

PL4**BREASTFEEDING SELF-EFFICACY IN A SAMPLE OF PUERTO RICAN POSTPARTUM WOMEN**

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Background

Lack of perceived self-efficacy towards breastfeeding is felt to constitute a potential barrier towards the initiation and maintenance of successful breastfeeding.

Objective

The purpose of our study was to identify the level of self-efficacy towards breastfeeding among postpartum Puerto Rican mothers in several hospitals in San Juan, P.R.

Methods

A sample of 100 mothers participated; the sample was selected by availability and the Dennis & Faux self-efficacy scale was used. This scale presents good psychometric properties for the population of Puerto Rican mothers studied (content validity, predictive validity, construct validity). Data was gathered through interviews. Multiple or otherwise high-risk pregnancies were excluded, as well as mothers of infants with congenital defects. The internal consistency of the scale was 0.96. Eligible participants were in-hospital breastfeeding mothers, 18 years or older, Spanish-speaking, and at least 37 weeks gestation at the time of delivery. Descriptive statistics and student's t-test were used for data analysis.

Results

The median age was 27 years, 73% were legally married, 30.9% had annual family income below \$10,000, and 28.7% had family income between \$15,001 and \$30,000. Only 21% of study participants had taken childbirth classes, 37% of the mothers underwent a cesarean delivery, 50% were primiparas, and only 44% were breastfeeding exclusively at the time of the interview. A significant relationship was found between previous breastfeeding experience and self-efficacy ($t=2.45$, $p=0.018$). A significant difference was likewise found between type of breastfeeding and self-efficacy with exclusively breastfeeding mothers obtaining a higher position in the self-efficacy scale ($t=2.96$, $p=0.004$).

Conclusions

Based on these results we conclude that a program directed at building self-efficacy be established for pregnant women since high self-efficacy rating contributes to better rates of initiation and maintenance of exclusive breastfeeding.

PL5**IMPACT OF LOW MILK SUPPLY AND PRIOR BREASTFEEDING PROBLEMS ON BREASTFEEDING SUCCESS IN LATINA MOTHERS**

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Background

Spanish-speaking mothers delivering at UC San Diego have a high rate of breastfeeding initiation but frequently supplement with formula or wean from breast milk completely before six months of age.

Objective

To compare the breastfeeding (BF) plan before delivery with the postpartum BF experience regarding duration, feeding type, problems encountered, reasons for supplementation and weaning in Spanish-speaking, Latina mothers in San Diego, CA.

Design/Method

A convenience sample of 136 women receiving prenatal care from five UCSD Community Clinics staffed by nurse midwives and intending to breastfeed were enrolled at 36 weeks gestation in a telephone survey. Mothers were subsequently interviewed by telephone in the first two postpartum

weeks, at one month, two months, four months and six months after delivery by Spanish-speaking RNs who were experienced in breastfeeding management. Mothers were asked about breastfeeding exclusivity, supplementation, weaning, and problems encountered.

Results

136 mothers were enrolled and followed for up to 6 months postpartum. Fourteen (10.5%) were weaned from breastmilk during the study period. Forty three mothers (32.3%) were lost to follow-up before completion of the study but were breastfeeding at time of last contact. Thirty-three (24.8%) were breastfeeding at study completion at six months postpartum. Forty-five mothers (33.1%) could not be contacted after delivery despite making at least three attempts. Thirty-nine (51%) of the 79 mothers who were BF at last contact were exclusively BF. Thirty-five (41%) of mothers contacted reported BF problems including latch/sore nipples (17), low supply (16), engorgement/too much milk (3), fussy baby (3), return to work (2), baby refused (1). Fifty-three mothers supplemented BF at some time during the study period; 32 (68%) supplemented in the first week after delivery. Mothers with BF problems were more likely to have experienced BF problems with the prior infant (83% vs. 30%), were less likely to exclusively BF (6% vs. 39%), were more likely to supplement (22% vs. 14%) and more like to wean (12% vs. 6%) than mothers without prior BF problems.

Conclusion

Efforts to improve BF duration and exclusivity will need to focus on low milk supply whether real or perceived in the first week after delivery but after discharge from the hospital. Special emphasis should be placed on, but not limited to, mothers with prior BF problems.

PL6**A QUALITATIVE SURVEY ON EFFECTIVE FACTORS ON EXCLUSIVE BREASTFEEDING AND CONTINUING BREASTFEEDING IN URBAN AND RURAL AREAS OF KHORASAN, SEMNAN, KORDESAN, SEMNAN AND GILAN PROVINCES (2000-2001)**

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Background

For the first time, a qualitative survey as a focus group discussion on the effective factors associated with exclusive breastfeeding and continuing breastfeeding has been accomplished in urban and rural areas of four provinces of Iran. This survey was completed with the cooperation of Health Deputies of the related University of Medical Sciences and Health Services.

Objective

The objective was to obtain from three attendant groups; successful and unsuccessful breastfeeding mothers and health workers, the points of view about:

- The type and style of nursing the infants
- Factors influencing mothers' success in exclusive and continuing breastfeeding
- Sick infants or sick mothers
- Working mothers
- Effects of services from physicians, health workers, mass media and breastfeeding advertisements

Design/Method

In this regard, representatives from each of four provinces were trained. In each province, mothers who had one to two year-old children were divided into groups and interviewed according to successful and unsuccessful breastfeeding with subgroups of urban and rural residence. Also, interviews with health workers in two rural (Behvarzes) and urban (officers with bachelors and post-diploma degrees) groups were conducted. There was one interview every day which took 1.5 - 2 hours, and the number of participants was 8 - 10. After every interview, all notes were reviewed and summarized. Finally, 48 preliminary notes, 24 summaries and 12 general reports of the provinces were analyzed and summed up.