



شبكة المعلومات الجامعية  
التوثيق الإلكتروني والميكروفيلم

# بسم الله الرحمن الرحيم



**HANAA ALY**



شبكة المعلومات الجامعية  
التوثيق الإلكتروني والميكروفيلم



# شبكة المعلومات الجامعية التوثيق الإلكتروني والميكروفيلم



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# جامعة عين شمس

## التوثيق الإلكتروني والميكروفيلم

### قسم

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علي هذه الأقراص المدمجة قد أعدت دون أية تغييرات



### يجب أن

تحفظ هذه الأقراص المدمجة بعيدا عن الغبار



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# **Barriers for Continuation of Breast Feeding among Primipara Mothers**

**Thesis**

**Submitted for Partial Fulfillment of Master  
Degree In Nursing Community**

**By**

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# **Barriers for Continuation of Breast Feeding among Primipara Mothers**

*Thesis*

**Submitted for Partial Fulfillment of Master Degree in Nursing Community (Community Health Nursing)**

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**2020**

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قالوا

لسببائك لا علم لنا  
إلا ما علمتنا إنك أنت  
العليم العظيم

صدق الله العظيم

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*Hoda Mohammed Ahmed*

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## List of Abbreviations

<i>Abbr.</i>	<i>Full-term</i>
<b>ANC</b>	: Ante Natal Care
<b>ASHA</b>	: American Speech –Language –Hearing Association
<b>B.C</b>	: Before Christ
<b>BF</b>	: Breastfeeding
<b>BMI</b>	: Body Mass Index
<b>C.S</b>	: Cesarean Section
<b>CHNs</b>	: Community Health Nurses
<b>CHW</b>	: Community Health Worker
<b>CPMC</b>	: Celifornia Pacific Medical Center
<b>EBF</b>	: Exclusive Breastfeeding
<b>EIBF</b>	: Early Initiation of Breastfeeding
<b>IBFAN</b>	: International Baby Food Action Network
<b>IgA</b>	: Immunoglobulin A
<b>IgM</b>	: Immunoglobulin M
<b>INC</b>	: Internal Nursing Conference
<b>Iycf)</b>	: Infant and Young Child Feeding
<b>MCH</b>	: Maternal Child Health
<b>MOHP</b>	: Ministry of Health and Population
<b>PH</b>	: Power of Hydrogen
<b>PPD</b>	: Postpartum Depression
<b>SPSS</b>	: Statistical Package for Social Sciences
<b>UK</b>	: United Kingdom
<b>UNICEF</b>	: United Nations International Children's Emergency Fund
<b>US\$</b>	: United States Dollars
<b>WHA</b>	: World Health Assembly
<b>WHO</b>	: World Health Organization

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**Barriers for Continuation of Breast Feeding among Primipara Mothers****Abstract****Hoda Mohammed Ahmed**

B.Sc. Nursing

**Under Supervision of****Prof. Dr. Omaila Mohamed Esmat***Professor of Nursing Community and Dr. Mervat Mohamed Hassan**Lecturer of Nursing Community*

**Background:** Breastfeeding is the best gift a mother can give to her baby; breast milk is rich in nutrients needed for optimal growth and development, and many barriers cause early cessation of breastfeeding. **Design:** a **descriptive** study design was used. **Aim:** to assess the barriers of continued breastfeeding among primipara mothers in Al wasta, Beni Suief, Egypt. **Sampling:** A **convenient sampling technique** was employed to select sample, two hundred primipara mothers were included in the study. **Tools:** for data collection two tools were used, **the first tool:** a structured interviewing questionnaire to assess socio-demographic characteristics of primipara mothers, and their knowledge and practices regarding breastfeeding, the barriers affects on the breastfeeding duration. **Second tool:** Observational checklist for primipara mother's attitude related to breastfeeding techniques. **Results:** The mean ages of the samples were  $21.26 \pm 3.19$  years. And 76.0 of them don't work. 79.5 % of them had satisfactory total knowledge score level. Only 12.0% of primipara mothers initiate breastfeeding within 1 hour. 37.5 % of the samples had unsatisfactory total practices score level. About 57.0 % of the samples reported the effect of family members to give additional food. There was a significant relation between knowledge and practice; the mothers who had high education were reliable to perform optimal breastfeeding practices. There was a significant correlation between type of delivery and breastfeeding practice where a mother with normal delivery without any problems made optimal breastfeeding practices. **Conclusion:** More than half of mothers had satisfactory knowledge regarding breastfeeding. Suboptimal breastfeeding practices reflect failure in counseling strategies during ante-post natal; the barriers are negatively affected on exclusive breastfeeding continuation. There is statistically significant positive correlation between total knowledge and practices. **Recommendation:** increasing awareness to the importance of breastfeeding during visits to maternal and child health center follow up, and family support especially for primipara before and after delivery.

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**Key words:** breastfeeding – primipara mothers – barriers

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## Introduction

**B**reast milk is considered rich in nutrients and antibodies as it contains the sufficient quantities of essential fats, water, sugar, carbohydrates, proteins, and immunological factors needed for infants to thrive and resist infection in the formative first year of life. Breast milk is the best gift a mother can give to her baby. Breastfeeding is recognized globally as a vital public health issue with vast health, social and economic implications. Breastfeeding is the act of milk conveyance from the mother to the infant (Ihodiebube-Splendor *et al.*, 2019).

Optimal breastfeeding consists of early initiation within an hour of birth, exclusive breastfeeding from birth to 6 months of life, breastfeeding up to 2 years of age or beyond and breastfeeding on demand as the child wants day and night. Breast milk provides natural passive immunization that greatly reduces the risk of the infant developing respiratory infection. Developing countries have the potential to reduce child mortality less than five years by 13% (Vass *et al.*, 2019).

Optimal breastfeeding is the best way of nutrition for the infant and the cornerstone for effective growth and development for children; as it provides all needed supplies of energy, nutrients and fluids. Optimal breastfeeding has many