

Title: The relationship of breast-feeding behaviors with nipple pain among mothers attending teaching hospital, 1995

Author: Mahin Kamalifard

Adviser: S. Sadeghi

Code: 34

All the mother's have to breastfeed their children for a full two years and any mother should not hurt herself because of her child. (Sura Baghareh, verse No 233)

Objective: To study the relationship of breast feeding behaviour to nipple pain:

With the aim (a) to assess which breast feeding women are at risk for nipple pain; (b) to identify factors that influence the development of nipple pain.

Design: This is a cross- sectional study. For data collection three instrument were administered to mothers: (a) observation; (b) structured interview; and (c) study of patient's chart.

Setting: study was conducted in two educational hospitals and eighty four breastfeeding mother's home.

Subject: 84 mothers over 15 years of age who have delivered normal children with uncomplicated deliveries and who stated that they entented to breast- feed participated in this study.

Results: Over the 6 weeks study period 168 observation and 1176 contact were made with the subjects.

Conclusion: the results of this study suggest that 81% women who breastfeed developed nipple pain which is a Major factors in discontinueing breastfeeding. Although breastfeeding is normal physiologic process, development of painful nipples may not be preventable, and women who breast- feed should be told to expect nipple pain but midwives have the responsibility to educate mothers towards breastfeeding.

Key Words: breast