

## Evaluation Of The Attitude Of Breastfeeding Of Covid-19 Survival During Self-Isolation Period

Vittria Meilinda<sup>1</sup>

<sup>1</sup> Fakultas Kesehatan, Universitas Fort De Kock, Bukittinggi, Sumatera Barat, Indonesia

### ARTICLE INFO

#### Keywords:

Breastfeeding,  
Self-isolation,  
Covid-19 pandemic.

### ABSTRACT

In Indonesia and the world are experiencing the Covid-19 Pandemic. During the postpartum period, breastfeeding is highly recommended because it has been shown to provide a very strong protective effect against infectious diseases by increasing the baby's immune system and in various studies that this virus has never been found in breast milk, so this is a way for mothers to continue breastfeeding their babies. by continuing to practice procedures to prevent mother-to-child transmission of infection. The purpose of this study was to find out in depth the attitude of breastfeeding mothers who survived COVID-19 during the self-isolation period. Qualitative research methods directly to 30 informants, with a phenomenological study approach. Data was collected through observation and in-depth interviews. The data were analyzed using Interpretative Phenomenological adjusted to the size of the Guide for Breastfeeding Mothers (who are in Self-Isolation) during the Covid-19 Pandemic of the Indonesian Ministry of Health. The results of research conducted during the pandemic in 2020 showed positive and negative attitudes from breastfeeding mothers in the care of babies carried out, breastfeeding babies with Covid transmission prevention procedures, support from health workers and problems faced during self-isolation.

#### E-mail:

[vittriameilinda@fdk.ac.id](mailto:vittriameilinda@fdk.ac.id)

Copyright © 2021 Science Midwifery.

### 1. Introduction

In order to reduce mortality and child mortality, the United Nations Children's Fund (UNICEF) and the World Health Organization (WHO) recommend that children only be given breast milk for at least six months. Solid food should be given before the child is 6 months old, and breastfeeding should be continued until the child is two years old (WHO, 2020). Breast milk contains colostrum which is rich in antibodies because it contains protein for the immune system and is useful for killing high numbers of germs so that exclusive breastfeeding can reduce the risk of death in infants. Colostrum is yellowish in color which is produced on the first day to the third day. On the fourth to the tenth day, breast milk contains less immunoglobulin, protein, and lactose than colostrum but has higher fat and calories with a whiter color. In addition to containing food substances, breast milk also contains certain enzymes that function as absorbent substances that will not interfere with other enzymes in the intestine. Formula milk does not contain these enzymes so the absorption of food is completely dependent on the enzymes found in the baby's intestines. (Didik Budijanto *et al.*, 2020)

Coronavirus Disease 2019 (COVID-19) is an infectious disease caused by Severe Acute Respiratory Syndrome Coronavirus 2 (SARSCoV-2). SARS-CoV-2 is a new type of coronavirus that has never been previously identified in humans. There are at least two types of coronavirus that are known to cause diseases that can cause severe symptoms such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). Common signs and symptoms of COVID-19 infection include symptoms of acute respiratory distress such as fever, cough and shortness of breath. The average incubation period is 5-6 days with the longest incubation period being 14 days. Research on breastfeeding during the COVID-19 pandemic from various clinical practice literature studies proves that the coronavirus is not transmitted through breast milk. General infection control measures must be strictly adhered to. (Lubbe *et al.*, 2020). Another study conducted in Wuhan regarding pregnant women with Covid-19 stated that maternal and neonatal infections of patients infected in late pregnancy appeared very good and this result was achieved with intensive and active management which is probably a practice with strong data. (Yu *et al.*, 2020). Sources of information from the Italian Society of Neonatology, if a mother previously identified as positive for COVID-19 is asymptomatic or paucisymptomatic, hospitalization is the appropriate management and direct breastfeeding is the best option, ensuring strict infection control measures (personalized). good hygiene wash hands before touching the baby and wear a

mask (Salvatori *et al.*, 2020).

The four main messages for mothers who want to breastfeed but are worried about transmitting Covid-19 to their babies are, 1) So far, SARS-CoV-2 has not been detected in the breast milk of mothers with suspected/confirmed Covid-19 and there is no evidence that the virus is transmitted through breast milk, 2 ) Neonates and infants are at low risk for Covid-19 infection including several confirmed cases of Covid-19 infection in children, most of whom have mild or asymptomatic disease, 3) Breastfeeding and skin-to-skin contact significantly reduce the risk of infant mortality. newborns and young infants and provide immediate and lifelong health and developmental benefits. Breastfeeding also reduces the mother's risk of breast and ovarian cancer, and 4) The benefits of breastfeeding substantially outweigh the potential risks of transmission and disease associated with COVID-19(WHO,2020)

## 2. Methods

Qualitative research methods, with a phenomenological study approach. Data was collected through observation and in-depth interviews. With 30 informants breastfeeding mothers in the Regional Health Office of West Sumatra Province. Researchers conducted research by implementing Covid-19 prevention with strict health protocols. Swab test on researchers and informants on H-2 research activities. If the result of the informant is in a negative state (-) then the informant can be used as a sample of this research. Data were analyzed using Interpretative Phenomenological Analysis (IPA), namely by 1) reading and re-reading, 2) initial noting, 3) developing emergent themes, 4) searching for connections across emergent themes, 5) moving the next cases, and 6) looking for patterns across cases. This analysis attempts to evaluate the breastfeeding process and attitudes of breastfeeding mothers during the period of self-isolation. The main focus of this phenomenological study is the attitude of breastfeeding mothers in the lactation process during the period of self-isolation.

## 3. Results

The following summarizes the overall characteristics of research informants in table 1:

TABLE 1.  
BACKGROUND CHARACTERISTICS OF BREASTFEEDING MOTHERS ARE SELF-ISOLATING

Case	Mother's Age (*yr)	Infant Age (*mth)	Confirmed Covid-19	Parity	Mother Education	Household income (*rmw)
1	38	5	(+)	3	PS	<
2	34	4	(+)	2	SHS	<
3	19	7,5	(-)	1	SHS	>
4	30	12	(-)	1	JHS	<
5	39	6	(-)	3	SHS	<
6	37	5	(+)	2	SHS	>
7	31	8	(-)	2	JHS	<
8	23	7	(+)	1	SHS	>
9	35	6	(-)	2	SHS	>
10	37	9	(+)	1	BD	>
11	26	10	(-)	1	BD	>
12	38	9	(-)	2	SHS	>
13	31	6,5	(+)	1	SHS	<
14	31	7	(+)	2	BD	>
15	43	9	(-)	3	PS	<
16	39	7	(-)	2	SHS	>
17	31	10	(+)	1	SHS	>
18	34	6	(-)	1	JHS	>
19	34	11	(-)	2	JHS	<
20	38	4	(+)	3	SHS	<
21	37	7	(+)	2	SHS	<
22	29	6	(-)	1	MD	>
23	22	5	(-)	1	BD	>
24	29	6	(-)	1	MD	>
25	28	7,5	(-)	1	SHS	>
26	30	7	(+)	2	SHS	>
27	30	8	(-)	1	MD	>
28	31	9	(-)	1	JHS	<
29	29	11	(-)	2	SHS	<
30	27	6,5	(-)	1	SHS	>

# Science Midwifery

journal homepage: [www.midwifery.iocspublisher.org](http://www.midwifery.iocspublisher.org)

Abbreviations: yr: years; mth: months; rmw: regional minimum wage Rp.2.484.041; PS : primary school; JHS : junior high school; SHS : senior high school; BD : bachelors degree; MD : masters degree; (+) positive Covid-19; (-) negative Covid-19

The research data analyzed using the Interpretative Phenomenological Analysis approach in the form of the main theme and super-ordinate theme are presented in table.2

TABLE 2.  
THEME RESULTS IN IN-DEPTH INTERVIEWS

Core theme	Super-ordinate theme
Baby care	<ul style="list-style-type: none"> <li>• Caring for babies directly</li> <li>• Breastfeed the baby directly or by expressing breast milk</li> <li>• Wash hands with soap and running water before and after contact with babies</li> </ul>
Prevention of the spread of covid-19	<ul style="list-style-type: none"> <li>• Routinely clean touched objects and milk-expressing equipment</li> <li>• Always wear a mask</li> <li>• Maintain physical distance from others</li> <li>• Avoid touching eyes, nose and mouth</li> </ul>
Health worker support	<ul style="list-style-type: none"> <li>• Breastfeeding counseling services</li> <li>• Basic psychosocial support</li> <li>• Support for infant and child feeding practices</li> </ul>

## 4. Discussion

### 1. Baby care

Of the 30 informants, 17 of them explained that during the isolation period the care provided to the baby was still in the usual care, such as bathing the baby directly, feeding the baby and breastfeeding the baby directly, even though there were concerns about the mother in caring for the baby.

" I still had time to bathe my baby directly and I did it myself, indeed sometimes there is a fear that there will be problems with my baby" (I7)

" During the isolation period I was worried about being close to my baby, but I tried to stay calm and had to keep taking care of my own child" (I12)

" I am afraid of my baby, so I just leave it to my parents" (I19)

" I do everything directly to the baby and I still wear a mask and continue to breastfeed my baby directly" (I25)

From the results of in-depth interviews, most breastfeeding mothers are worried about the isolation period that is passed in giving breast milk to babies because the baby's immunity is susceptible to being infected with this virus.

### 2. Prevention of the spread of covid-19

All of the informants stated that implementing the protocol for preventing the transmission of COVID-19 during the isolation period as well as during breastfeeding activities.

" I always wear a mask and before feeding my baby wash my hands" (I1)

" I wash my hands more often and always wear a mask when I am near my family" (I18)

" All the tools that I use while breastfeeding my baby, I will definitely wash and sterilize them again, I am worried that my child will be infected" (I29)

" Indeed, sometimes I neglect to touch the baby's eyes and nose but I always use a mask and handsoon when breastfeeding the baby"(I30)

From the results of in-depth interviews conducted, it can be seen that most of the mothers have taken precautions to prevent infection and continue to apply strict health protocols so as to minimize virus transmission and contact to other people.

### 3. Health worker support

Of all the informants studied, as many as 25 of them received support from health workers such as breastfeeding counseling if they experienced problems and problems while breastfeeding the baby or sometimes asked questions that they felt worried if I gave it to the baby. The support of health workers is also seen in psychosocial support such as motivation to continue breastfeeding the baby

and building confidence in the mother to be able to breastfeed and take good care of the baby during the isolation period.

" I always ask the puskesmas staff via whatsapp so I feel calm if there are problems" (I22)

" I was given a cellphone number, if there are problems during the isolation period, you can immediately contact the number of the health officer" (I5)

" I am always motivated by the puskesmas staff to always be strong and confident that I will recover in the near future, so that I can rest easy"(I1)

The support of health workers is very necessary in forming a sense of self-confidence in breastfeeding in mothers, because during the isolation period mothers often feel worried and pessimistic about their situation, so that the presence of health workers is expected to form a sense of care for one another.

## 5. Conclusions

Based on the results of in-depth interviews with participants related to the attitude of mothers in breastfeeding during the isolation period, it can be concluded as follows:

- a. Most of the baby care carried out is very supportive by continuing to provide direct care such as breastfeeding the baby properly.
- b. Most breastfeeding mothers have implemented a strict Covid-19 transmission prevention health protocol by always wearing a mask when near babies, washing hands, washing equipment used during breastfeeding and maintaining social distance from other people.
- c. Mother's support in breastfeeding during the isolation period is very much needed in the mother's recovery process, it can be seen that most mothers feel very helped by the support of health workers.

## References

- [1] Baud, D. *et al.* (2020) 'COVID-19 in pregnant women - authors' reply', *Lancet Infect Dis*, 20. doi: 10.1016/S1473-3099(20)30192-4.
- [2] hen, W. *et al.* (2020) 'Detectable 2019-nCoV viral RNA in blood is a strong indicator for the further clinical severity', *Emerg Microbes Infect*, 9. doi: 10.1080/22221751.2020.1732837.
- [3] Corbett, A. H. *et al.* (2014) 'Antiretroviral pharmacokinetics in mothers and breastfeeding infants from 6 to 24 weeks post-partum: results of the BAN study', *Antivir Ther*, 19. doi: 10.3851/IMP2739.
- [4] Didik Budijanto, drh *et al.* (2016) 'Data and Information Indonesia Health Profile 2016', *Yoeyoen Aryantin Indrayani S.Ds; B. B. Sigit; Sinin*, p. 168. Available at: <http://www.depkes.go.id/resources/download/pusdatin/lain-lain/Data dan Informasi Kesehatan Profil Kesehatan Indonesia 2016 - smaller size - web.pdf>.
- [5] Favre, G. *et al.* (2020) 'Guidelines for pregnant women with suspected SARS-CoV-2 infection', *Lancet Infect Dis*, 20. doi: 10.1016/S1473-3099(20)30157-2.
- [6] Lubbe, W. *et al.* (2020) 'Breastfeeding during the COVID-19 pandemic - a literature review for clinical practice', *International Breastfeeding Journal*, 15(1), pp. 1-9. doi: 10.1186/s13006-020-00319-3.
- [7] PDPI *et al.* (2020) *Pedoman tatalaksana COVID-19 Edisi 3 Desember 2020, Pedoman Tatalaksana COVID-19*. Available at: <https://www.papdi.or.id/download/983-pedoman-tatalaksana-covid-19-edisi-3-desember-2020>.
- [8] Pereira, A. *et al.* (2020) 'Breastfeeding mothers with COVID-19 infection: A case series', *International Breastfeeding Journal*, 15(1), pp. 1-8. doi: 10.1186/s13006-020-00314-8.
- [9] Salvatori, G. *et al.* (2020) 'Managing COVID-19-positive maternal-infant dyads: an italian experience', *Breastfeed Med*, 15. doi: 10.1089/bfm.2020.0095.
- [10] Schwartz, D. A. and Graham, A. L. (2020) 'Potential maternal and infant outcomes from (Wuhan) coronavirus 2019-nCoV infecting pregnant women: lessons from SARS, MERS, and other human coronavirus infections', *Viruses*, 12. doi: 10.3390/v12020194.
- [11] 'World Health Organization, UNICEF: Protecting, promoting, and supporting breastfeeding in facilities providing maternity and newborn services: the revised baby-friendly hospital initiative 2018. Implementation guidance.

## Science Midwifery

journal homepage: [www.midwifery.iocspublisher.org](http://www.midwifery.iocspublisher.org)

- [12] <https://www.who.int/nutrition/publi>' (no date). Available at:  
<https://www.who.int/nutrition/publications/infantfeeding/bfhi-implementation/en/>.
- [13] 'World Health Organization. Indicators for assessing infant and young child feeding practices. Part 1: definitions
- [14] <https://www.who.int/nutrition/publications/infantfeeding/9789241596664/en/>. Accessed 6 Jul 2020.' (no date). Available at:  
<https://www.who.int/nutrition/publications/infantfeeding/9789241596664/en/>.
- [15] Yu, N. *et al.* (2020) 'Clinical features and obstetric and neonatal outcomes of pregnant patients with COVID-19 in Wuhan, China: a retrospective, single-Centre, descriptive study', *Lancet Infect Dis*, 20. doi: 10.1016/S1473-3099(20)30176-6.