



شبكة المعلومات الجامعية
التوثيق الإلكتروني والميكرو فيلم

بسم الله الرحمن الرحيم



HANAA ALY



شبكة المعلومات الجامعية
التوثيق الإلكتروني والميكروفيلم



شبكة المعلومات الجامعية التوثيق الإلكتروني والميكروفيلم



HANAA ALY



شبكة المعلومات الجامعية
التوثيق الإلكتروني والميكروفيلم

جامعة عين شمس

التوثيق الإلكتروني والميكروفيلم

قسم

نقسم بالله العظيم أن المادة التي تم توثيقها وتسجيلها
علي هذه الأقراص المدمجة قد أعدت دون أية تغيرات



يجب أن

تحفظ هذه الأقراص المدمجة بعيدا عن الغبار



HANAA ALY



Myths and Facts of Mothers about Breast Feeding in Egypt: An Assessment Study

Thesis

*Submitted for Partial Fulfilment of the Requirement
of Master Degree in Pediatric Nursing*

By

Marwa Magdy Ibrahim Elkalaf

B.Sc., 2015

Clinical Instructor

Faculty of Nursing

Al -Azher University

**Faculty of Nursing
Ain Shams University
2021**



**Myths and Facts of Mothers about
Breast Feeding in Egypt: An
Assessment Study**

Thesis

*Submitted for Partial Fulfilment of the Requirement
of Master Degree in Pediatric Nursing*

Under Supervision of

Prof. Dr. /Safy Salah Eldin Ibrahim Al-Rafay

*Professor of Pediatric Nursing
Faculty of Nursing
Ain Shams University*

Prof. Dr./ Salma Elsayed Hassan Mohamed

*Professor and Head of Pediatric Nursing Department
Faculty of Nursing
Ain Shams University*

**Faculty of Nursing
Ain Shams University
2021**



Acknowledgement

Thanks to **Allah** the most **Merciful**, most **Knowledgeable** for all his blessings throughout my life.

I wish to express my deepest thanks and sincere appreciation to **Dr. Safy Salah Eldin Ibrahim Al-Rafay**, Professor of Pediatric Nursing, Faculty of Nursing Ain Shams University for her great support and advice, her valuable remarks that gave me the confidence and encouragement to fulfill this work.

I express my special gratitude and appreciation to **Dr. Salma Elsayed Hassan Mohamed**, Professor and Head of Pediatric Nursing Department, Faculty of Nursing Ain Shams University for her great support and advice, her valuable supervision, cooperation and direction that extended throughout this work.

I wish to convey my thanks to all participants who gave their time to and participated in this work.



List of Contents

Title	Page No.
List of Tables	I
List of Figures	III
List of Abbreviations	V
Abstract	VI
Introduction	1
Aim of the study	4
Review of literature	5
Part (I): Overview about breastfeeding	5
Part(II): Common myths and facts about breastfeeding	40
Part (III): Role of nurse to support continuation of breastfeeding breast feeding	52
Subjects and methods	57
Results	66
Discussion	95
Conclusion	109
Recommendations	110
Summary	112
References	129
Appendices	157
Arabic summary	

List of Tables

Table	Title	Page No.
(1)	Distribution of the studied mothers according to their characteristics.	67
(2)	Distribution of the studied mothers according to their families' characteristics.	68
(3)	Distribution of the studied mothers according to their knowledge about colostrum and benefits of breast feeding.	69
(4)	Distribution of the studied mothers according to their knowledge about Myths and Facts of mothers about breastfeeding.	72
(5)	Distribution of the studied mothers according to their knowledge about evacuation and storage of breast milk.	74
(6)	Distribution of the studied mothers according to their reported practices regarding the technique of breast feeding.	77
(7)	Distribution of the studied mothers according to their reported practices regarding methods of storage of breast milk for subsequent use.	80
(8)	Distribution of the studied mothers according to their attitude regarding myths and facts about breast feeding.	82
(9)	Relation between mothers' characteristics and their total knowledge regarding myths and facts about breast feeding.	85
(10)	Relation between families' characteristics and mothers' total knowledge regarding myths and facts about breast feeding.	86

Table	Title	Page No.
(11)	Relation between the studied mothers' characteristics and their total reported practices regarding breast feeding.	87
(12)	Relation between families' characteristics and mothers' total reported practices of breast feeding.	88
(13)	Relation between the studied mothers' characteristics and their total attitude regarding myths and facts about breast feeding.	89
(14)	Relation between families' characteristics and mothers' total attitude regarding myths and facts about breast feeding.	90
(15)	Relation between total knowledge and total reported practices of mothers regarding myths and facts about breast feeding.	91
(16)	Relation between total knowledge and total attitude of mothers regarding myths and facts about breast feeding.	92
(17)	Relation between total attitude and total reported practices of mothers regarding myths and facts about breast feeding.	93
(18)	Correlation between mothers' total knowledge, reported practices and attitude towards myths and facts about breast feeding.	94

List of Figures

Figure No	Title	Page No.
A- Figures of review		
(1)	The breast cross-section scheme of the mammary gland.	6
(2)	Diagram of breast during milk synthesis.	8
(3)	The Cradle Hold position.	18
(4)	The Cross-Cradle Hold position.	19
(5)	The clutch position.	20
(6)	The Side lying hold.	21
(7)	A and B good latch.	23
(8)	The three most common positions for burping the newborn.	24
(9)	A: Cracked nipple B: Normal nipple.	33
(10)	Mastitis of right breast, upper outer quadrant.	34
B- Figures of results		
(1)	Percentage distribution of the studied mothers according to their knowledge about barriers that delay initiation of breast feeding.	70
(2)	Percentage distribution of the studied mothers according to their knowledge about benefits of breast feeding.	71

Figure No	Title	Page No.
(3)	Percentage distribution of the studied mothers according to their source of knowledge about breast feeding.	75
(4)	Percentage of the mothers according to their total knowledge regarding myths and facts of breast feeding.	76
(5)	Percentage distribution of the studied mothers according to their reported practice about adherence to fluid and diet.	79
(6)	Percentage distribution of the studied mothers according to their total reported practice regarding breast feeding.	81
(7)	Percentage distribution of the mothers according to their attitude toward myths and facts about breast feeding.	84

List of Abbreviations

AIDS	Auto Immune Deficiency Syndrome
BF	Breast Feeding
BMI	Body Mass Index
C	Celsius
COVID	Corona Virus Disease
FIFO	first-In-First-Out
GnRH	Gonadotropin-Releasing Hormone
H	Hour
HIV	Human Immunodeficiency Virus
IBT	Ineffective Breastfeeding Technique
ICS	Inter Costal Space
IgG	Immunoglobulin A
IgG	Immunoglobulin G
NAC	Nipple-Areola Complex
NEC	Necrotizing EnterColitis
R	Relation
SD	Standard Deviation
SIDS	Sudden Infant Death Syndrome
SIgA	Secretory Immunoglobulin A
SPSS	Statistical Package for Social Sciences
UNFPA	United Nations Population Fund
UNICEF	United Nations International Children's Emergency Fund
WHO	World Health Organization

Myths and Facts of Mothers about Breast Feeding in Egypt: An Assessment Study

Abstract

Introduction: Mothers are the primary caregivers for their infants who are breastfeeding so that it is important to empower mothers with facts about breast feeding through increasing knowledge, practice, and attitudes that will correct any myths. **Aim:** This study aimed to assess myths and facts of mothers about breast feeding. **Design:** A descriptive design was utilized in carrying out this study. **Subject:** A purposive sample composed of 300 mothers who have children under two years and having breast feeding. **Setting:** At the Breast Feeding Clinic in the Gynecological and Obstetric Hospital affiliated to Ain Shams University Hospitals, Out Patient Clinic – Obstetric Department affiliated to Al Mansoura University Hospitals and breastfeeding clinic in community health center affiliated to Sayed Galal Hospital - Alazher University Hospitals. **Tools:** Three tools were used to collect data: Interviewing Questionnaire to assess myths and facts in the knowledge of mothers about breast feeding. In addition, Observational Checklist to assess the mothers' reported practices related to breast feeding and, Attitude rating scale to assess mothers' attitudes toward myths and facts about breast feeding. **Results:** More than half of mothers had average total knowledge and less than two-thirds had satisfactory reported practice while most of them had a positive attitude toward breast feeding. **Conclusion:** Findings of this study concluded that there were positive correlations between mother's total knowledge, their total reported practice, and their total attitude toward breast feeding facts and myths. **Recommendations:** Continues educational programs and guidelines should be designed and implemented for mothers during the antenatal period about successful breast feeding.

Keywords: Breast feeding, myths, facts, knowledge, reported practice, and attitude.

Introduction

Breast feeding is the most important nutritional source for the survival of infants, protecting them from numerous infectious diseases, particularly breast milk protects against hospitalization for diarrhea, lower respiratory tract infection (*Ballard & Morrow, 2013*).

Breast feeding is not only beneficial for the infant but brings health benefits for the mother. For infants, breast feeding reduces the risk of acute illness such as Ear infections, gastrointestinal morbidity in addition to reducing risk for chronic diseases including some food allergies, atopic dermatitis, asthma in young children, obesity, type 1 diabetes, and type 2 diabetes, Sudden Infant Death Syndrome (SIDS) and necrotizing enter colitis (*Huang, 2016*).

Health benefits for mothers that breast feeding at birth speeds up delivery of the placenta and stimulates the production of milk and reducing the risk of a mother's postpartum hemorrhage (*Sobhy, 2012*).

Common myths among breast feeding mothers include: mother with small breast does not have enough milk for baby, nipples of the mother should be washed

every feeding, breast feeding hurts normally, breast feeding baby needs to be given water occasionally, the mother should stop breast feeding if the mother has an infection or taking any medications, baby cries all the time it means that the breast milk not enough, the baby should feeding on both sides for 20 minutes at a time, mothers should eat bland food during pregnancy months (*Chitnis, 2018*).

Common facts among mothers about breastfeeding include: First milk is one of the best things given to a newborn, if the mother has an infection it would not pass but antibody will pass and protect the baby from infection, breast milk is rich in water and does not have any effect on the new pregnancy, moreover, hormonal changes during pregnancy alter the look and feel of the breast, mothers also have facts that washing the nipple makes the area dry by removing all the natural protective oils, they have a background that sugar or honey may cause infection to newborn, there is a limited number of medications that are contraindicated during breast feeding and milk production in the lactating mother depends on the demand of the milk from the baby, rather than the size of the breast (*Guarav, 2014*).