



# Analysis of the Effectiveness of Breastfeeding Guidance Applied in Obstetric Care<sup>1</sup>

**Diqiao Wang\***, Lu Ma, Mei Song

Obstetrics Department, Nanchong City Central Hospital, Nanchong, Sichuan, China.

## Abstract

**Objective:** This study aims to analyze the impact of breastfeeding guidance on obstetric nursing interventions. **Methods:** A total of 58 parturients admitted to our hospital from January to June 2022 were equally divided into a study group and a conventional group, each comprising 29 cases. The study group received integrated breastfeeding guidance in addition to routine care. The clinical effects of maternal nursing intervention were then compared between the two groups. **Results:** The lactation time of puerpera in the study group preceded that of the conventional group, and milk secretion was higher in the study group at 3 days post-delivery. The data analysis results ( $P < 0.05$ ) met statistical standards. **Conclusions:** The application of breastfeeding guidance in routine obstetric nursing can advance the onset of milk secretion, increase milk production, aid in maternal recovery, and have the potential for clinical promotion.

## Keywords

Breastfeeding guidance, obstetric care, intervention effect

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The World Health Organization (WHO) identifies breast milk as the optimal nourishment for newborns [1]. Typically, milk secretion begins between the 2nd and 5th day postpartum, known as colostrum, rich in trace elements, proteins, fat-soluble vitamins, minerals, lactoferrin, antibodies (sIgA), and oligosaccharides [2]. Prompt breastfeeding initiation within the first hour after birth is recommended [2]. WHO suggests sustaining breastfeeding for at least 6 months post-birth, with a potential extension of up to 2 years or more, considering nutritional supplements and food safety [3]. Regardless of the feeding method, early breastfeeding is crucial, as newborns not breastfed within the first-hour face increased infection risks and higher neonatal mortality rates [4]. Proper breastfeeding positioning ensures correct latch-on, reducing maternal nipple injury and postpartum complications, and promoting effective milk transfer, fostering vital breastfeeding continuation and mother-infant bonding [5]. Current obstetric care lacks comprehensive detail and employs a singular approach. Therefore, advocating breastfeeding guidance in obstetric clinical care enables mothers to learn specific feeding methods, avoid negative emotions due to breastfeeding difficulties, and enhance maternal self-efficacy, thereby improving breastfeeding success rates.

## 1. Materials and methods

### 1.1 General information

The 58 women who participated in this project were all admitted to our hospital from January to June 2022. Among

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them, 21 women had cesarean sections and 37 women had natural births. They were aged between 24 and 36 years old, with an average age of  $(31.21 \pm 1.23)$  years old, they were divided into the research group and the conventional group by even distribution. The general data of the two groups of mothers were compared. The results ( $P > 0.05$ ) were of clinically comparable significance.

## 1.2 Method

The parturients in the routine group used routine obstetric care, and the patients in the routine group used routine nursing methods every day: (1) Psychological level: Obstetric and gynecological patients generally have varying degrees of pain. During the nursing process, attention should be paid to listening to the patient's needs to keep the patient's mood stable. state, in order to improve their tolerance to pain and help patients divert their attention; (2) Rehabilitation guidance: Eat protein-containing, high-calorie foods, but mainly liquid food, and ensure daily dietary fiber and water supplements to prevent constipation; for obese people, the wound should be irradiated with infrared rays every day to prevent the wound from liquefying. (3) Promote newborn feeding knowledge and precautions to mothers and their families.

The parturient women in the research group were guided by breast milk on the basis of routine care. The detailed process is as follows: (1) Comprehensive health education: Promote breast milk knowledge to the parturient women so that they and their accompanying persons can understand the benefits of breastfeeding. The specific content includes breast milk Theoretical basic knowledge, the effect of feeding on infants and mothers, etc. Provide standardized guidance on maternal breastfeeding movements, scientific techniques for holding newborn babies, advice on nutritional deficiencies, and reasonable sleep arrangements. (2) Newborn care: Inform newborn babies of nutritional supplements, provide cleaning, umbilical cord care, systemic care, disease reminders, and vaccinations, and distribute relevant books to help mothers improve the quality of feeding. (3) Psychological care: Educate the mother's bad emotions and anxiety during the feeding period, provide care and understanding through language, and listen to the mother's inner thoughts, so as to help the mother regulate her mood and enable her to spend this period easily and rest peacefully. (4) Carry out mother-infant exchanges: explain the benefits of breastfeeding, allow more mothers to engage in mother-infant exchanges, and improve the mastery of feeding knowledge through exchanges, thereby enhancing breastfeeding confidence and improving feeding skills. (5) Massage care: perform preliminary massage relief on the mother's breasts, massage in the same direction or in different directions, massage in the middle and around the bulges, each session can be massaged for 10 minutes, and finally massage the mother's breasts. The uterus is contracted to recover, and the mother is asked to lie on her back. Apply essential oil to the Zhongwan, Xiayuan, and Guanyuan points of the lower abdomen and then gently press the positions within 10 minutes. (6) Comprehensive care: The normal care method for postpartum women after a vaginal delivery is to allow the baby to breastfeed for the first time within thirty minutes. For women who have had a cesarean section, they should be sent to the ward first, and the baby can be fed after the woman has rested for thirty minutes. Based on the above two situations, we will elaborate on the feeding care methods: First, give a brief introduction to the knowledge of breastfeeding before delivery, so that they can know the benefits and functions of breastfeeding, and understand the nutritional supply of breast milk, which can not only improve immunity It can also improve disease resistance so that the mother can have a preliminary understanding of breastfeeding. During this period, if the mother has any questions, she should be patiently explained so that the mother can have a general framework for the feeding process. In addition, breastfeeding can not only reduce the incidence of breast cancer but also make mothers healthier. Second, in postpartum care, when a mother successfully gives birth to a baby, she needs to perform moist heat compress massage on the mother's breasts regularly, three times a day, so that the mother can adapt to the changes in body hormones as soon as possible and avoid different degrees of breast pain. Secondly, observe the mother's breastfeeding status. If the pain intensifies, timely communication should be provided, and the mother's resistance should be eliminated promptly so that she can regain her confidence in breastfeeding as soon as possible. For mothers who have had a cesarean section, the amount of secretion is small and late, so the mother's secretion should be observed regularly and the mother should be encouraged to have close contact with the baby to increase the rate of milk secretion.

## 1.3 Observation indicators

The milk secretion time of all parturients was recorded, and the amount of milk secretion 3 days after delivery was counted for comparative study. Various quality-of-life indicators such as maternal physical health, self-efficacy, emotional state, and social relationships were observed and compared.

## 1.4 Statistical methods

All the information obtained in this experimental study was organized and analyzed using SPSS24.0 software. ( $\bar{x} \pm s$ ) (%) represents measurement data and counting data respectively. The t-test and  $\chi^2$  test were used for data comparison

between groups. If  $P < 0.05$ , the existence of differences was confirmed. Statistical significance.

## 2. Results

### 2.1 Lactation time and lactation duration

The parturients in the study group applied breastfeeding guidance on the basis of routine care. Their lactation time was earlier than that of the parturients in the conventional group, and the amount of milk secreted 3 days after delivery was greater than that of the parturients in the conventional group. Data analysis results ( $P < 0.05$ ).

### 2.2 Quality of life

Various quality-of-life indicators such as maternal physical health, self-efficacy, emotional state, and social relationships in both groups were superior to those in the conventional group, data analysis results ( $P < 0.05$ ).

## 3. Discussion

Breastfeeding has always been recognized by the public and has been advocated by doctors as a feeding method. It has great benefits for newborns. First, during the breastfeeding process, it can provide more nutrients to newborn babies, and the baby's sucking action can also help with taste and vision training, which is also beneficial to the mother's uterine recovery. This is because milk secretion promotes uterine reaction, which is of great significance for postpartum body recovery [6]. We all know that breastfeeding is the best, but during the feeding process, breastfeeding can be hindered due to various reasons, such as postpartum hyposecretion, pain after cesarean section, and nipple rupture. However, if correct nursing method guidance is implemented during this period, better feeding results will be achieved. In this process, the implementation of nursing methods can help mothers solve problems that occur during breastfeeding and can also help mothers to better implement breastfeeding, so they will achieve more in the process of breastfeeding. results [7]. At the same time, while helping mothers deal with problems during breastfeeding, it also allows mothers to deal with difficulties in the feeding process themselves, making the mother's breastfeeding process more accurate and improving the feeding effect.

Breastfeeding guidance can help mothers get out of the dilemma of sucking their newborns. They can decide what breastfeeding position to use based on the actual situation. It not only allows mothers to have an in-depth understanding of the benefits of breastfeeding but also reduces the chance of nipple injury. The most important thing is It can improve feeding efficiency and quality and allow mothers to learn more breastfeeding knowledge [8]. In this project, the mothers in the research group applied breastfeeding guidance, and their mastery of maternal-related knowledge was significantly better than that of the conventional group. The data analysis results ( $P < 0.05$ ) were mainly due to the use of psychological care during the breastfeeding process, which formed a good nurse-patient relationship and improved. The degree of trust that mothers and their families have in nursing staff can improve maternal compliance, further strengthen maternal breastfeeding knowledge, and apply it in daily newborn feeding. Some researchers have suggested that high-quality nursing care requires a good nurse-patient relationship as the foundation. Therefore, it is necessary for nursing staff to have sufficient professional knowledge and a high level of nursing skills. Being a competent listener during the nurse-patient communication process is an essential skill for all nursing staff.

Breast milk contains a variety of nutrients, which can help newborns improve their immunity and provide sufficient nutritional support for the growth of babies within 6 months. At the same time, the taurine, DHA, and other substances in breast milk can promote the brain development of newborns. Compared with various formula milk powders sold on the market, the advantages are more obvious. Therefore, for newborns in modern society, breastfeeding is crucial [9]. Therefore, a variety of effective clinical approaches can be taken to provide guidance for newborn breastfeeding, so that mothers can deeply understand the key value of breastfeeding for the growth of newborns, and at the same time, popularize breastfeeding-related knowledge for all mothers to promote the goal of breastfeeding. accomplish.

## 4. Conclusion

In summary, through the application of breastfeeding guidance, mothers can correctly understand breastfeeding and feed in the correct way, improve their self-care ability, increase the success rate of breastfeeding, and highlight the effectiveness of the breastfeeding guidance path.

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