

Nursing interventions which help families to establish an adequate breastfeeding

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INTRODUCTION

- Breastfeeding is nourishing a baby with breast milk, either directly from the breast or pumped and given in a bottle¹.
- It is beneficial for both, mother, child and the bond created between the two of them².
- The WHO advises breastfeeding exclusively for the first 6 months, then introducing complementary foods while continuing breastfeeding for at least 2 years³.
- Nursing education and support is essential to establish this process⁴.



AIM

Identify nursing interventions that are helpful for families in order to establish breastfeeding.

METHODOLOGY

Databases



Literature review

PIO Structure research question:

Which nursing interventions help families to establish an adequate breastfeeding?

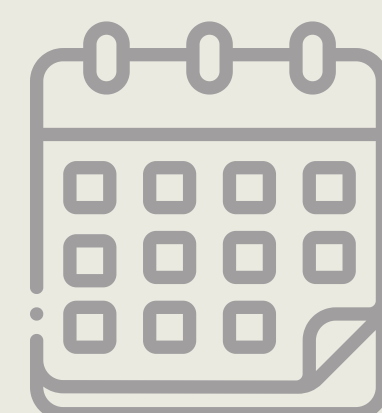
Terms

"Family" [MeSH] AND "Nursing" [MeSH] AND "Support" AND "Breastfeeding" [MeSH]

Limits



English and Spanish



Last 10 years
2013-2023

Flowchart

- 365 articles identified
- 252 after applying limits
- 228 after eliminating duplicates

After reading the title/abstract: 47

Total studies selected: 7

RESULTS

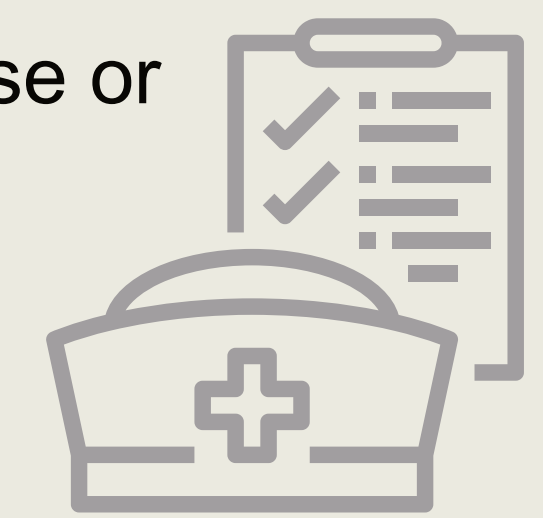
Four nursing interventions were found helpful for families to establish lactation.

Professional counselling

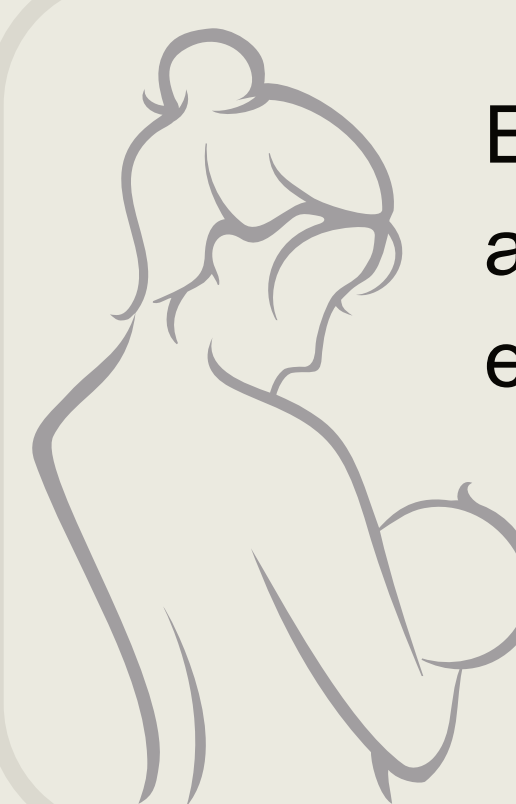
Breastfeeding education, counselling, long-term support and psychosocial support led by a nurse or midwife aimed at mothers and their couples⁵.

↑ Early initiation of breastfeeding

↓ Early cessation of lactation⁶



Self-efficacy support



Explore mother's thoughts and feelings and skill-acquirement by roleplaying⁷. Father's words of encouragement⁸.

↑ Exclusive breastfeeding in the first 6 weeks postpartum

↑ Breastfeeding duration^{7,8}

Peer support

Peer supporters (mothers with a similar experience) provide emotional, informational and esteem support⁷.

↑ Maternal confidence and mother-supporter bonding

↑ Breastfeeding duration and exclusivity⁷



24h nurse-midwife hotline



Unlimited access to help and support when mothers need it⁹.

↑ Woman's breastfeeding experience

↑ Long-term maintenance of lactation⁷

CONCLUSION

- The majority of women find breastfeeding difficult at some point. Education and support provided by professionals and women who have had a similar experience are essential.
- Not only is education important, but also nurses' capacity of encouraging mothers' confidence and mental health support.
- Highlighting mothers' participation as well as couples' or other relatives inclusion in the process is key.
- Implications:** involving partners and grandparents, comprehensive training for nurses and midwives and the implementation of supportive hospital policies and measurement scales to ensure effective care delivery.



REFERENCES

