



**DIVERSITY OF LACTATION  
PROBLEMS AMONG  
MOTHERS AND LACTATION  
COUNSELING IN POLAND.**

lek. Izabela Lehman

lek. Karolina Karcz

Tutor: dr hab. n. med. Barbara  
Królak- Olejnik prof. nadzw.

Department of Neonatology

Wrocław Medical University

University Hospital in Wrocław,

Borowska Str. 213, 50-556  
Wrocław, Poland

## **BACKGROUND.**

Breastfeeding is the healthiest way of feeding infants recommended by WHO, AAP, UNICEF and ESPGHAN.

## **AIM OF THE STUDY.**

- 1) Showing the diversity of lactation problems among mothers.
- 2) Assessment of the level of lactation care.
- 3) Distinguishing groups of mothers exposed to premature weaning.

## MATERIAL AND METHODS.

**2703 responses were received.**



The study was conducted in **January-June 2019.**



The data was obtained through an online survey posted on various parenting websites.



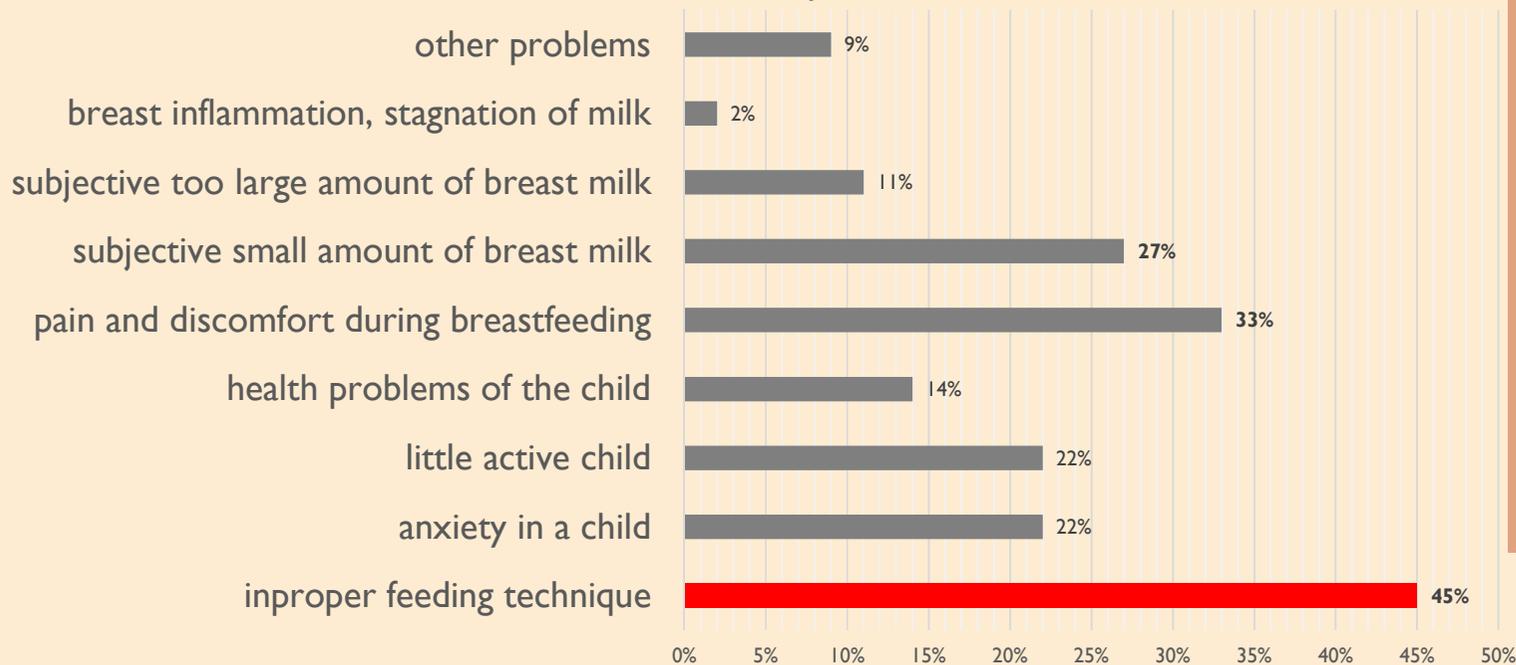
The study involved women who delivered a baby full-term and have ever breastfed a child.



All statistical analysis were performed using Microsoft Excel and STATISTICA 13.3 software. The Mann-Whitney U test's was used to compare continuous data. A p value < 0.05 was considered statistically significant.

## RESULTS- THE MULTIPLICITY OF LACTATION PROBLEMS.

Variety of difficulties with breastfeeding (the possibility of selecting several answers).

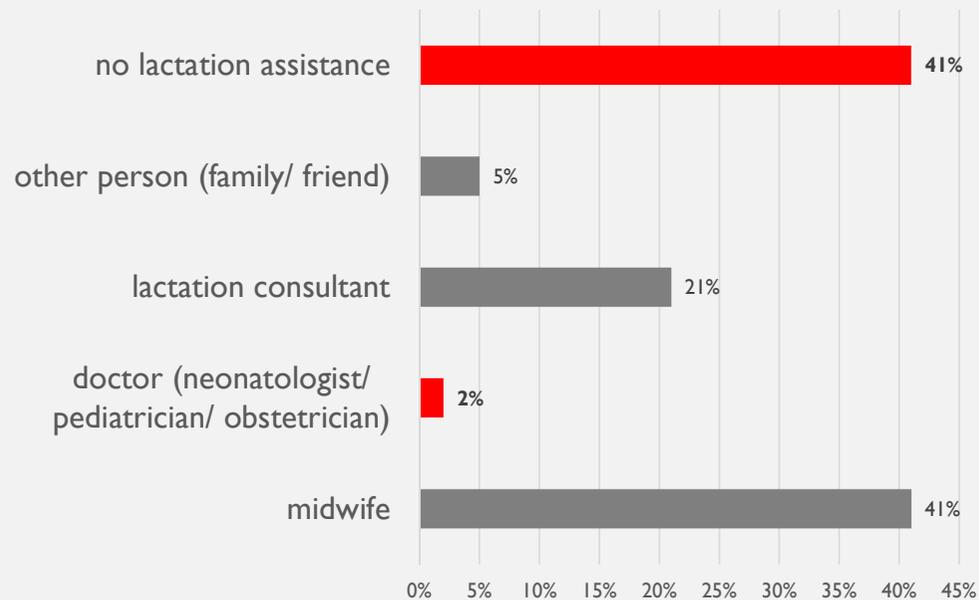


**73.9%** of women have experienced difficulties with breastfeeding during hospitalization.

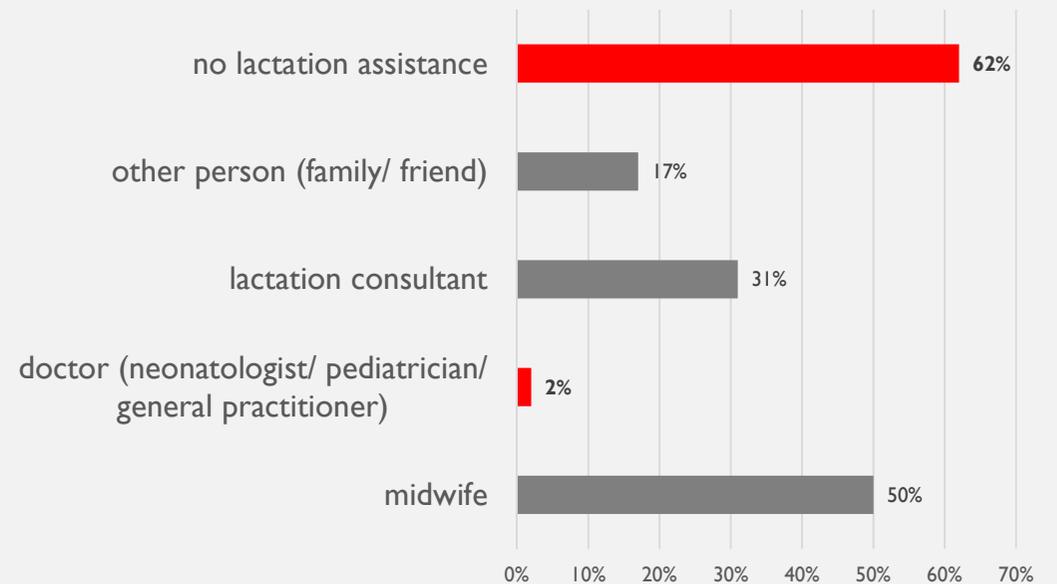
**65.9%** of women have experienced such problems after discharge home.

# RESULTS- LACTATION CARE.

**1. Who ensure a lactation care during hospitalization? (the possibility of selecting several answers)**

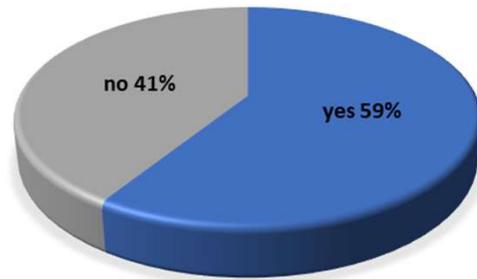


**2. Who ensure a lactation care after discharge from the hospital? (the possibility of selecting several answers)**

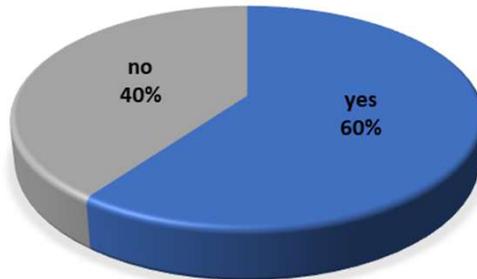


# RESULTS- INTRODUCTION OF FORMULA.

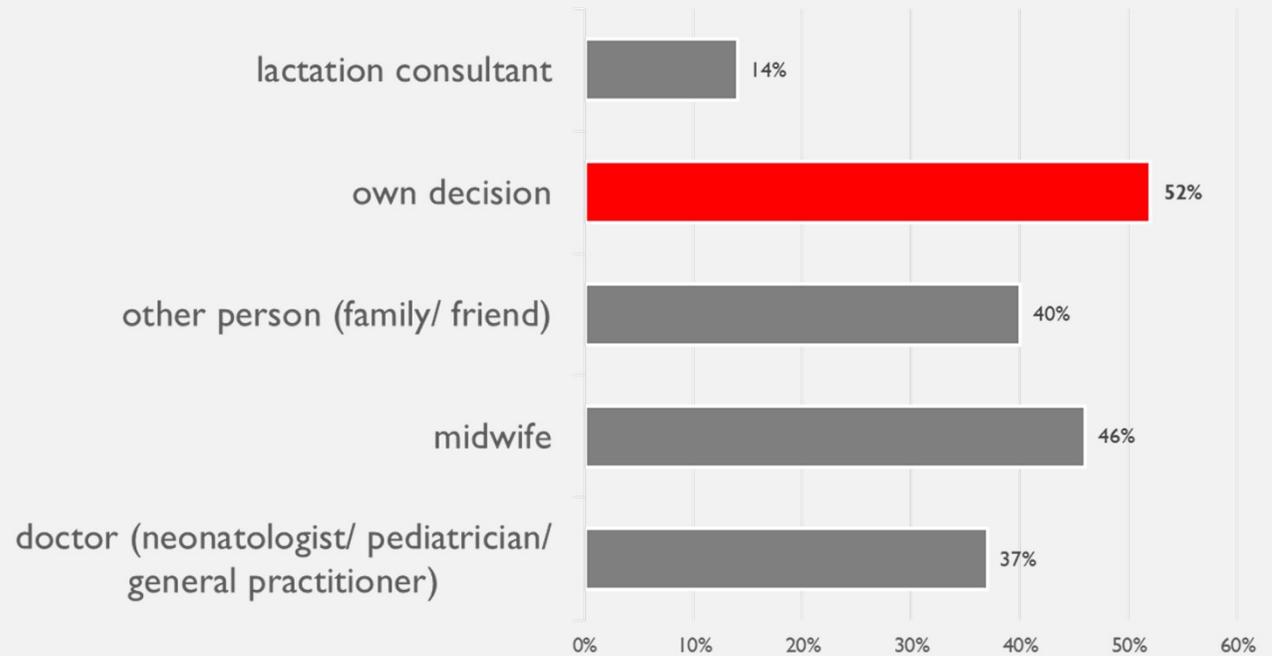
## FEEDING AN INFANT WITH MODIFIED MILK DURING HOSPITALIZATION.



## FEEDING AN INFANT WITH MODIFIED MILK AFTER DISCHARGE FROM THE HOSPITAL.

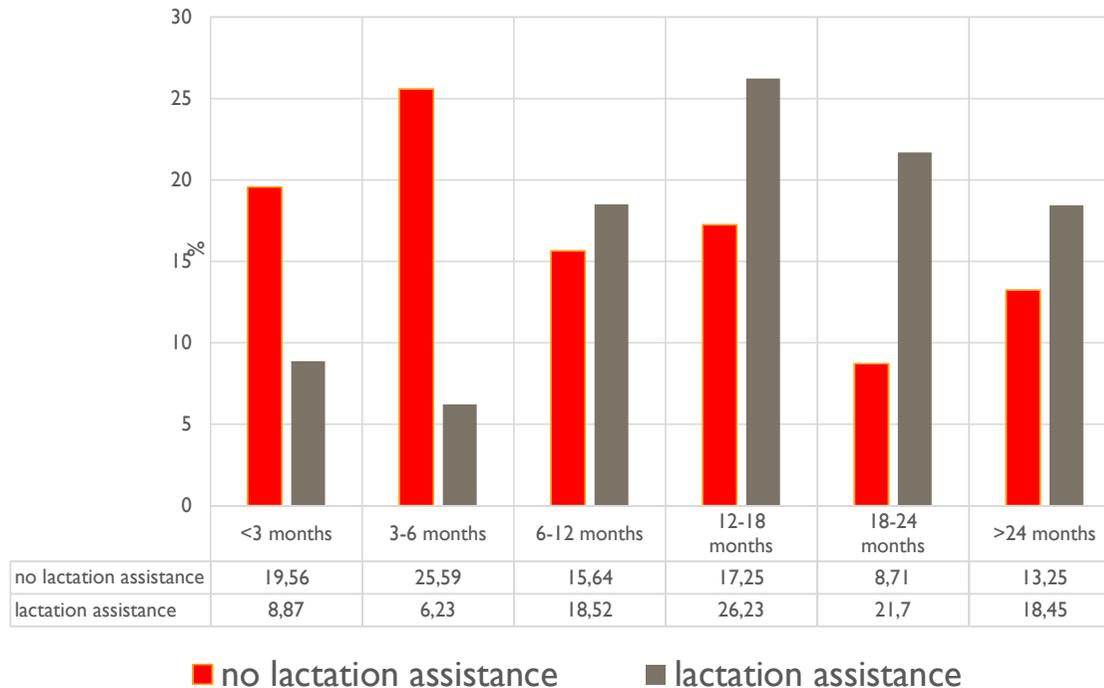


## Who suggested the administration of modified milk? (the possibility of selecting several answers)



**RESULTS- LACTATION CARE AND ITS CORRELATION WITH BOTTLE FEEDING AND TOTAL DURATION OF BREASTFEEDING.**

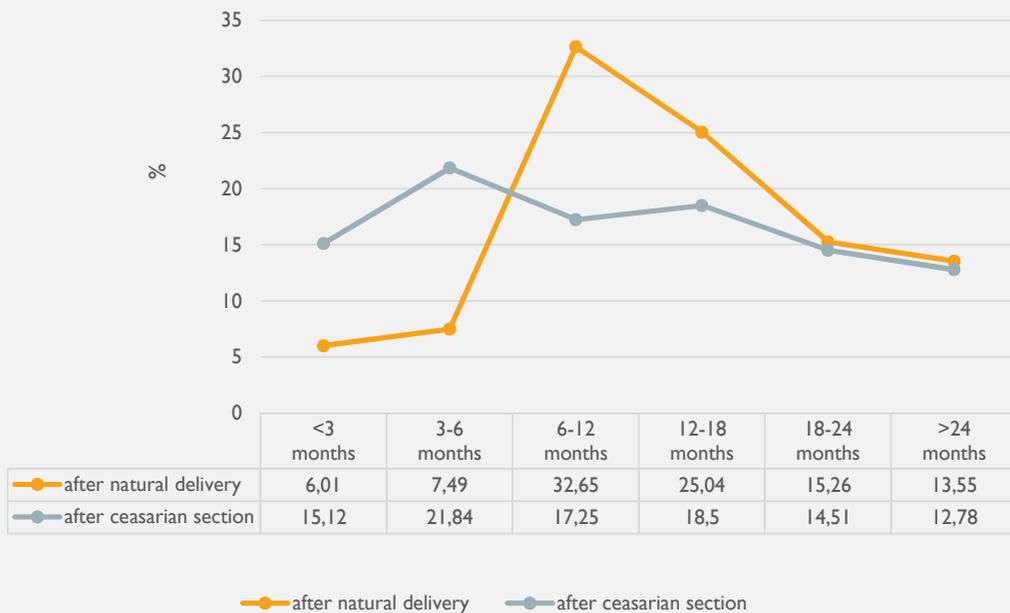
Total duration of breastfeeding depending on receiving lactation care.



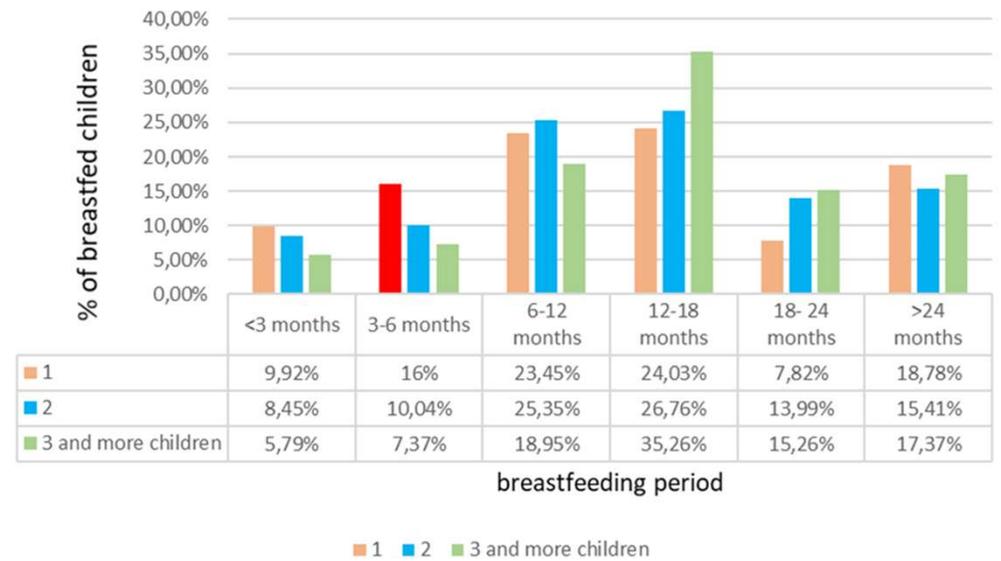
- 1513 z 2703 (**56%**) women after childbirth **did not receive any lactation care** neither during hospitalization nor after discharge from the hospital.
- 736 z 1113 (**66%**) mothers who did not receive lactation care in the hospital, fed the newborn with formula.
- After statistical analysis (U Mann Whitney;  $p < 0.05$ ), there **was significant correlation between receiving lactation care and total duration of breastfeeding** ( $p = 0,023$ ).

# RESULTS- GROUPS OF MOTHERS EXPOSED TO PREMATURE TERMINATION OF BREASTFEEDING.

Duration of breastfeeding depending on the way of delivery.



Number of children and total duration of breastfeeding period.



# CONCLUSIONS

**Numerous different problems affect women during breastfeeding.**

**Inproper breastfeeding technique is the most common problem.**

**Over half of the women did not receive any lactation care.**

**It is particularly important to provide appropriate lactation advice to breastfeeding mothers to prolong the lactation period.**

**The most common method used to solve the lactation problems is introduction of modified milk.**

**Approximately 60% of infants have been fed with modified milk in hospital and after discharge home.**

**Doctors rarely give a lactation advice. Only 2% of mothers received lactation advice from a doctor.**

**Special lactation care is required by the woman after the cesarean section and by the mothers after the first childbirth.**

THANK YOU FOR  
YOUR ATTENTION