and the staffing
- The major reason for those gaps was a lack of training in the existing guidelines and standards
- After the training, the health facility identified those gaps and prepared action plans
- The health facility addressed these issues through targeted training, resource mobilization, regular monitoring, and strong leadership
- The interventions significantly improved the health facility's MBFHI score from 70 to 100 within six months
- Key success factors included comprehensive staff training, resource mobilization, strong leadership, and regular monitoring and supervision

## Significance and Application

- This case study demonstrates the feasibility of achieving high MBFHI standards in a resource-limited setting
- The approach of combining training and assessment can be replicated in other hospitals to improve maternal and child health outcomes
- Further research is needed to assess the sustainability and its impact on exclusive breastfeeding rates

# Thank you!

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