

**MATERNAL PRACTICES TO MAINTAIN BREAST  
MILK FLOW DURING THEIR HIGH RISK  
NEONATES HOSPITALIZATION**

**Thesis**

**By**

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**(B. Sc. Nursing)**

*Submitted in Partial Fulfillment of the Requirement for the  
Master Degree in Nursing Sciences  
(Pediatric Nursing)*

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**APPROVAL SHEET**

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## **ABSTRACT**

This study was undertaken with the aim of identify maternal practices to maintain flow of milk during hospitalization of their high-risk neonates. This study was conducted at Neonatal Intensive Care Unit at Zagazig University Children Hospital (Moubarak Hospital). A total sample of 100 mothers separated from their hospitalized neonates for at least 3 days were selected randomly when they fulfilling the criteria of selection. Tools of data collection included structured interview schedule, which was filled by the researcher. The study results revealed that, almost all mothers mentioned diet, increase fluid intake, milk expression and the majority of mothers mentioned rest as factors affecting milk flow. Most of mothers practiced milk expression and few of them practiced warm compresses and breast massage as methods to maintain breast milk flow. The most common method used was breast pump for milk expression. The majority of mothers mentioned failure of milk secretion, one quarter mentioned fever and few mentioned breast engorgement as complications of unexpressed breast milk. Neither neonates' gender, nor mother' age had an effect on mothers' knowledge or practices, where most of mothers got "Poor" scores. The mothers' knowledge was better than their practices. Most of mothers had "poor" scores in their practices. No one had "Good" score. Based on the findings of this study mothers' classes should be conducted frequently to mothers having hospitalized neonates about the valuable effect of breast milk to their infants, the importance of maintaining milk flow during hospitalization and the proper methods used. Distribution of booklets, manual material about breast-feeding, its problems and how to manage it, in all health setting dealing with .