

# Community Health Nurses and Breastfeeding Promotion

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# THE STUDIED SAMPLE WAS :

- \* Female
- \* Graduated
- \* 41,5 years
- \* 0 - 40 years
- \* Had children
- \* 8 months
- \* Not considering the partners opinion to the decision of breastfeeding



## \* Regarding the male nursing professionals:

- Only one had children
- The baby had been breastfed for 5 months
- Had influence in the decision to breastfeed.



# *RESULTS*





- \* Every nurse considered breastfeeding a knowledge area in which they needed to be updated.
- \* A great number participated in education actions about this subject, in average about 1 year ago,  
→ but  
only half of nurses referred the health centre as an educational entity.
- \* Most of the nurses denied the existence of any rule in the Health Centre about the teachings to be made on breastfeeding.

\* Most of the nurses didn't know the recommendations of the WHO to the promotion of breastfeeding



→ Only four knew that the WHO recommended steps to the breastfeeding promotion are ten.

\* Only four nurse believe that exclusive breastfeeding to be when the baby has no other liquid or solid from any other source, except minerals and vitamins

→ However most of the nurses thought that the exclusively breastfed baby doesn't need water supplements.

- \* **The duration of the exclusive breastfeeding** advised by the nurses ranged between 0 and 48 months
  - However a great number mention that they advise mothers to exclusive breastfeed during the first 6 months.
  
- \* **The advised time to breastfeed** ranged from 6 months to an indeterminate time.
  
- \* **Practically every nurse said that they advise a breastfeeding mother who needs to leave to “express breast milk to feed the baby later”**
  - However referred advising the mother to use through bottles with teats.



\* A great number of nurses has Maternal Health visits and referred:

- mentioning the issue of breastfeeding in the visits of each pregnancy trimester
- encouraging the pregnant woman to breastfeed
- encouraging the participation of the father in the woman's decision to breastfeed.



\* Practically every nurse trains the preparation of the nipples to breastfeeding

- The most referred to teachings were:
  - use of breast pumps and syringe (35,3%);
  - use of breast moulds (17,6%);
  - Hoffman technique (17,6%);
  - colostrums extraction (5,9%).

\* Every nurse referred mentioning the issue of breastfeeding during the Child Health visits.

→ The most referred issues were:  
the period between feedings,  
duration of feedings,  
breast care,  
prevention of breast fissures and breast engorgement.

The less referred issue was:

→ the expression and conservation of breast milk.



\* In case of flat and fissured nipples, mostly of the nurses encourages the use of silicone nipples.



\* A great number of nurses associate the fissures to the length of the feeding and less than half having in mind the correct position of the baby to the breast.

\* More than half of nurse teaches the mother the scissors hold.

\* A quarter of nurse thought that only the nipple should be put into the baby's mouth.

\* Half of nurses considered that the breast should be washed before and after each feeding.

- \* Only a short number of nurses :
  - discouraged the use of pacifiers in breastfed children.
  - encourages the mothers to breastfeed the baby on demand night and day.
  - teaches the mothers to nurse as long as the baby wants.
  
- \* More than half taught the mothers to breastfeed always from the two breasts, interrupting the baby nursing on the first breast in order to switch to the other breast.
  
- \* Most of the nurses referred teaching the mothers to protect the nipples and the areola, by expressing a few drops of milk onto the nipples after feeding and let air dry.



\* When a mother has breast engorgement, a great number of nurses teach the mothers to do manual expression of milk and to use heat before the feeding and ice after.

\* Facing a mother that seems to have not enough milk:

32,5% mentions that they weight the baby before and after the feeding,

32,5% advises the increase of the feeding frequency

20,0% counsels the introduction of artificial supplement.

\* A great number of nurses include information on breastfeeding mother's legal protection in the advice given to the pregnant women/puerpera.



\* Only a short number of nurses mentions:



- distributing written information on breastfeeding as a complement to oral information.
- making community education sessions about breastfeeding.
- \* Only one nurse finds it appropriate to initiate the approaching of this issue starting from childhood.
- \* Most of the nurses mention not discussing the subject of breastfeeding in their home visits.
- \* Practically every nurse mentions not being aware of any breastfeeding support group in the community they work in and although half finds important the existence of these groups, most state having never encouraged its creation.

# ***SUGGESTIONS***

