



REVISTA PAULISTA DE PEDIATRIA

www.rpped.com.br



REVIEW ARTICLE

Support of breastfeeding by health professionals: integrative review of the literature



Jordana Moreira de Almeida*, Sylvana de Araújo Barros Luz, Fábio da Veiga Ued

Universidade Federal do Triângulo Mineiro (UFTM), Uberaba, MG, Brazil

Received 11 June 2014; accepted 14 October 2014

Available online 27 June 2015

KEYWORDS

Breastfeeding;
Professional role;
Patient care team

Abstract

Objective: To review the literature in order to evaluate how health professionals promote and support breastfeeding.

Data sources: Studies from the following databases were retrieved: Scopus, PubMed, MEDLINE, Lilacs, SciELO, Web of Science and Cumulative Index to Nursing and Allied Health Literature (Cinahl). The descriptors “breastfeeding”, “professional role” and “patient care team” were used in the research. The review was limited to articles in Portuguese, Spanish, and English published between 1997 and 2013.

Data synthesis: The search retrieved 1396 studies, 18 of which were selected for being directly relevant to the main question. The review showed that breastfeeding is a challenge for health professionals, regardless of their specialization, as they have to face a demand that requires skill and sensibility, for which they are not prepared. Health professionals have considered breastfeeding a purely instinctive and biological act. Moreover, it is noticeable that many of them possess theoretical expertise on the subject, but lack the practical skills.

Conclusions: Health professionals need to be better trained to work on promoting breastfeeding, whether by health and medical schools or by healthcare administrators, in order to consolidate multiprofessional teams committed to maternal-infant health.

© 2015 Sociedade de Pediatria de São Paulo. Published by Elsevier Editora Ltda. All rights reserved.

PALAVRAS-CHAVE

Aleitamento materno;
Papel profissional;
Equipe de assistência
ao paciente

Apoio ao aleitamento materno pelos profissionais de saúde: revisão integrativa da literatura

Resumo

Objetivo: Fazer uma revisão da literatura para avaliar a prática de profissionais de saúde na promoção e no apoio à amamentação.

DOI of original article: <http://dx.doi.org/10.1016/j.rpped.2014.10.002>

* Corresponding author.

E-mail: jordana.25ma@hotmail.com (J.M. Almeida).

Fontes de dados: Foram identificados artigos nas bases de dados Scopus, PubMed, MEDLINE, Lilacs, SciELO, Web of Science e Cumulative Index to Nursing and Allied Health Literature (Cinahl). Para a pesquisa usaram-se os descritores "aleitamento materno" (*breast feeding*), "papel profissional" (*professional role*) e "equipe de assistência ao paciente" (*patient care team*). A busca limitou-se aos artigos em português, espanhol e inglês e compreendeu os anos de publicação entre 1997 e 2013.

Síntese dos dados: A pesquisa encontrou 1.396 estudos, dentre os quais foram selecionados 18 que contemplavam a pergunta norteadora. A pesquisa revelou que a amamentação é um desafio para o profissional de saúde, independentemente da área de atuação, uma vez que ele se depara com uma demanda para a qual não foi preparado e que exige sensibilidade e habilidade em seu trato. Os profissionais de saúde têm considerado a amamentação como um ato puramente instintivo e biológico. Além disso, nota-se que muitos têm domínio teórico do assunto, mas ausência do domínio prático.

Conclusões: Os profissionais de saúde precisam ser mais bem capacitados para trabalhar com a promoção do aleitamento materno, seja por meio das instituições de ensino e formação, seja por gestores da saúde, a fim de consolidar equipes multiprofissionais comprometidas com a saúde materno-infantil.

© 2015 Sociedade de Pediatria de São Paulo. Publicado por Elsevier Editora Ltda. Todos os direitos reservados.

Introduction

Regarding children's health, breastfeeding is essential due to its nutritional, emotional, immunological and socio-economic benefits, and contribution to the child's development, in addition to maternal health benefits. Unfortunately, early weaning by Brazilian nursing mothers is an evident reality, but, in order to promote maternal and child health in recent years, there has been an increase in breastfeeding encouragement by health professionals and services as well as by government agencies.¹

In Brazil, it can be observed that although most women start breastfeeding, more than half of the children are no longer receiving exclusive breastfeeding in the first month of life. Despite the increasing trend toward breastfeeding in the country, we are far from meeting the recommendation of the World Health Organization (WHO) on exclusive breastfeeding up to six months of life and continued breastfeeding up to the second year of life or longer.²

Rego³ indicates, as one of the causes of early weaning, the lack of information of the general population and, especially, of the health professionals. The author also affirms that the reason given for the weaning is the health team's recommendation. The percentage of misinformation dissemination is similar to the percentage of mothers who abandon breastfeeding claiming that "milk does not satisfy the baby", which highlights the importance of the training of health professionals to increase the prevalence of breastfeeding.

Considering the experience of baby-friendly hospitals (*Hospitais Amigos da Criança*), there are difficulties in supporting the ten steps to successful breastfeeding, which vary from place to place. However, the results obtained with a multidisciplinary effort demonstrate their importance, not only due to the humanization of maternal and child care, but also due to the increase in exclusive breastfeeding rates

that have been achieved with this program. Therefore, the Department of Breastfeeding of the Brazilian Society of Pediatrics, consisting of renowned experts in the field, supports and encourages the Baby-Friendly Hospital Initiative program in the country as an effective way to encourage and promote breastfeeding.⁴

The actions of breastfeeding encouragement, promotion and support should be part of the set of actions by health professionals during the prenatal, pre-delivery, and delivery periods, as well as during scheduled immunizations, newborn screening test and return to the post-partum consultation. It is essential that the health team have the role of welcoming mothers and babies, being available to listen and clarify doubts and distressing questions, encouraging the exchange of experiences and providing, whenever necessary, a unique assessment of each case.⁵

To obtain accurate and actual information related to the community's health, it is necessary to prioritize the personal, human and interdisciplinary characteristics of training of professionals working in the healthcare field. The appreciation of the professionals through their qualification and knowledge of the profile of each team member becomes essential for an adequate performance, improving services and thus, the user's health.⁶

Teamwork, individual improvement in multiple skills in the interdisciplinary context and cooperation between professionals are essential for the adequate flow of health services. Currently, the teams are becoming more important in service organizations thanks to the efficient organizational structure and use of human skills. A more global and collective view of the work becomes necessary for a better use of the skills of the professionals in relation to maternal and child health.⁷

It is necessary to discuss the necessities regarding breastfeeding assistance and whether such actors are performing these practical actions, in addition to verifying if they are

Download English Version:

<https://daneshyari.com/en/article/4176140>

Download Persian Version:

<https://daneshyari.com/article/4176140>

[Daneshyari.com](https://daneshyari.com)