

Effect of Mother's Self Care Brochure on Promoting Early Initiation of Breast Feeding in Delivery Room

Thesis

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By

Amal Sarhan Eldesokey Genedy
Assistant Lecturer of Maternal and Neonatal Health Nursing

Faculty of Nursing, Fayoum University

Supervised By

Dr. Kamilia Ragab Abo
Shabana

Professor of Maternal
& Neonatal Nursing
Faculty of Nursing
Ain Shams University

Dr. Galal Ahmed ELkholy

Professor of Obstetric
& Gynecology
Faculty of Medicine
Benha University

Dr. Soad Abd Eslam Ramadan

Assistant Professor of Obstetric & Women's health Nursing
Faculty of Nursing
Benha University

Faculty of Nursing

Benha University

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ABSTRACT

Aim of the study is to investigate the effect of mother self care brochure on promoting early initiation of breast feeding during post natal period. **Setting** :the study was conducted at ante natal and labor units at Benha University Hospital **Research design** Quasi experimental study design was used. **Sample**: A purposive sample included 100 pregnant mother. **Tool of data collection**: an interviewing questionnaire sheet, observational checklist, follow up card and satisfaction sheet were used. **Results**: of the present study revealed that There was highly statistical significant difference in relation to all items concerning mother's knowledge pre and post intervention Most of mothers were satisfied about self-care brochure. There was a highly statistical significant improvement of mother's practices in all self-care items during postnatal period. Sixty five percent of mothers were initiated breastfeeding immediately after delivery. There was a highly significant difference between mother's knowledge and level of education in the pre and post intervention . Also this study showed that, highly significant difference between mother's self-care practices regarding initiation of breastfeeding and their residence, correct knowledge pre and post intervention and their satisfaction in the post intervention period. **Conclusions**: utilizing self care brochure is significantly improves mother's knowledge and practices regarding early initiation of breast feeding during postnatal period, the majority of mothers were satisfied with utilization of self care brochure about self care brochure. **Recommendations**: Integrated self care concept into the maternal and newborn health nursing under and post graduate student faculty of nursing Benha university and distributing brochure about self care for early initiation of breast feeding during antenatal care to all pregnant mothers.

Key word: Breast milk, early initiation of breast feeding, satisfaction.