

27th World Nursing Education Conference

November 12-14, 2018 | Berlin, Germany

The impact of breast disorders and prenatal education on the prevalence of initial breastfeeding difficulties among postpartum women in the district of Vlore

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Breastfeeding is a very important process with tremendous health benefits to both mother and child. Despite the measures adopted, it may be associated with difficulties and disorders that can result from lack of knowledge, poor technical skills, or lack of support and prenatal education. This study aims to assess the impact of breast disorders and prenatal education on the prevalence of initial breastfeeding difficulties among postpartum women in the district of Vlore. It is a cross-sectional study conducted in maternity wards of Regional Hospital in Vlore during the period September-December 2017. The study included 300 mother-baby pairs, selected randomly in the first 18 to 48 hours postpartum. The data collection instrument included the sucking evaluation file, filled out by the direct observation of breastfeeding. The data was analyzed using the statistical program SAS 9.13 version, with $p < 0.05$ statistically significant. 11% of babies did not breastfeed within the first 2 hours and 3% after 2 hours or more. The main factors were inadequate attachment of the baby to the breast (21%), baby was not interested to breasts' contact (18.7%) and breast disorders (31%). Regarding breast problems with predominate inflamed nipples (38.4%). Variables associated with postpartum breast disorders were mothers of the age group 20-25 ($p = 0.045$), supplement provision to the newborn at the hospital ($p = 0.003$) and lack of prenatal education ($p = 0.001$). Insufficient information about breastfeeding techniques identifies the need for pre and postnatal effective education in order to prevent and treat these problems.

Biography

Rezarta Lalo is a Lecturer since 1999 and Member of the Department of Health Care, Faculty of Public Health at University of Vlore "Ismail Qemali", Albania. She has completed her PhD in Nursing Science in 2016. She is the honorable member of many prestigious associations, committees and had published articles in the field of nursing care and midwifery. Her research interest includes Women and Child Health, Public Health, Gynecological and Obstetric Community and Nursing Education.

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