

Application of Mobile - Phone Consultation for Follow-Up of Breast Feeding Continuation in Primiparous Women

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Abstract

Background: Breastfeeding is one of the most important factors in ensuring the health of infants.

Objectives: The aim of this study was to determine the effect of lactation counseling using a mobile phone on continuation of breast-feeding in primiparous mothers in Hamadan city, Iran, in 2014.

Methods: This study was a randomized clinical trial. In this study, 104 qualified primiparous women, after vaginal delivery, were randomly assigned into 2 intervention and control groups. Before the consultation, a questionnaire included demographic characteristics and continuation of exclusive breast feeding (EBF) was completed by both groups. The 4 weekly sessions during 1 month and 3 mobile phone follow-ups monthly were conducted in the intervention group. While the control group received only routine care. Four months after delivery, the 2 groups were re-examined. Data was analyzed using the independent t-test, paired t-test, and Chi-square test. SPSS version 20 has been used for analyzing the data.

Results: Two groups had no significant differences in demographic variables. Before intervention, there was no significant difference on breastfeeding methods between the intervention and control groups. However, 4 months after the delivery, a significant difference was observed on EBF between the 2 groups ($P = 0.03$).

Conclusions: With regard to the role of mobile phone consultation for a follow up of breastfeeding continuation, it is suggested that this approach has been used for follow-up of mothers' breastfeeding status.

Keywords: Breastfeeding; Consulting; Primiparous; Mobile Phone