11-2012

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

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Recommended Citation  
Atkins, Jamie; Frederick, Grace; and Lintemuth, Ellen, "Promoting Early Skin-to-Skin Contact and Its Effect on Breastfeeding" (2012). *Pharmacy and Nursing Student Research and Evidence-Based Medicine Poster Session.* 11.  
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Promoting Early Skin-to-Skin Contact and its Effect on Breastfeeding

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METHODS

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REGISTERED NURSE INTERVIEW

• An RN at Miami Valley Hospital (MVH) was interviewed with the following questions:
  o Are you personally an advocate of skin-to-skin contact?
    • RN stated that she found it very important for bonding and transition into life
  o How do the nurses bring up the subject of skin-to-skin contact?
    • Nurses ask the mothers on admission if they would like to implement skin-to-skin care
  o RN stated that the majority of mothers bring this subject up first
  o Is there a set policy at MVH on skin-to-skin contact?
    • There is not a set protocol on the implementation of skin-to-skin contact
  o MVH is a “Baby Friendly” hospital, so early skin-to-skin contact is highly encouraged.
  o RN stated that the majority (approximately 95%) of mothers were open to implementation of breastfeeding and kangaroo 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, IV)

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

REFERENCES


