

Developmental Program: Educating Families to Support the Mother in Breastfeeding in the Maternity ward Srinagarind Hospital, Faculty of Medicine, Khon Kaen University.

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Background and objective: This study involved two groups of mothers in the maternity ward. The aim was to develop a program to promote natural breast-feeding practices by involving the father and grandparents.

Methods: Relatives were encouraged to attend the mother's breast-feeding training on Maternity Ward 2B so they could provide support to the mother at home. From April, 2012 to April, 2013, the experimental group had 68 families, and the control group, 59. The control group was comprised of 59 mothers, who delivered in 10 April to 15 May, 2012: they received normal treatment and nursing care. The experimental group had 68 mothers and relatives. They delivered in 1 June to 30 July, 2012. The relatives received PowerPoint training in breast-feeding and were involved in supporting the mother from 8am to midnight every day in hospital. Their attitude, skills and abilities were assessed. The first testing was carried out 1 to 2 weeks after discharge. Fol-

low up phone calls were made at 2, 4 and 6 months after birth.

Results: During the two week period, both groups received evaluation and were followed by a telephone call to the home at stated intervals. The study found that both groups, prior to training, had little knowledge of breast-feeding. Their average scores were 0.22 and 0.13 respectively. After training, their scores were much higher at 8.84 out of 10. The attitude of the experimental group was stronger than that of the control group. The incidence of breast-feeding was higher in the experimental group during the first two weeks, and also at the second, fourth and sixth month evaluation period.

Conclusions: In summary, this study showed that involving the relatives in breast-feeding and giving them support in training has a significant impact on the number of mothers who exclusively breast-feed their babies.

Keywords breastfeeding, providing education to families

Poster