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Application of comprehensive nursing intervention to improve mother's breastfeeding skill in China

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Statement of the Problem: The exclusive breastfeeding rate was declined in recent year in China. Most of Chinese couples have only one baby, mothers are unfamiliar with breastfeeding skill. Some researchers reported that application of the instrument of latches to evaluate maternal breastfeeding skill. However there are rarely related studies in China. This research used the instrument of latches to evaluate the effects of application of comprehensive nursing intervention on mothers' breastfeeding skill in China.

Methodology & Theoretical Orientation: The study was a prospective clinical experimental research. 313 postnatal women were recruited from three hospitals in Guangzhou by cluster sampling method. The control group received general care with oral education about breastfeeding without handbook and telephone follow-up. The treatment group received comprehensive nursing intervention, which composed of a practical handbook, individual education of breastfeeding skills through face-to-face and one-on-one methods at bed-side within 24 hours postpartum. The participants accepted a telephone follow-up related to breastfeeding at 5 weeks postpartum. They completed two questionnaires on Latches-breastfeeding charting system on the third day and 6 weeks after delivery. The ICC of latches is 0.808, Cronbach's α is 0.826. Latches assess mother's latch, audible swallowing, type of nipple, comfort (breast/nipple), hold (positioning), excretion and satisfaction. Total 12 items are in grade range from 12 to 36. The higher grade means good breastfeeding skills. The SPSS 20.0 software, T test and X2 test were used.

Findings: After 6 weeks postpartum, the exclusive breastfeeding rate of the treatment group (52.7%) was higher than the control group (29.7%), p values were 0.034. The latches mean grade of the treatment group after 6 weeks postpartum (33.01 ± 2.38) were higher than the control group (31.00 ± 3.09), $p < 0.001$.

Conclusion & Significance: Comprehensive nursing intervention of exclusive breastfeeding and individual education improved exclusive breastfeeding rate and mother's breastfeeding skill at 6 weeks of postpartum.

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