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Promoting Early Skin-to-Skin Contact and Its Effect on Breastfeeding

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Promoting Early Skin-to-Skin Contact and its Effect on Breastfeeding

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EVIDENCE-BASED PRACTICE QUESTION

Question: Does skin-to-skin contact positively influence breastfeeding initiation, exclusivity, and duration versus conventional care?

• Population: Expectant mothers and women planning to become pregnant who are planning to breastfeed
• Intervention: Immediate implementation of skin-to-skin contact between mother and baby directly after birth
• Comparison: Immediate skin-to-skin contact vs. conventional hospital care

RESULTS

Breastfeeding initiation
• Four of the eight studies found SSC to be influential on immediate breastfeeding success (LOE I, II, IV)

Breastfeeding exclusivity
• Five out of the eight studies found that there was a significant increase in exclusive breastfeeding when skin-to-skin contact was implemented (LOE I, II, II, IV)

Duration of breastfeeding
• Evidence of longer duration of breastfeeding related to postbirth skin-to-skin contact was supported in five of the eight articles reviewed (LOE I, II, IV, VI)

METHODS

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<td>Moore et al. (2007)</td>
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REFERENCES


