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Investigation of the Effect of Breastfeeding Support Given to Newborns on Hospitalizations Due to Hyperbilirubinemia

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Bilirubin levels may increase with other problems in babies who cannot be fed adequately after birth. This study was carried out to determine the effect of breastfeeding support provided to mothers, and the effect of expressing breast milk after breastfeeding and giving the baby with a spoon on hospitalizations due to hyperbilirubinemia. The sample of the study consisted of mothers and their babies who gave birth at Sakarya University Training and Research Hospital between October 2020 and April 2021 and met the inclusion criteria. A total of 78 mother-infant couples (34 intervention, 34 control group) were included in the study. During the study, to the mothers in the intervention group; Breastfeeding support was given on postpartum day 0. After each breastfeeding, the remaining milk in the mother's breast was expressed and given to the newborn with a spoon. The control group was followed in the routine follow-up of the clinic. **Transcutaneous bilirubin levels** were measured at the 24th and 72nd hours postpartum in newborns in both groups. In newborns with a transcutaneous bilirubin value above 12 mg/dL, bilirubin was checked by measuring venous blood. Demographic characteristics of newborns, laboratory data and hospitalization at 72 hours were recorded and compared. The groups were **homogeneously distributed** in terms of demographic characteristics ($p>0.05$). There was no significant difference between the groups in terms of 24-hour transcutaneous bilirubin values of newborns ($p>0.05$). The 72th hour transcutaneous bilirubin level ($9.55\pm2.82\text{mg/dL}$) in the intervention group was found to be significantly lower than the control group ($12.03\pm3.67\text{mg/dL}$) ($t:-3.122$, $p:0.003$). It was determined that the rate of hospitalization at the 72nd hour in the intervention group (2.9% n:1) was significantly lower than the control group (23.5% n:8) ($t:6,275$, $p:0.027$). It has been observed that the breastfeeding support given to the mothers and the feeding of the baby's remaining milk with a spoon after breastfeeding reduces hospitalization due to **Hyperbilirubinemia**.

Biography

Özge Karakaya Suzan continuing her PhD at the age of 28 years from Sakarya University. She continues her studies in the field of Child Health And Diseases Nursing. He has international and national publications, book chapters and projects. article and Medical Journals. Paediatric surgery is one of his field of interest

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