بسم الله الرحمن الرحيم

HANAA ALY

شبكة المعلومات الجامعية

التوثيق الالكتروني والميكروفيلم

HANAA ALY

جامعة عين شمس

التوثيق الإلكتروني والميكروفيلم

قسم

نقسم بالله العظيم أن المادة التي تم توثيقها وتسجيلها
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تحفظ هذه الأقراص المدمجة بعيدا عن الغبار

HANAA ALY

Barriers for Continuation of Breast Feeding among Primipara Mothers

Thesis

Submitted for Partial Fulfillment of Master Degree In Nursing Community

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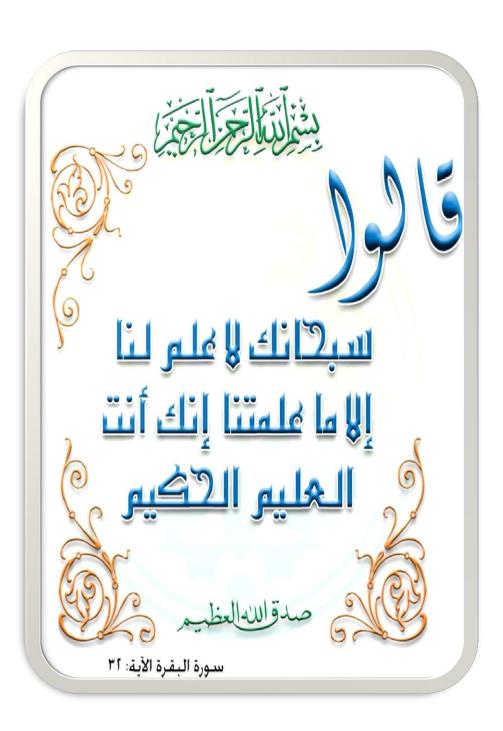
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بسم الله الرحمن الرحيم

قالوا

سبحانك لا علم لنا إلا ما علمتنا إنك أنت العليم الحكيم

صدق الله العظيم

سورة البقرة الآية: ٣٢

Acknowledgments

List of Contents

Page No.	*Subject*

List of Abbreviations

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

List of Tables

List of Tables (Cont.)

List of Figures

List of Figures (Cont.)

Barriers for Continuation of Breast Feeding among Primipara Mothers
Abstract
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Background: Breastfeeding is the beast 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 interviwing 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±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 unsatisfactorytotal 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 stastistically 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.

Key words: breastfeeding – primipara mothers – barriers

Introduction

B: reast milk is considered rich in nutrients and anti-bodies 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 beast 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 **(Ihudiebube-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 want day and night. Breast milk provides natural passive immunization that greatly reduces the risk of the infant developing respiratory infection. Developing countriers 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