Positive Role of Counseling about Exclusive, Prolonged Breastfeeding to Delay Pregnancy

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Abstract:

Increase in population awareness of exclusive and prolonged breast-feeding would be of considerable potential public health benefit in Egypt. Lactation amenorrhea method is a reliable form of contraception for up to six months following childbirth. Provided that the mother's periods have not returned and she is exclusively breastfeeding with sufficient feeds and no dummy or bottle use. The aims of this study was to assess knowledge of mothers’ about exclusive and prolonged breast-feeding as a method of delaying pregnancy and, planning, implementing and evaluating a counseling intervention on promoting this method. A Quiz experimental design was used in carrying out this study using pre- posttest. The study was conducted at the Rural Health Unite and at El- Moteaa village which was randomly selected. The sample was 200 mothers attended the study setting for delivery. One hundred mothers were randomly assigned to intervention group and 100 for the control group. All mothers in the two groups reported intention to breast feed their babies. Intention to exclusively breast feeding was reported by 74% of the intervention group compared to 41 of the control group. Over all there was statistical significance improvement in mothers' knowledge at the post intervention regarding method of exclusive and prolonged breast feeding and its effect on delaying pregnancy. Also, pregnancy occurs in 9 women at the intervention group compared to 30 of the control group. The intervention was effective in correcting mothers' knowledge about exclusive and prolonged breast feeding and was significantly effective in delaying pregnancy among the intervention group. It was recommended that educational and counseling session about exclusive breast feeding should be provided by nurses about positive role in delaying pregnancy in the six months postpartum

Keywords:

Lactation amenorrhea, Exclusive breastfeeding; delaying pregnancy, contraception

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