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**Original article:**

**Management Strategies to prevent Hypernatremic Dehydration in Exclusively Breastfed Neonates**

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**Abstract**

Objective:  A study was undertaken to assess the incidence of hypernatremic dehydration(HD) in exclusively breast fed neonates(EBFN) and to reduce its incidence by implementing an early interventional protocol

Methods: From Jan 2009 to Dec 2010, HD cases were identified. In Dec 2010 a 5 step interventional protocol educating parents and medical staff was established. It included antenatal breast feeding counselling, proper feeding techniques, identifying early signs of underfeeding in babies such as more than 10 % weight loss, less then 6 – 7 times urine and stool frequency from day 5 of birth and then introducing formula feeds for these babies and starting galactogogues for mother. Then the numbers of HD cases after this protocol implemented were noted till June 2012.

Results: We had total 14 EBFN admitted for HD, prior to protocol implementation and only two cases since then.

Conclusion: Our study strongly suggests that incidence of HD cases can be significantly reduced by this protocol.

**Key Words** : Neonate, Exclusive breastfeeding, Hypernatremia, Dehydration, Hospital readmissions