

**Benefits of Breastfeeding in Preterm and Low Birth Weight Infants: A Literature
Review**

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Benefits of Breastfeeding in Preterm and Low-Birth-Weight Infants: A Literature Review

A literature review summarizes established research by evaluating past research articles and seeing the positive and negative outcomes. This literature review discusses the implementation of newborn feedings after birth. Feeding an infant as soon as possible after birth increases the chances of a successful outcome in breastfeeding, giving the infant many beneficial nutrients to promote their health. This literature review highlights the benefits of breastfeeding soon after birth, how to improve breastfeeding outcomes, and how different feeders, such as mothers, fathers, and nurses, affect infants.

Facilitating Early Breast Milk Expression in Mothers of Very Low Birth Weight Infants

Breastfeeding low-birth-weight infants soon after birth provides significant benefits by decreasing complications associated with preterm birth. Parker et al. (2018) performed a study by researching the delay from birth to the initiation of breastfeeding. The longer the time between birth and breastfeeding, the higher the mother's risk of producing insufficient breast milk. The first feeding after birth should be within thirty to sixty minutes to help increase lactation success and milk volume (Parker et al., 2018). This article used research to identify the cause of delayed feeding after birth while highlighting the importance of early initiation. Obstetrical (OB) nurses and providers will need education about these barriers discovered and the benefits of early initiation to implement new standards and protocols regarding this concern.

Key Points

Obstetrical nurses are responsible for initiating breastfeeding after birth. A need for more time caused many delayed initiations compared to the decrease in the number of nurses to assist and educate the mothers. The research team created a survey for obstetrical nurses to explore their practices of a mother's first breastfeeding. There are beliefs of timing initiation with mothers of higher acuity and perceived barriers of not initiating expression due to the mother's comfort. The participants from three Florida hospitals were selected, with most nurses having a bachelor's degree in nursing and experience as an OB nurse. Responses to the survey favored nurses who believed early initiation is essential; however, they would need more time to initiate the feeding. The survey showed that nurses would start the process of early expression with a mother on magnesium sulfate and infants having high blood pressure, which showed no concerns about either situation. The nurses were concerned about increasing mothers' blood pressure by breastfeeding if their blood pressure was high. Parker et al. (2018) stated that oxytocin will release during expression and breastfeeding, which causes a decrease in blood pressure because the hormone is a vasodilator. This education could help the nurses implement more early feedings by not worrying if hypertension was present. Nurses also had concerns about causing maternal stress after birth. However, expression is associated with decreasing stress allowing the mother to feel they are contributing to their child's health. By initiating the first breastfeeding within one-hour post-birth, premature complications risks such as enterocolitis, sepsis, and neurodevelopmental outcomes will decrease. This research article provides great significance by showing the misperceptions regarding the early initiation of breastfeeding and the importance of eliminating discrepancies among nursing staff by suggesting an update in policies. The research identified these nursing units needing more initial breastfeeding policies related to the need for more education.

Assumptions

The authors in this article are trying to prove that obstetrical nurses have invalid perceptions related to delaying the initial feeding of breastmilk to a newborn. Most nurses surveyed stated an unknown number of hours between birth and the first breastfeeding, while other nurses reported having initiated the first feeding within six hours after birth. Before conducting research, the author's primary assumption was that delayed breastfeeding initiation was related to inadequate nursing staff, and the results supported this statement. Based on the participant's experience in the survey, the author assumes that if it were a less experienced group of nurses, more education would be needed.

Deficit/Conclusion

This student nurse accepts and agrees with the author's line of reasoning. The initial breastfeeding should be within thirty to sixty minutes post birth to help the infant latch and increase milk production. Nursing could help implement quicker initiation by providing the mother's education during pregnancy to decrease the time a nurse spends educating the mother. If nursing fails the line of reasoning, mothers will continue to have difficulty breastfeeding, potentially leading to stopping altogether. Nurses should utilize a lactation consultant to help with breastfeeding techniques if policies could be updated requiring one. If each obstetrical unit had a lactation consultant available, the nurses could give better patient care while having more time to treat and educate other patients while providing care.

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Key Points

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Assumptions

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Deficit/Conclusion

Paragraph goes here discussing the conclusion of the article. Follow the MEAL paragraph formatting and use Grammarly.com. Do you accept the authors' line of reasoning? What are the implications for this article? If nursing fails to accept this line of reasoning, what would the implications be?

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Conclusion

Write a conclusion here in your overall paper. Follow the MEAL paragraph formatting and use Grammarly.com. Provide a summary/conclusion of the analysis of all three articles.

Discuss how the information can improve:

- Patient outcomes
- Nursing practice
- Evidence-based practice/Quality Improvement efforts
- Healthcare as a whole

References

- Parker, L., Hoffman, J., & Darcy-Mahoney, A. (2018). Facilitating early breast milk expression in mothers of very low birth weight infants. *MCN The American Journal of Maternal Child Nursing*, 43(2), 105-110. <https://doi.org/10.1097/NMC.0000000000000408>