

**BREASTFEEDING SUPPORT ROOM AT THE UNIVERSITY****SALA DE APOIO À AMAMENTAÇÃO NA UNIVERSIDADE****SALA DE APOYO A LA LACTANCIA EN LA UNIVERSIDAD**

Joyci Larissa Sousa Móta¹, Thâmara Silva Bezerra de Souza², Nathalia Patricia Almeida Santos³, Tayna dos Santos Sales⁴, Natalia dos Santos Souza⁵, Raquel Bezerra dos Santos⁶

ABSTRACT

Objective: to report the experience of nursing students in the breastfeeding support room of a university center. **Method:** this is a descriptive study, an experience report, performed in a nursing room. It is presented through the experience of the extension workers of an extension project. **Results:** it is revealed that, among the activities offered by the project, there is reception in the nursery for four hours per shift. The room is open to all, whether teachers, employees or students, with their infants. **Conclusion:** it was opportune, due to the experience in the project, to add values to the academic training, besides contributing to the visualization of the active role of nurses in this context and the great responsibility that it has. **Descriptors:** Nursing Education; Breastfeeding; Women's and Children's Health Assistance; Primary Health Care; Community Outreach; University.

RESUMO

Objetivo: relatar a experiência de acadêmicas de Enfermagem na sala de apoio à amamentação de um centro universitário. **Método:** trata-se de um estudo descritivo, tipo relato de experiência, realizado numa sala de amamentação. Apresenta-se por meio da vivência das extensionistas de um projeto de extensão. **Resultados:** revela-se que, dentre as atividades ofertadas pelo projeto, existe a recepção na sala de amamentação durante quatro horas por turno. Disponibiliza-se e abre-se a sala para todos, sejam docentes, funcionárias ou discentes, com seus lactentes. **Conclusão:** oportunizou-se, pela vivência no projeto, agregar valores na formação acadêmica, além de contribuir para a visualização do papel ativo do enfermeiro diante desse contexto e da grande responsabilidade que o mesmo possui. **Descritores:** Educação em Enfermagem; Aleitamento Materno; Assistência à Saúde da Mulher e da Criança; Atenção Primária à Saúde; Extensão Comunitária; Universidade.

RESUMEN

Objetivo: relatar la experiencia de académicas de enfermería en la sala de apoyo a la lactancia de un centro universitario. **Método:** se trata de un estudio descriptivo, tipo relato de experiencia, realizado en una sala de lactancia. Se presenta por medio de la vivencia de las extensionistas de un proyecto de extensión. **Resultados:** se revela que, entre las actividades ofrecidas por el proyecto, existe la recepción en la sala de lactancia durante cuatro horas por turno. Se dispone y se abre la sala para todos, sean docentes, funcionarias o discentes, con sus lactantes. **Conclusión:** se ha permitido, por la vivencia en el proyecto, agregar valores en la formación académica, además de contribuir a la visualización del papel activo del enfermero ante ese contexto y de la gran responsabilidad que el mismo posee. **Descriptores:** Educación en Enfermería; Lactancia Materna; Asistencia a la Mujer y el Niño; Atención Primaria a la Salud; Extensión Comunitaria; Universidad.

^{1,2,3,4,5} Nurses, Centro Universitário Tabosa de Almeida / ASCES-UNITA, Caruaru (PE), Brazil. Email: motajoyci@gmail.com Orcid iD: <https://orcid.org/0000-0002-8319-8993>; Email: thambez@gmail.com Orcid iD: <https://orcid.org/0000-0002-9850-8608>; Email: nathaliapatricia.as@gmail.com Orcid iD: <https://orcid.org/0000-0002-0891-3950>; Email: tayna.fan2@gmail.com Orcid iD: <https://orcid.org/0000-0002-9970-3958>; Email: natydosantoss@gmail.com Orcid iD: <https://orcid.org/0000-0003-1859-9739>; ⁶Master, Federal University of Pernambuco / UFPE. Caruaru (PE), Brazil. Email: raquelsantos@asc.es.edu.br Orcid iD: <https://orcid.org/0000-0002-9730-4718>

INTRODUCTION

It is well known that breastfeeding is essential for the care of women's health and for the protection of the child, since it offers nutritional, emotional and immunological benefits. It should be exclusively offered up to six months of age, since it contains all the nutritional support for the growth and development of children, since breast milk is rich in vitamins, proteins, carbohydrates, fats, minerals and water.¹

Breastfeeding can last until two and a half years, except in cases of contraindication, and it is included in the Millennium Goals, and this is one of the national priorities. This strategy is to prevent child morbidity and mortality, as well as to promote the physical and mental health of the infant and the woman who breastfeeds.²

It is important, although the benefits of breastfeeding are much discussed in the literature, that more attention is paid to factors that interfere with the practice of breastfeeding and that support early weaning among university mothers.³ This last one has been very present after the appearance of the discomforts and the difficulties that can appear in the first days of breastfeeding.⁴

On the other hand, the establishment of environments for breastfeeding in universities, as well as in other settings, is presented as a positive alternative to encourage continuity of practice for mothers who belong to this scenario, since the network of social support may influence women against the decision to breastfeed.⁵

In this context, it is encouraged the availability of breastfeeding environments in universities and companies, for example, by nurses, who are more involved in promoting, protecting and supporting the breastfeeding process.

OBJECTIVE

- To report the experience of nursing students in the nursing room of a university center.

METHOD

This is a descriptive, qualitative study, a type of experience report, elaborated through the experience of the Extension Project of the Amiga University of the Child and the Women University, Tabosa de Almeida / Asces-Unita University Center.

The objective of this project is to encourage breastfeeding, healthy eating (pregnant, puerperal and child) and the

connection of the pregnant woman with her child through play activities (natural ultrasound, visualization), psychomotor activities to stimulate the child development and training or updating of professionals working with children in nursery and school. Breastfeeding consultations are also offered in the Asces-Unita breastfeeding support room and campaigns for the collection of glasses for the donation of milk in the Human Milk Bank.

It is reported that the place of living was the nursing room of the aforementioned university center, from September 2015 to June 2016. Extension agents were scheduled in different shifts (morning, afternoon or evening) in order to place them to provide guidance and support to breastfeeding mothers who sought the said room.

The activities were supervised by teachers responsible for the project and through the report book that included the time of entry and exit, visits made, actions and interurrences.

RESULTS

A number of functions are required in the Child and Women's University project, all of them aimed at better conditions for the mother and infant dyad, always aiming to stimulate breastfeeding.

Among the activities offered by the project, the reception in the breastfeeding room is divided into four hours per shift. The room is open and open for all, whether teachers, employees or students with their infants, with the function of welcoming, guiding and assisting mothers who are breastfeeding.

It is thus counted in the breastfeeding room, with all the necessary apparatus for this process, where the mothers can feel at ease for the accomplishment of milking and the own breastfeeding. In the classroom, there is the help of previously trained extension agents, through courses, to provide better assistance and clarification, when necessary. These are scaled in the three shifts, which allows the breastfeeding room to be offered at all times of operation of the institution.

The importance of breastfeeding, the right handgrip, the favorable environment, that is, calm, welcoming and conducive to breastfeeding, the bond established with the mother and the child during the project, were included among the guidelines provided during the project. act, in addition to the importance of family and professional support at this time, which is just as important for both mother and child.

Finally, at the end of each shift, a registration / control book is written where the events of the day, the names of the visitors and the conduct of the events are reported, in order to analyze the need for some improvement in the job offered.

DISCUSSION

It is emphasized that the act of breastfeeding is of great relevance, since it is not only an instinctive practice, it refers to a need, and it is important that there be understanding so that its continuity occurs in a specific and favorable environment.⁶

Emphasis is placed on the need for support from companies and universities to enable mothers to comply with the recommendation of the World Health Organization and the Ministry of Health to exclusively breastfeed for up to six months and may continue breastfeeding for up to two years or more. It is believed that this support is provided through rooms to support breastfeeding or spaces that can contribute to this act.⁷

The excessive workload of academic activities and the scarcity of a suitable environment for the accomplishment of breastfeeding in the university are pointed out as the main difficulties found by university mothers in the breastfeeding process.⁸⁻⁹

Studies show that more than half of working women have as a consequence the interruption of breastfeeding, and this confirms the importance of the existence of strategies to support these women in their place of work, aiming at the continuity of breastfeeding.¹⁰⁻¹¹

It is believed that the provision of flexibility of schedules and the promotion of support strategies, such as maternity leave, have already been achieved, are, in fact, crucial, however, institutional support for the implementation of maternity support rooms is greater influence on the success of this process, providing a greater link between the mother-child binomial.⁸

These crucial factors are considered, since the absence of support, be it family or professional, entails a greater probability of the introduction of industrialized milk and the insertion of complementary feeding, contributing to the early cessation of breastfeeding. The collaboration of institutions is crucial, since reconciling academic life with breastfeeding is a challenge, facilitating this process and contributing to the permanence of breastfeeding by the university mothers.^{8,12}

CONCLUSION

It was concluded that the experience proved to be useful, enriching and valuable, since it enabled the contact, even as university students, with the nursing mothers and their babies, and provided the insertion in several environments, such as the support house for pregnant women, city, breastfeeding support room and educational actions.

The experiences of the researchers, both in the internal environment of the academic institution, in the support room for breastfeeding and in external environments, were very positive, once the importance of health education was evidenced, lectures and incentives to breastfeeding and its continuity, as well as healthy eating, and instructed them on how to achieve effectiveness, through such actions, by practicing.

Practical knowledge that provided an improvement in active listening, sanctioning of doubts and clarification of beliefs and myths referring to the context of the project was obtained as university students. It also contributes to the visualization of the active role of the nurse health professional in the context of this context and the great responsibility it has, generating positive changes in the way of seeing and practicing the profession.

REFERENCES

1. Toma TS, Rea MF. Benefits of breastfeeding for maternal and child health: an essay on the scientific evidence. *Cad Saúde Pública*. 2008; 24 (Supl 2):235-46. Doi: [10.1590/S0102-311X2008001400009](https://doi.org/10.1590/S0102-311X2008001400009)
2. Amaral LJX, Sales SS, Carvalho DPSRP, Cruz GKP, Azevedo IC, Ferreira Júnior MA. Factors that influence the interruption of exclusive breastfeeding in nursing mothers. *Rev Gaúcha Enferm*. 2015; 36 (Spe):127-34. Doi: [10.1590/1983-1447.2015.esp.56676](https://doi.org/10.1590/1983-1447.2015.esp.56676)
3. Queirós PS, Oliveira LRB, Martins CA. Factors that interfere with exclusive breastfeeding: perceptions of nursing mothers. *Rev Esc Salud Pública* [Internet]. 2009 Dec [cited 2018 25 July]; 13(2):6-14. Available from: http://www.saludpublica.fcm.unc.edu.ar/site/s/default/files/RSP09_2_04_art1_6-14.pdf

4. Azevedo DS, Reis ACS, Freitas LV, Costa PB, Pinheiro PNC, Damasceno AKC. Knowledge of primiparous about the benefits of breastfeeding. *Rev RENE* [Internet]. 2010 Apr/June [cited 2018 June 21]; 11(2):53-62. Available from: <http://www.periodicos.ufc.br/rene/article/viewFile/4523/3410>
5. Bueno KCVN. A importância do aleitamento materno exclusivo até os seis meses de idade para a promoção de saúde da mãe e do bebê [Internet] [monography]. Campos Gerais: Universidade Federal de Minas Gerais; 2013 [cited 2018 Sep 02]. Available from: <https://www.nescon.medicina.ufmg.br/biblioteca/imagem/4276.pdf>
6. Fernandes VMB, Santos EKA, Erdmann AL, Pires DEP, Zampieri MFM, Gregório VRP. Establishment of lactation rooms in public and private companies: potentialities and difficulties. *Rev Gaúcha Enferm*. 2016 June; 37 (Spe):1-9. Doi: [10.1590/1983-1447.2016.esp.2016-0046](https://doi.org/10.1590/1983-1447.2016.esp.2016-0046)
7. Ministério da Saúde (BR), Agência Nacional de Vigilância Sanitária. Guia para implantação de salas de apoio à amamentação para a mulher trabalhadora [Internet]. Brasília: Ministério da Saúde; 2015 [cited 2018 Sept 02]. Available from: http://bvsms.saude.gov.br/bvs/publicacoes/guia_implantacao_salas_apoio_amamentacao.pdf
8. Soares LS, Bezerra MAR, Silva DC, Rocha RC, Rocha SS, Romaz RAS. Experience of mothers in agreement between breastfeeding and university studies. *Av Enferm*. 2017 Sept/Dec; 35(3):284-92. Doi: [10.15446/av.enferm.v35n3.61539](https://doi.org/10.15446/av.enferm.v35n3.61539)
9. Albrecht SA, Wang J, Spatz D. A call to action to address barriers to breastfeeding and lactation faced by student-mothers. *Nurs Womens Health*. 2017 Dec;21(6):431-7. Doi: <https://doi.org/10.1016/j.nwh.2017.10.006>
10. Monteiro FR. Situação da amamentação e licença-maternidade no Brasil [Internet] [thesis]. Brasília: Universidade de Brasília; 2017 [cited 2018 Sept 02]. Available from: http://repositorio.unb.br/bitstream/10482/24387/1/2017_FernandaRamosMonteiro.pdf
11. Smith JP, Javanparast S, Craig L. Bringing babies and breasts into workplaces: support for breastfeeding mothers in workplaces and childcare services at the Australian National University. *Breastfeed Rev*. 2017 Mar; 25(1):45-56. PMID: 29211385
12. Nguyen MT, Snow G, Wheeler H, Owens T. Clinical Question: In post-partum first-time mothers, what interventions are successful for helping women sustain exclusive breast

feeding for one month or more? *J Okla State Med Assoc*; 2016 Feb;109(11):521-4. PMID: [29283545](https://pubmed.ncbi.nlm.nih.gov/29283545/)

Submission: 2018/10/23

Accepted: 2019/11/20

Publishing: 2019/04/01

Corresponding Address

Joyci Larissa Sousa Mota
Rua Santa Maria da Boa Vista, 96
Bairro Boa Vista 2
CEP: 55038-180 – Caruaru (PE), Brazil