



Superiornost majčinog mleka

Superiority of breast milk

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Apstrakt

Srbija je među zemljama sa najnižom stopom dojenja u istočnoj Evropi, pokazuje nedavno sprovedeno istraživanje mreže SteadyHealth na uzorku od 200 majki u Srbiji, kako iz urbanih područja, tako i iz okolnih ruralnih sredina. Većina majki u Srbiji (9 od 10) započne dojenje svojih beba, ali i pored ovako visoke stope ranog dojenja, svega 13,7% majki isključivo doji svoje bebe tokom prvih šest meseci njihovog života.

Isključivo dojenje u prvih šest meseci ima brojne koristi. Opšti cilj je unapređenje i očuvanje zdravlja deteta. Faktori koji su prisutni u majčinom mleku, koji pružaju aktivnu ili pasivnu zaštitu, uključuju: imunoglobulin A – antitelo najviše prisutno u majčinom mleku, koje se proizvodi i izlučuje u dojka kao odgovor na majčino izlaganje određenim bakterijama i virusima, i obezbeđuje zaštitu u novorođenčetoj okolini, imunoglobulin G i imunoglobulin M – pružaju dalju zaštitu od specifičnih patogena, astme. Prema zaključcima Svetske zdravstvene organizacije (WHO), povećanjem stope dojenja moglo bi se sprečiti i do 10% smrtnosti dece mlađe od pet godina. Mnoge studije su, takođe, pokazale da je isključivo dojenje od najmanje šest meseci, kao i produženo dojenje, jedan od najefikasnijih načina za sprečavanje pojave alergija i poremećaja u razvoju. Dojenje je povezano sa najnižim rizikom od gojaznosti kasnije u životu. Dojenje ima zdravstvene prednosti za majku, uključujući nizak rizik od postpartum krvarenja i raka dojke i grlića materice, a utiče i na produženje amenoreje nakon porođaja. Dojenje takođe nosi ekonomske prednosti za porodicu i društvo i obezbeđuje optimalnu zaštitu novorođenčadi u društvima sa slabim higijenskim uslovima.

Dojenje može biti važan faktor u stvaranju veze između majke i deteta. Ta međusobna veza između majke koja doji i odojčeta, redovne bliske interakcije i kontakt koža na kožu tokom dojenja, ohrabruju međusobnu povezanost. U literaturi koja se bavi psihološkim razvojem dece stalno možemo pročitati studije koje su pokazale da metod hranjenja u ranom detinjstvu utiče na kognitivni razvoj deteta.

Cilj ovog rada je ispitivanje učestalosti dojenja, upoznatosti o značaju dojenja, zadovoljstvu informacijama koje su majke dobile pre porođaja o značaju dojenja.

Zadatak sprovedenog istraživanja je analizirati potrebe za zdravstveno vaspitnim radom sa trudnicama, porodiljama i sredinom u podršci dojenju.

Uzorak istraživanja su činile 60 majki koje su svoju decu dovele u savetovalište za zdravu decu Službe za zdravstvenu zaštitu dece Doma zdravlja Aleksinac. Za potrebe istraživanja korišćen je anketni upitnik (Socio – demografski i Ciljani upitnik).

Zaključak i predlog mera: Prikazani rezultati još jednom potvrđuju potrebu za kontinuiranim timskim radom. Preventivni rad pomaže da se shvati i usvoji značaj prevencije za kvalitetniji i zdraviji život deteta.

Abstract

Serbia is among the countries with the lowest breastfeeding rate in Eastern Europe, according to a recent survey conducted by the SteadyHealth network on a sample of 200 mothers in Serbia, both from urban areas and the surrounding rural areas. The majority of mothers in Serbia (9 out of 10) start breastfeeding their babies, but despite such a high rate of early breastfeeding, only 13.7% of mothers exclusively breastfeed their babies during the first six months of their lives.

Breastfeeding alone in the first six months has many benefits. The general goal is to improve and preserve the child's health. Factors present in breast milk that provide active or passive protection include: immunoglobulin A - an antibody most present in breast milk, which is produced and secreted in the breast in response to maternal exposure to certain bacteria and viruses and provides protection in the newborn environment, immunoglobulin G and immunoglobulin M- provide further protection against specific pathogens, asthma. According to the conclusions of the World Health Organization (WHO), increasing the breastfeeding rate could prevent up to 10% of mortality in children under the age of five. Many studies have also shown that only breastfeeding for at least six months, as well as prolonged breastfeeding, is one of the most effective ways to prevent allergies and developmental disorders. Breastfeeding is associated with the lowest risk of obesity later in life. It has health benefits for the mother, including a low risk of postpartum hemorrhage and breast and cervical cancer, and also affects the prolongation of amenorrhea after childbirth. It also brings economic benefits to the family and society and provides optimal protection for newborns in societies with poor hygienic conditions.

Breastfeeding can be an important factor in creating a bond between mother and child. This interrelationship between the breastfeeding mother and the newborn baby, regular close interactions and skin-to-skin contact during breastfeeding, encourage interconnectedness. In the literature dealing with the psychological development of children, we can constantly read studies that have shown that the method of feeding in early childhood affects the cognitive development of the child.

The aim of this paper is to examine the frequency of breastfeeding, awareness of the importance of breastfeeding, satisfaction with the information that mothers received before childbirth about the importance of breastfeeding.

The task of the conducted research is to analyze the needs for health education work with pregnant women, mothers, and the environment in support of breastfeeding.

The sample of the research consisted of 60 mothers who brought their children to the counseling center for healthy children of the Service for Health Protection of Children of the Health Center Aleksinac. For the needs of the research, a survey questionnaire was used (Socio-demographic and Target questionnaire).

Conclusion and proposed measures: The presented results once again confirm the need for continuous teamwork. Preventive work helps to understand and adopt the importance of prevention for a better and healthier life for a child.