Exclusive breastfeeding: obstacles presented...



EXCLUSIVE BREASTFEEDING: OBSTACLES PRESENTED BY PRIMIPAROUS WOMEN

ALEITAMENTO MATERNO EXCLUSIVO: EMPECILHOS APRESENTADOS POR PRIMÍPARAS LACTANCIA MATERNA EXCLUSIVA: DIFICULTADES PRESENTADAS POR LAS PRIMÍPARAS

Amanda Marinho da Silva ¹, Maria Carolina Salustino dos Santos², Suélida Rafaela de Melo Silva ³, Fabiana Ângelo Ferreira⁴, Rosideyse de Souza Cabral Freitas⁵, Raquel Emanuele Alcoforado dos Santos ⁶ Mariana Tomé Gouveia 7

ABSTRACT

Objective: to identify the obstacles presented by the primiparous children of the Basic Health Units, regarding the exclusive breastfeeding of the children in the first six months of life. Method: This is a quantitative, field, exploratory and descriptive study, through the application of a semi-structured questionnaire with 30 participants. Microsoft Excel 2010 statistical software resources and techniques package was used for data analysis, frequency and proportion, presented by means of figures. Results: the main hindrances were: the environment, beliefs, the mother's milk said to be weak, the work or occupation of the woman, lack of time, hardened breasts, the wrong handle and the baby shaken. Conclusion: this research becomes relevant due to the exposure of women's difficulties in the exclusive breastfeeding process, even more the one that faces the pregnancy-puerperal course for the first time. It is shown that, with such obstacles, strategic interventions and methods can be developed to assist the woman at the time of breastfeeding. Descriptors: Breastfeeding; Nursing care; Women's Health; Primary Health Care; Nursing; Guidance.

Objetivo: identificar os empecilhos apresentados pelas primíparas das Unidades Básicas de Saúde, em relação à amamentação exclusiva dos filhos nos primeiros 6 meses de vida. Método: trata-se de estudo quantitativo, de campo, exploratório e descritivo, por meio da aplicação de um questionário semiestruturado com 30 participantes. Utilizou-se o pacote de recursos e técnicas estatísticas do programa Microsoft Excel 2010 para a análise dos dados, a frequência e proporção, apresentando-os por meio de figuras. Resultados: apresentaram-se como principais empecilhos: os ambientes, as crenças, o leite materno dito fraco, o trabalho ou a ocupação da mulher, a falta de tempo, as mamas endurecidas, a pega incorreta e o bebê agitado. Conclusão: torna-se relevante esta pesquisa pela exposição das dificuldades da mulher no processo de amamentação exclusiva, ainda mais aquela que enfrenta o percurso gravídico-puerperal pela primeira vez. Mostram-se que, com tais empecilhos abordados, podem-se elaborar intervenções e métodos estratégicos para auxiliar a mulher no momento da amamentação. Descritores: Aleitamento Materno; Cuidados de Enfermagem; Saúde da Mulher; Atenção Primária à Saúde; Enfermagem; Orientação.

RESUMEN

Objetivo: identificar los escollos presentados por las primíparas de las Unidades Básicas de Salud, en relación a la lactancia exclusiva de los hijos en los primeros 6 meses de vida. Método: se trata de un estudio cuantitativo, de campo, exploratorio y descriptivo, por medio de la aplicación de un cuestionario semiestructurado con 30 participantes. Se utilizó el paquete de recursos y técnicas estadísticas del programa Microsoft Excel 2010 para el análisis de los datos, la frecuencia y proporción, presentándolos por medio de figuras. Resultados: se presentaron como principales escollos: los ambientes, las creencias, la leche materna dicho débil, el trabajo o la ocupación de la mujer, la falta de tiempo, las mamas endurecidas, el agarre incorrecto y el bebé agitado. Conclusión: se hace relevante esta investigación por la exposición de las dificultades de la mujer en el proceso de lactancia exclusiva, aún más aquella que enfrenta el recorrido gravídico-puerperal por primera vez. Se muestra que, con tales escollos abordados, se pueden elaborar intervenciones y métodos estratégicos para auxiliar a la mujer en el momento de la lactancia. Descriptores: Lactancia Materna; Atención de Enfermería; Salud de la Mujer; Atención Primaria de Salud; Enfermería; Orientación.

1,2,3,4,5,6,7 Nurse. University Center of João Pessoa / UNIPÊ. João Pessoa (PB), Brazil. E-mail: mandamarinho012@hotmail.com ORCID iD: https://orcid.org/0000-0003-2248-9970; E-mail: suelida 97@hotmail.com ORCID iD: https://orcid.org/0000-0002-36376937; E-mail: mariacarolina302@hotmail.com ORCID iD: https://orcid.org/0000-0002-9288-2017; E-mail: fabiana.ferreira@unipe.br ORCID iD: https://orcid.org/0000-0001-5246-4403; E-mail: deyse_cabral919@hotmail.com ORCID iD: https://orcid.org/0000-0001-5266-0009; E-mail: raquel.alcoforado1@gmail.com ORCID iD: https://orcid.org/0000-0003-4487-1716; E-mail: mariana.tg@hotmail.com ORCID iD: https://orcid.org/0000-0003-3347-07278 https://orcid.org/0000-0003-3317-072X

INTRODUCTION

It is composed of the mother's milk of various substances represented by proteins, fats and carbohydrates, being an essential food essential for the development of the baby. It is known that the Exclusive Breastfeeding - EBF is more than nurturing the child, it is a process that involves the interaction between mother and child with repercussions on the nutritional and emotional state of the child.¹

This milk is synthesized by several elements, arousing immunity against allergic diseases, malnutrition, obesity, cancer, cardiovascular, digestive and urinary diseases, among others. Cognitive development, a better cardiorespiratory pattern, and ancestry in relation to immunization are promoted and, at the same time, the link between the binomial.¹

It is stated by the World Health Organization (WHO) and the Ministry of Health (MH) that children up to six months of age should be exclusively breastfed, with no other liquids or solids, and that after six months, breast-feeding is supplemented with other foods in a timely and healthy manner until two years of age.¹

The use of other liquids such as teas, water and juice is often practiced before the age of six months, which can reduce the consumption of breast milk and, as a consequence, the lower extraction of breast milk, thus contributing to the early weaning.²

The advantages of exclusive breastfeeding, which is widely recognized in the short and long term, are widely known, and there is a worldwide consensus that its exclusive practice is the best way to feed children up to six months of age.³

Included in the mother's milk are all the nutrients essential for the child's growth and development, in addition to being better digested when compared to milks of other species. It is noted that it is able to meet the nutritional needs of the child and continues to be an important source of nutrients as it is also of low financial cost for parents.⁴

It should be emphasized that breastfeeding counseling has a positive impact on the prevalence of breastfeeding, especially among primiparous women. Prenatal follow-up is an excellent opportunity to motivate women to breastfeed.⁴

It is important, then, to dialogue with the women during the prenatal follow-up by addressing the following aspects: the pregnant woman's plans regarding the child's diet;

Exclusive breastfeeding: obstacles presented...

previous experiences; myths; beliefs; fears; concerns; fantasies related to breastfeeding; the importance of breastfeeding; the advantages and disadvantages of the use of non-human milk and the importance of breastfeeding in the puerperium.⁴

However, it is noted, regarding EBF, that many children are pre-weaned because of difficulties encountered by primiparous mothers during the breastfeeding period. It is reported that, although there is much discussion about the subject, there is still a great deal of ignorance about various aspects of EBF and its value.⁵ It is stressed that, in view of the above, the following question arises: what are the reasons for the primiparous to wean their babies early?

This study is justified by the importance of a better understanding of the breastfeeding process and the difficulties that the primiparous mothers present when they first contact their baby, providing a better subsidy to these mothers and contributing with guidance and follow-up to overcome these obstacles.

OBJECTIVE

• To identify the obstacles presented by the primiparous of the Basic Health Units regarding the exclusive breastfeeding of the children in the first six months of life.

METHOD

It is a quantitative, field, exploratory and descriptive study that was used to collect data, a semi-structured questionnaire.

The research was carried out in the premises of a Basic Health Unit (BHU) of the municipality of Itambé, in the State of Pernambuco, in a reserved place, with the presence of only the researchers and the participant, thus ensuring their privacy. For the interview, ten to 15 minutes.

The universe was approached by an average of 100 primiparous patients attending the BHU in the municipality of Itambé. These data were provided by the Epidemiology sector of the Health Department of said municipality. The sample consisted of 30 primiparous women selected by the convenience method.

It is reported that primiparous women, with children older than seven months of age, who breastfed after birth and who agreed to participate in the study signed the Free and Informed Consent Term (FICT). The primers who did not respond to the questionnaires comprehensively and those who did not agree

to participate in the survey were excluded from the survey.

After data collection, Microsoft Excel 2010 statistical software package and statistical techniques were used. The data was double-entered and validated to identify possible errors.

Statistical analysis of the data was performed using the Statistical Package for Social Science (SPSS) software, 23.0, using absolute and relative frequencies, standard deviation, Chi-square test or Fisher's exact test. Results were considered as statistically significant at p <0.05.

The project was analyzed to meet the recommendations of the research with human beings, by the Research Ethics Committee

Exclusive breastfeeding: obstacles presented...

(REC) of the University Center of João Pessoa - Unipê. It is noteworthy that the study complied with the recommendations required by resolution 466/2012 of the National Health Council of the Ministry of Health. It was released by the REC through the CAAE: 68131817.8.0000.5176.

RESULTS

It was possible, through the analysis of the data, the construction of five tables and figures presented below.

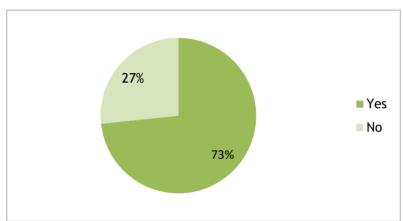


Figure 1. Guidance on exclusive breastfeeding in prenatal care. Itambé (PE), Brazil, 2017.

Figure 1 shows that 73% of the primiparous women had guidance on exclusive

breastfeeding during prenatal care, and 27% reported not having received information.

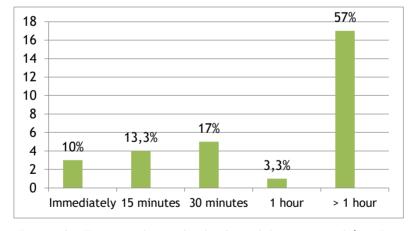


Figure 2. Time to breastfeed after delivery. Itambé (PE), Brazil, 2017.

It is added, according to Figure 2, that 57% breastfed their infants for the first time after one hour of birth.

Exclusive breastfeeding: obstacles presented...

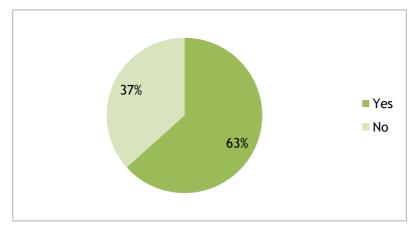


Figure 3. Guidance on childcare consultation on exclusive breastfeeding. Itambé (PE), Brazil, 2017.

Figure 3 shows that 63% of the primiparous mothers had guidance on exclusive breastfeeding in childcare.

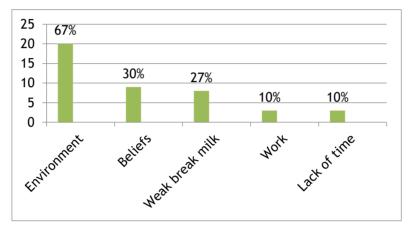


Figure 4. Difficulties to maintain breastfeeding exclusively up to six months. Itambé (PE), Brazil, 2017.

The analysis of figure 4 shows the difficulties in maintaining exclusive breastfeeding up to six months, predominating

the non-favorable environment for breastfeeding.

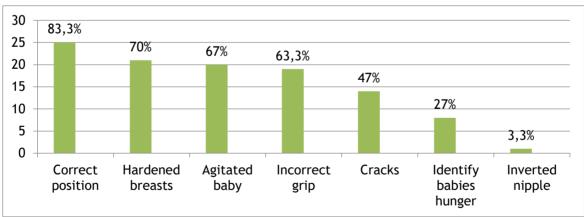


Figure 5. Difficulties presented during breastfeeding. Itambé (PE), Brazil, 2017.

The difficulties presented during breastfeeding are shown in Figure 5, the greatest difficulty being found to place the baby in the breast followed by problems in the breasts, shaken baby and incorrect handle.

DISCUSSION

It is reported that breastfeeding underwent a process of intensification and enhancement during prenatal care. The objective of an integrative review was to carry out a survey of the studies that address the guidance on breastfeeding during prenatal care, showing

that the orientation to breastfeeding has actually been implemented in prenatal and puerperal care.⁶

As regards the prenatal guidelines, in a study, it is verified that most of the women receive prenatal orientations, however, a significant portion refers not to have received them and also did not participate in other activities such as the group of important practice for the success of exclusive breastfeeding.⁷

Although it is a practice recommended by the World Health Organization (WHO),

Exclusive breastfeeding: obstacles presented...

breastfeeding in the first hour of the newborn's life is still infrequent in the population, with great variation among the institutions.⁸

One can interfere with breastfeeding in the first hour of life through hospital practices and the use of modern technology, requiring the mother to lie down for a long period, or for lack of incentive and freedom, separating the mother of the baby. It is reported that such practices may impair immediate contact, thus hampering the initiation of breastfeeding.⁹

Maternal concepts are expressed about the inadequate orientation provided by health accompany professionals who them childcare, and it is necessary to observe the other social and aspects during transmission of the information regarding the EBF in the consultation. It is possible to contribute to the beginning of early weaning by the empathic approach of the health professional in childcare consultations. 10

The lack of dialogue with mothers, little or no guidance, and lack of space for relatives to express doubts about child care are evidenced by the child care consultations carried out by the health teams.¹¹

Among the most common difficulties faced by mothers are the statements that the environment interferes with the moment of breastfeeding and that breastfeeding takes a lot of time, making it difficult to provide homework. It is noted in another point that it is the mothers who believe in myths and beliefs, for example, that breastfeeding causes breasts to fall and that breast milk alone does not support the child.¹²

It is noted that there is still a significant portion of the primiparous women who have some kind of myth or belief about breastfeeding in relation to milk being considered weak and their production is not enough to breastfeed the child.¹³

The incidence of breastfeeding is reduced due to the difficulties presented by the mothers. These include breast fissures that occur with time of ineffective breastfeeding and puerperal mastitis, which is an inflammatory process that leaves the breasts hardened. It is reported that these problems are often caused by other difficulties of the mothers, such as the wrong positioning of the baby during the feeding and the incorrect handle.¹⁴

It is approached, in a study carried out, that the excessively agitated babies can annoy the mother showing itself of difficult handling. It is known that guidance by health

professionals is paramount because the mother will have to adapt with much more patience and availability to the characteristics of her child and find ways to approach minimizing this emotional state of the baby. 15-

CONCLUSION

It is concluded that this study made it possible to highlight the problems presented by the primiparous women in relation to exclusive breastfeeding until the sixth month of life of the infant.

It is noteworthy that, although actions are taken by the Primary Care team (PC) in the prenatal consultations with the primiparous women and in the childcare consultations with the primiparous women, they still do not follow the process of Exclusive Breastfeeding-EBF presenting itself, also, other difficulties that prevent them from continuing with breastfeeding.

Numerous problems were noted so that the primiparae did not succeed in the EBF. Among the difficulties were the environment in which mothers felt embarrassed about exposing themselves to breastfeeding, past beliefs from generation to generation, the idea that breast milk is weak and insufficient to feed the baby, work and , with him, the lack of time for this activity. It should be emphasized that the difficulties presented during the breastfeeding process were related to the position of the baby, incorrect handholding, cracks and hardening of the breasts, and lack of information on the physiology of the baby and the inverted nipple.

It is suggested that it would be valid for the PC team to be more active in the problems encountered during the orientations, seeking together with the mother to solve these obstacles taking into account their financial situation, their degree of clarification and their style of life and thus ensuring the maintenance of the EBF until the sixth month of life of the baby to promote greater quality in the physical and emotional health of the mother/child binomial.

REFERENCES

1. Ministério da Saúde (BR), Secretaria de Atenção à Saúde, Departamento de Atenção Básica. Saúde da criança: nutrição infantil: aleitamento materno e alimentação complementar [Internet]. Brasília: Ministério da Saúde; 2009 [cited 2017 Oct 20]. Available from:

http://bvsms.saude.gov.br/bvs/publicacoes/s

<u>aude crianca nutricao aleitamento alimenta</u> <u>cao.pdf</u>

2. Alves EA. Fatores determinantes do desmame precoce: um estudo de revisão bibliográfico [monography] [Internet]. Belo Horizonte: Universidade Federal de Minas Gerais; 2010 [cited 2018 June 15]. Available from:

https://www.nescon.medicina.ufmg.br/biblioteca/imagem/3727.pdf

- 3. Levy L, Bertolo H. Manual do aleitamento materno [Internet]. Lisboa: Comité Português para a UNICEF; Comissão Nacional Iniciativa Hospitais Amigos dos Bebês; 2012 [cited 2017 Oct 23]. Available from: https://unicef.pt/media/1581/6-manual-do-aleitamento-materno.pdf
- 4. Ministério da Saúde (BR), Secretaria de Atenção à Saúde, Departamento de Atenção Básica. Saúde da crianca: aleitamento materno e alimentação complementar [Internet]. Brasília: Ministério da Saúde; 2013 [cited 2017 Nov 22]. Available from: http://bvsms.saude.gov.br/bvs/publicacoes/s aude_crianca_aleitamento_materno_cab23.pd f
- 5. Stalberg A, Sandberg A, Söderbäck M. Child-centred Care-Health Professionals' Perceptions of What Aspects are Meaningful When Using Interactive Technology as a Facilitator in Healthcare Situations. J Pediatr Nurs. 2018 July; 596(18)30168-4. Doi: 10.1016/j.pedn.2018.07.006
- 6. Demitto MO, Silva TC, Páschoa ARZ, Mathias TAF, Bercini LO. Directions on breast feeding in prenatal care: an integrative review Rev RENE [Internet]. 2010 [cited 2017 nov 20]; 11 (Spe):223-9. Available from: http://repositorio.ufc.br/bitstream/riufc/12636/1/2010_art_modemitto.pdf
- 7. Barbieri MC, Bercini LO, Brondani KJM, Ferrari RAP, Tacla MTGM, Sant'anna FL. Breastfeeding: guidance received in prenatal care, delivery and postpartum care. Semina ciênc biol saúde. 2015 Aug; 36 (1): 17-24. Doi: 10.5433/1679-0367.2014v35n2p17
- 8. Boccolini CS, Carvalho ML, Oliveira MIC, Vasconcellos AGG. Factors associated with breastfeeding in the first hour of life. Rev Saúde Pública. 2010 Feb; 45 (1): 69-78. Doi: http://dx.doi.org/10.1590/S0034-89102010005000051
- 9. Chaiben MO. Contato pele a pele e amamentação na primeira hora de vida e um hospital amigo da criança do sul do Brasil [monography] [Internet]. Porto Alegre: Universidade Federal do Rio Grande do Sul; 2012 [cited 2017 Oct 23]. Available from:

Exclusive breastfeeding: obstacles presented...

http://www.lume.ufrgs.br/handle/10183/697

- 10. Giuliani NR, Oliveira J, Santos BZ, Bosco VL. Early weaning: motives for this practice of mothers attending an infant welfare service in Florianopolis/SC, Brazil. Pesq Bras Odontoped Clin Integr. 2012 Jan/Mar;12(1):53-8. Doi: 10.4034/PBOCI.2012.121.08
- 11. Malaquias TSM, Baldissera VAD, Higarashi IH. Percepção da equipe de saúde de familiares sobre a consulta de puericultura. Cogitare Enferm. 2015 Apr/June; 20(2):368-75. Doi:

http://dx.doi.org/10.5380/ce.v20i2.40012

- 12. Silva ACR, Coelho LV, Gonzaga MFN, Sallazar R. Difficulties encountered by nursing staff in promoting exclusive breastfeeding. Saúde foco [Internet]. 2016 [cited 2017 Oct 23]8:554-66. Available from: http://portal.unisepe.com.br/unifia/wp-content/uploads/sites/10001/2018/06/053_dificuldades_aleitamento_materno.pdf
- Farias VC, Leal LM, Andrade LA, Cavaglieri AG. Conhecimentos, mitos e crencas sobre o aleitamento materno entre primíparas em um hospital geral na cidade de Taubaté-SP. In: XII Encontro latino Americano de Iniciação Científica e VIII Encontro Latino Americano de Pós-Graduação: Anais do XII Encontro latino Americano de Iniciação Científica e VIII Encontro Latino Americano de Pós-Graduação; 2008, Universidade Vale do Paraíba. [Internet]. São José dos Campos: UNIVAP; 2008 [cited 2017 Nov 18]. p. 1-5 **Available** from: http://www.inicepg.univap.br/cd/INIC_2008/ anais/arquivosINIC/INIC1459_01_A.pdf
- 14. Bueno KCVNAA. Importância do aleitamento materno exclusivo nos primeiros seis meses de idade para a promoção da saúde da mãe e do bebê [monography] [Internet]. Belo Horizonte: Universidade Federal de Minas Gerais, 2013 [cited 2017 Nov 18]. Available from:

https://www.nescon.medicina.ufmg.br/biblio teca/imagem/4276.pdf

15. Feliciano DS, Souza ASL. Beyond the breast: a parent-infant psychoanalytical therapy motivated by breast-feeding difficulties. J psicanal [Internet]. 2011 Dec [cited 2017 Oct 22];44 (81):145-61. Available from:

http://pepsic.bvsalud.org/pdf/jp/v44n81/v44 n81a12.pdf

16. Nygard C, Clancy A. Unsung heroes, flying blin- a metasynthesis of parents' experiences of caring for children with special health-care needs at home. J Clin Nurs. 27(15-16):3179-96. Doi: 10.1111/jocn.14512

Exclusive breastfeeding: obstacles presented...

ISSN: 1981-8963

Silva AM da, Santos MCS dos, Silva SRM et al.

Submission: 2018/05/16 Accepted: 2018/10/13

Publishing: 2018/12/01
Corresponding Address

Fabiana Ângelo Ferreira Condomínio Paraná

Rua Doutor Ephigênio Barbosa da Silva, 1234

Apt. 302

Bairro Jardim Cidade Universitária

CEP: 58052-310 -João Pessoa (PB), Brazil