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Effect of training of the health care providers on exclusive breastfeeding trend at the military maternity hospital in Omdurman, Sudan in 2014**Amani Abdel Rahman and Hamadnalla Sir Alkhatim**
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Background: In the developing world exclusive breastfeeding remains a challenge. Strengthening exclusive breastfeeding promotion is a necessity, in addition to capacity-building of the health care providers.

Aim & Methods: This is a quasi-experimental (non-randomized controlled) study, conducted in the Military Maternity Hospital in Omdurman, Sudan in 2014. The study aimed at assessing the knowledge, attitude and skills of the health care providers regarding breastfeeding before and after training (workshops and bed side training). The effect on the trend of exclusive breastfeeding was then assessed. Alribat Hospital was used as control. Total coverage of the health care providers was done (107 from the military and 61 from Alribat Hospital). The skills of 22 and 16 midwives were assessed. A systematic random sample of mothers was evaluated to detect the effect of training on the exclusive breastfeeding trend. Data was collected from the health care providers by pre and post-test, observation check list for the skills of the midwives. Questionnaire was structured for the mothers after delivery and the follow-up phone questionnaires.

Results: The health care providers from the study and control hospital were comparable. Statistical analysis revealed insignificant differences between the two groups before training ($P>0.05$). Training resulted in significant improvement in health care providers' knowledge and attitude toward breastfeeding ($P<0.05$). The skills of the midwives in breastfeeding support improved dramatically after training. There were statistically significant differences in the trends of exclusive breastfeeding as was shown by Z-test and P values <0.0001 .

Conclusion: Breastfeeding training in the Military Maternity Hospital resulted in significant improvement in health care providers' knowledge, skills and attitude toward breastfeeding. This was reflected positively on the exclusive breastfeeding trend.

Recent Publications

1. Rahman A A and Alkhatim H S (2016) Factors Affecting the Sustainability of the Baby Friendly Hospital Initiative in Khartoum State, Sudan. *J Community Med Health Educ*; 6: 4.

Biography

Amani Abdelrahman has her expertise in education and passion in improving the health and wellbeing of women and young children. Her work in community medicine and breastfeeding promotion, protection and support. Being an assistant professor in community medicine and International board certified lactation consultant (IBCLC) qualified her to work for the health of the community as a whole and infants, young children and women in particular.

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