

1. INTERNATIONAL CONGRESS OF "BREASTFEEDING REALITY"

October 1-3, 2019,
The Ankara Hotel
Ankara

ABSTRACT BOOK

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Dr. Başak TEZEL

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Nrs. Melek KILIÇ

**The Congress has been credited with 30 STE.*

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- ASSOCIATION OF NEWBORN NURSING
- ANATOLIA MIDWIFES ASSOCIATION
- ELBEBEKGULBEBEK ASSOCIATION

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Assessment of nutritional practices and breastfeeding education protocols in preterm infants

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Objective: To analyze the efficiency of family education program at neonatal intensive care unit (NICU) to facilitate breastfeeding at post-discharge nutrition in preterm infants.

Methods: This prospective, observational, historically-controlled study was designed to identify preterm infants (gestational age ≤34 weeks) among NICU admissions between 2016 and 2018, arrange face-to-face family interviews and collect data on 'one-year nutrition and breastfeeding experience after-discharge' using a four-page questionnaire. Exclusion criteria were infants older than > 34 weeks, who died at follow-up and parents reluctant to consent for the study. Infant and family demographics, NICU interventions (obtained by retrospective search of electronic medical files) and post-discharge nutritional outcome were analyzed between two groups (group categorization based on the education delivery). Multivariate logistic regression by SPSS-23 was used to determine independent predictors of the breastfeeding outcomes.

Results: 358 families filled in the questionnaire out of 435 NICU admissions. Demographics included gestational age 30.64±2.03 weeks, birth weight 1521.62±365.68 grams. Length of NICU stay was 39.31±24.13 days. Education-delivery group presented lower gestational age and weight (p=0.003, p=0.019). Family demographics demonstrated 56.4% were working mothers with varying periods of 'absence of birth leave'. Two groups demonstrated similar socio-demographic variables including parental education levels, working status, family income. Post-discharge nutrition outcome revealed 51.1% of early additional food supply despite significant BMF rate of 91.1%. Breastfeeding length was inversely correlated with parental age and NICU stay (mother age: r=-0255, father age: r=-0.243, NICU stay: r=-0.247). Education-delivery group (53.1%), exhibited significant desire for 'breast milk only' (58.9% vs. 46.4%, p=0.007) and breastfeeding continuity (8.47±3.87 vs. 6.15±3.75 months, p<0.001). The most significant benefit of the program appeared to be the 'physical contribution of the father' on infant's nutrition (%71.6, p<0.001). The overall success rate claimed by families was 91.6%. Program-delivery increased the odds of extending 'milk-only until six months' by 2.75 times (OR: 2.7562, 95%CI: 1.7936-2.7562). In the multivariable logistic regression model, absence of birth leave and having a sibling were determined as the independent risk factors for breastfeeding implementations over six months (OR:11.705, 95CI: 4.634-29.564, p<0.001 and OR: 1.771, 95CI: 1.217-2.579, p=0.003).

Conclusion: Breastfeeding education programs delivered prior to NICU-discharge increase BMF implementations in preterm infants. Health-care facilities should improvise local protocol-based breastfeeding programs to facilitate post-discharge infant nutrition.

Keywords: Human milk, breastfeeding protocol, baby-friendly initiative, nutrition

Emzirme ve Anne Sütü Gönüllüleri Derneği
TEMAS

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I.ULUSLARARASI "EMZİRME GERÇEĞİ" KONGRESİ
I.INTERNATIONAL CONGRESS OF "BREASTFEEDING REALITY"

Kongre Katılım Belgesi

Sayın... HAKAN ONGUN

30 Eylül-3 Ekim 2019 tarihleri arasında Ankara'da düzenlenen "1. Uluslararası Emzirme Gerçeği Kongresi" ne katılmıştır.

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