DAI HONG-XIA

School of Health Science, Macao Polytechnic Institute, Macau,China

APPLICATION OF COMPREHENSIVE NURSING INTERVENTION TO IMPROVE SOCIAL SUPPORT LEVEL ON BREASTFEEDING WOMEN IN CHINA

Abstract:

Objectives: To evaluate the effects of application of 'comprehensive nursing intervention' on social support in Chinese breastfeeding women.

Methods: The study was a prospective clinical experimental research. 313 postnatal women were recruited from 3 hospitals in Guangzhou by using cluster sampling method. The control group received general care with verbal education about breastfeeding without handbook, standard breastfeeding instruction and telephone follow-up. The treatment group received 'comprehensive nursing intervention', which composed of a practical handbook on breastfeeding, instruction of breastfeeding skills through face-to-face and one-on-one methods at bed-side within 24 hours postpartum. The participants accepted twice telephone follow-ups related to breastfeeding at 5 and 11 weeks postpartum. They completed 3 questionnaires on infant feeding and Social Support Rating Scale (SSRS) in the hospital, at 6 weeks and 3 months postpartum.. The T test, X2 test and analysis of variance (ANOVA) were used to evaluate the effects of intervention by using SPSS 17.0 software.

Results: At 3 days, 6 weeks and 3 months postpartum, the exclusive breastfeeding rates of the treatment group (31.5%, 52.7%, 59.4%) were higher than the control group respectively (20.9%, 29.7%, 29.1%), p values were 0.006, 0.034, <0.001 and <0.001 respectively; The mean score of total SSRS in the treatment group was 40.58 ± 5.33, which was higher than that of the control group (36.61 ± 6.01) at 6 weeks postpartum, $p<0.001$. The results of two-way ANOVA found significant effect on time, group, and interaction between group and time on SSRS score ($p<0.001$). The percentage of language support of breastfeeding in the treatment group was 86.1%, which was higher than that of the control group (64.9%) at 3 months postpartum, $p<0.001$. The percentage of action support of infant feeding in the treatment group was 75.2%, which was higher than that of the control group (54.7%) at 3 months postpartum, $p<0.001$.

Conclusions: Comprehensive nursing intervention of exclusive breastfeeding improved exclusive breastfeeding rates at 3 days, 6 weeks and 3 months postpartum, improved mother's social support level and this effect could be lasted until 6weeks postpartum.

Keywords:

Exclusive Breastfeeding, Nursing Intervention, Social Support, Chinese, Postpartum Women

JEL Classification: I10