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REDUCING IUI COST AND IMPROVING OUTCOME

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Intrauterine insemination is an affordable and effective first line treatment in patients, who require artificial reproductive techniques. The success rate of IUI worldwide is 15-18%. At Friends IVF, we have tried to improve the percentage of success rate by strictly adhering to the pre-requisites for IUI and careful and intelligent selection of couples. A study was carried out at Friends IVF, that included the patients having Male Infertility mostly. Sperm count in final preparation made for IUI can be increased multifold by certain lab techniques. In few of the samples, the sperms swim up not only in Sperm Wash but also in Normal saline. Using normal saline in such patients can reduce the cost of IUI substantially. In few of the samples, sperms do not swim up, in those cases only Sperm wash or Gradient can be used. Natural Cycle stimulation or Clomiphene Citrate was used in most of the cycles, In few patients pure FSH was given.

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Enhancing Breastfeeding Practices of Newly Mothers through Postnatal Education Programme

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Introduction: The nursing mothers are the most valuable source in the provision of nourishment to the newborns. Breastfeeding practices are so traditional, yet the knowledge, attitude and practices vary among different cultures. Therefore, nurses' role in exploring family values and believes in regards with the practices involved in post natal care emerges. A new mother's apprehension, fear, queries, believes related to the post natal care and overall health is taken care by nurses.

Objective & Methods: Breast-feeding during Post natal period is considered the most profound and ardent experiences of the newly mother. Breast milk contains the right balance of nutrients to help neonate grow into a strong and healthy human and helps protect newborns against some common infections. Aga Khan University Hospital is one of the recognized baby friendly hospitals of the region because of its initiative through breastfeeding education of newly mothers. Through a comprehensive 'postnatal educational programme' mothers are encouraged to breastfeed their newborns during individual and group teaching where their fears and concerns are addressed to help them adjust in the new role. Reflections of newly mothers have been highly encouraging.

Recommendations/Conclusion: This conceptual paper elaborates on the traditional practices and implementation of the postnatal educational program focusing on breastfeeding to newborns. Paper also emphasizes on role of grandmothers in the achievement of programme objectives through their active involvement and support. In addition, the paper highlights the importance of healthcare team members' role and presents recommendations to healthcare settings in increasing the awareness about Newly mothers education on the subject.

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