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APPLYING COMPREHENSIVE NURSING INTERVENTION TO IMPROVE MOTHER'S CONFIDENCE AND BREASTFEEDING RATE IN CHINA

Abstract:

Objective: To explore mother's breastfeeding confidence and infant feeding methods after applying comprehensive nursing intervention among postpartum women in China. **Methods:** The study was a prospective clinical experimental research. Using cluster sampling method, the control group (n=331) received general care with verbal education. The treatment group (n=329) received 'comprehensive nursing intervention of exclusive breastfeeding', include a practical handbook on breastfeeding, instruction of breastfeeding skills through face-to-face at bed-side in hospital. They completed questionnaires and Breastfeeding Self-Efficacy Scale (BSES) before discharge. The Chinese version of BSES include 32 items, to evaluate mother's breastfeeding confidence. The score range from 32 to 160, high score represent high breastfeeding confidence. The scale's Cronbach's α was 0.93. Statistical Package for the Social Sciences 17.0 (SPSS 17.0) was used. **Results:** Before discharge, the mean scores of BSES in the treatment group were 122.1 ± 17.02 , which was higher than that of the control group (113.07 ± 18.99), $p < 0.001$. The exclusive breastfeeding rates of the treatment group (31.5%) were higher than the control group respectively (20.9%), p values was 0.034. **Conclusions:** The 'comprehensive nursing intervention' improved mother's breastfeeding confidence and increased exclusive breastfeeding rates in hospital in China. Comprehensive nursing intervention promoted mother's breastfeeding behavior.

Keywords:

Breastfeeding; Confidence; Nursing intervention; Breastfeeding rates; China;

JEL Classification: I00, I10