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## A study on the effectiveness of aloe fomentation on nipple related complications in the early puerperium period

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**Objective:** The objective of this study is to test the effect of the application of aloe fomentation pack to the nipples as a means for care towards nipple related complications.

**Design:** An intervention study using a randomized controlled design.

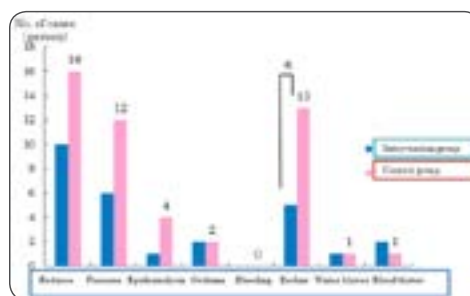
**Setting:** Department of Obstetrics and Gynecology at a general hospital.

**Patients:** The target subjects in this study were 60 women who could breast feed for the first time on the first day of post-delivery. The subjects were more than or equal to 20 years of age who had a single vaginal delivery and who breast fed six times a day excluding two times at night.

**Interventions:** The subjects were classified into a group where in aloe fomentation was applied to the nipple after breast feeding and a group where in nothing was applied on to the nipples. The subjects in the intervention group applied aloe fomentation after breast feeding six times in a day. We observed the nipples three times in a day from the 1<sup>st</sup> day of post-delivery to the fifth day of post-delivery. Main Outcome Measure: Onset of nipple related complications.

**Results:** The most common nipple related complication in this study was redness followed by fissures, eschar, epidermolysis, oedema, water blister, blood blister in that order. In the intervention group for which aloe fomentation was applied, a significant effect was observed towards water blister on the 3<sup>rd</sup> day of post-delivery, blood blister on the 4<sup>th</sup> day of post-delivery, fissures and eschar on the 5<sup>th</sup> day post-delivery.

**Conclusions:** Application of aloe fomentation after breast feeding is a new intervention method which was effective in preventing the onset of nipple related complications.



### Biography

Yumiko Tateoka has completed her Graduation at Kitasato University, School of Nursing in 1990. She has completed her PhD in Nursing at Kitasato University in 2003. She has worked as an Associate Professor at Nagoya University and is working as a Professor at Shiga University of Medical Sciences, Japan.

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