



A Healthy Start – A Healthy Baby



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Introduction



The World Health Organization recommends that infants start complementary foods at six months of age in addition to breast milk for growth and development.

Nutrition Demonstration on infant diet is organized regularly at SingHealth Polyclinics (SHP) to provide young parents with the knowledge and skills on infant feeding

Aim



1. To evaluate the effectiveness of nutrition demonstration at SHP
2. To determine parents/caregivers' knowledge and skills on infant feeding

Methodology



A set of pre and post questionnaires were administered by parents/caregivers before and after attending the session

The questionnaires:

- ✓ When and how to introduce solids
- ✓ Correct serving size
- ✓ Choosing the right types of food
- ✓ Managing allergy reaction and the precautionary measures

Results



Jan 2016 till Dec 2016

- 🍏 95 Nutrition Demonstration sessions were organized
- 🍏 647 participants in 9 Clinics
- 🍏 More than 50% improvement on knowledge and skills
- 🍏 100% Parents/caregivers concerns infant feeding were addressed
- 🍏 Had increased their confidence and ability on infant feeding
- 🍏 Requested for Mandarin session



Nutrition Demonstration Session by Nurse



Conclusion



Nutrition demonstration had increased the parents & caregivers' knowledge and skills on infant feeding.

It highlighted the significant role of Polyclinic nurse in providing health education.