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Women's knowledge about nutrition during lactation

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Introduction: Breastfeeding, which should be continued for the first 6 months after delivery is the optimal and recommended way of infant nutrition, recommended by scientific societies. Women's nutrition during this period is highly important due to its influence on the course of lactation and health. However, production of healthy and complete breastmilk depends on the nutritional status of the woman, and malnutrition can reduce lactation. Knowledge of nutritional recommendations during breastfeeding can influence lactation, and keeping a diet during this period may discourage women from natural breastfeeding.

Aim of the study: The aim of the study was to assess women's knowledge on nutrition rules during lactation.

Methods and materials: 520 women were examined. A self-made questionnaire consisting of 10 questions was used as the method of conducting the survey. The research was conducted in the period January - February 2018, under conditions of complete anonymity. The women answered the questions using an internet version of the questionnaire.

Results: The most numerous group of 191 respondents (36,7%) were women of medium education. Even though most of the individual questions were answered correctly, the group of respondents having very good knowledge of breastfeeding consisted only of 165 women (31,8%). The largest group of women presented an average level of knowledge about nutrition during lactation. A significant fraction of women think that a breastfeeding woman should avoid many products. The majority of study participants restricted or ceased drinking alcohol and smoking while breastfeeding.

Conclusion: Since only one third of women have very good knowledge on breastfeeding, it seems necessary to conduct planned and systematic education of women

Biography

Renata Bakalarz is a specialist in neonatal nursing. She is currently on the third year of PhD studies at the Jagiellonian University Collegium Medicum Faculty of Health Sciences. She works at the neonatal pathology department in the Stefan Żeromski Specialist Hospital in Krakow.

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