ID: 243

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Title: Effect of combination of approaches to group discussion and learning skills on developing the ability of nursing mothers in the use of proper breastfeeding techniques

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Abstract: Improving mothers and babies’ health and creating a sense of calm in mother and child is the primary goal breastfeeding. insufficient consideration of exclusive breast feeding up to six months, the lack of adequate continuity of breastfeeding up to two years old, the way of proper care of breast by Lactating women, have been of incomplete circles in the chain of start and continuance of breastfeeding in lactating women in the city of Yasuj and the condition of applying the right breastfeeding techniques by them was extremely weak. The common methods to train the pregnant and nursing mothers in health centers, had not primarily considered a position to promote the application of proper breastfeeding techniques. Ignoring the current state of women's opinions and views about common and somehow traditional breastfeeding techniques and their readiness to use proper breastfeeding techniques, has been of the other inefficiencies of the popular method for education of the pregnant and nursing mothers.

This study was performed aiming at determining the effect of combination of approaches to group discussion and learning skills on developing the ability of nursing mothers in the use of proper breastfeeding techniques.

Breastfeeding as a full method of feeding children has been recorded in the World Health Organization and UNICEF, on the other hand, the concerns that has been made about lack of promotion of breastfeeding in the world by the relevant agencies, has lead to many efforts by several countries And the World Health Organization in order to solve this problem. Therefore, it is necessary to recognize the cognitive behavioral factors which encourage beginning to breastfeed so that based on these factors an appropriate interventional program should be designed for pregnant women to provide causes of effective breastfeeding for them.

Therefore, this study was conducted for the purpose of educational intervention in promoting proper breastfeeding techniques in pregnant women.

Methodology:

In this Semi-empirical study, the intervention group consisting of 129 pregnant women referred to Shahid Dastgheib health center of Yasuj who were selected randomly, were trained in 12 groups (the average number of each Group to be 10) and each group during four sessions (each session 5 / 1 hour) by the approach of group discussion and learning skills through showing movie. The educational topics included display of the common breast-feeding techniques, their strengths and weaknesses, showing proper breastfeeding techniques with help of movie and the exercises with doll. The control group including 129 subjects at the other health center (Shahid Ashrafi of Yasuj) was randomly selected who achieved Breastfeeding training according to the previous common approach. After the intervention, the data regarding the "body condition" techniques, was observed and filed by the researcher through the breastfeeding observation check list and with help of displaying mother with infant mannequins. After the intervention, the data regarding the "body condition", "reactions or responses", "bond between mother and child" and "sucking" were collected and classified at the parturition time in the hospital and by Midwives and then the data were analyzed through spss software.

Results:

The results showed that after the intervention and at the parturition time 79 subjects were observed from the group of and 129 participants in the program to investigate the correct approach of breastfeeding techniques.

In the control group, the average score for the performance of the "body condition" changed before and after the intervention and demonstrated a statistically significant difference (p <0 / 000).

Comparison of both intervention and control groups in the field of score of the performance of the "body condition" after the intervention, respectively 4.09 and 3.58, "reactions or responses" after the intervention, respectively, 4.53 and 1.05, "bond between mother and child" after the intervention, respectively 2.43 and 0.99 and "sucking" after the intervention, respectively 5.11 and 3.17, shows that among all these, the changes were significant.

Discussion and Conclusion:

Based on this study, women who undergo pregnant effective educational interventions in the field of breastfeeding are more successful in postpartum breastfeeding than women who have not participated in any interventions.

Key words: skills training - breastfeeding techniques - pregnant women - a group discussion

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