

BREASTFEEDING AND INTERCURRENCES THAT CONTRIBUTE TO EARLY WEANING: AN INTEGRATIVE REVIEW

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ABSTRACT

Introduction: Breastfeeding is considered a complex action, and can be influenced by social, historical and political constraints in addition to cultural factors in women's decision to breastfeed or not and the durability of this practice. Objective: To demonstrate the importance of performing an integrative review on the factors that favor early weaning. **Methods:** The researches were carried out in the Medical Literature Analysis and Retrieval System Online database (MEDLINE), Latin American and Caribbean Literature in Health Sciences (LILACS), Scientific Electronic Library Online (SciELO) and Nursing Databases (BDENF), using the chosen descriptors. **Results:** After passing the exclusion and inclusion criteria, 10 articles were included in the study sample. The main results found in relation to early weaning are related to: I) the failure in communication and orientations of health professionals in favor of breastfeeding (misinterpreted or misunderstood information); II) Contrary interference of its cultural environment; III) pain when breastfeeding and refusal of babies to "catch the breast"; IV) daily routine; V) pressure exerted by other people (the use of water, teas and other types of milk, introduction of artificial nozzles). **Conclusion:** It was observed that the training of health professionals is essential, encouraging them to provide qualified care during prenatal care, because the initiative of this link prepares the pregnant woman about the importance of breastfeeding, in addition to the affective bond, favoring nutrition of the baby.

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INTRODUCTION

In 1970, doctors prescribed milk cans in maternities, in that decade the breastfeeding was not a public health problem. The Federal Government in the year 1981 created the Breastfeeding Incentive program with training of health professionals, with marketing to encourage mothers to breastfeed, created the breastfeeding support groups, creating laws benefiting breastfeed, managing the marketing of artificial milk (Souza *et al.*, 2019). In the early XX century, the Labour Organization International (ILO), motivated the third

Convention in Washington on the employment of women before and after childbirth. The Brazilian Constitution in 1988, has now ensured the right to maternity leave of 16 weeks (120 days), overcoming the international recommendation of 14 weeks to maternity leave (ILO N°183/2000), on 2008 with the publication of the law 11.770 (optional character) extends maternity leave for 180 days (24 weeks) (Monteiro *et al.*, 2017). The Ministry of Health (MH) recommends promotion actions, protection and support for breastfeeding, because it is an extremely important factor for women's health and child. According to the World Health Organization (WHO), the overall rates of breastfeeding practices remain inert, it is known that breastfeeding is considered a complex action who suffers interference from social constraints, historic, political, cultural may influence the decision of the woman in

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breastfeeding or no and the durability of this practice (Pereira *et al.*, 2019). In Brazil, there are several initiatives developed to encourage breastfeeding, such as: Child Friendly Hospital, Brazilian Network of Human Milk Banks, Social Mobilization, Monitoring of Breastfeeding Indicators and the Breastfeeding Strategy and Feeds. In the first week of the month of August is commemorated the World Breastfeeding week (social mobilization policy). Woman concept when ostensible to breastfeeding is considered an important factor in decision for the realization of this act. (Moreira *et al.*, 2017). Even with initiatives developed to encourage breastfeeding, there are still many babies who begin to ingest artificial milk before completing the sixth month of life. Given the complexity of breastfeeding, we ask: What are the interurrences that contributes to the early weaning?. To answer the proposed question, this study aims to identify the peculiarities pointed out in the literature on the interurrences that contributes to early weaning.

METHODOLOGY

This is a revision Integrative of the literature, that delimited the following steps traveled: 1) identification of the problem or the subject (elaboration of the guiding question, establishment of descriptors and criteria for inclusion/exclusion of articles), 2) sampling (articles selection), 3) categorization of studies, 4) definition of the information to be extracted from the revised works, 5) analysis and discussion of the technologies used/developed, 6) Synthesis of the knowledge evidenced in the articles analyzed and presentation of the integrative review (Almeida, Luz & Ued, 2015). To guide the integrative review, the following guiding question was formulated: What are the interurrences that contributes to the early weaning?. The inclusion criteria adopted by the present study were: breastfeeding publications and the interurrences that contribute to early weaning, publications classified as original article, bibliographical reviews, studies with a maximum of 20 years of publication, studies in English language, Spanish and Portuguese, complete publications with abstract available in the selected indexed databases. We excluded the editorial, letters to the editor, reflective studies.

The researches were carried out in January 2018 the Medical Literature Analysis and Retrieval System Online database (MEDLINE), Latin American and Caribbean Literature in Health Sciences (LILACS), Scientific Electronic Library Online (SciELO) and Nursing Databases (BDENF), using the chosen descriptors in Health Sciences and in the Medical Subject Headings: breastfeeding; breast-feeding; early weaning; interference. The references were examined using an adapted form of Ursi.10 to evaluate the following aspects: identification of the study (journal title, authors, country, language, year of publication); scientific journal; methodology characteristics of the study (type of publication, instrument used, type of study, target audience). The analysis of the quality of the articles was made by two independent evaluators (AMPCC & ACSS), who obtained agreement in the classification. The objective of this stage was to organize and summarize the information concerning the interurrences that contributes to early weaning in a concise manner. After the methodological stage described, the articles that contemned the guiding question were selected, as well as those that met the criteria previously established. Next, data were organized into flowchart (Figure 1) and table, constructed specifically for exposure in this study, in order to proceed with the descriptive

analysis. the synthesis of the selected articles, according to eligibility criteria were developed in a table with the following topics: name of the research, name of the authors, year of publication, provenance and main results. The research was not performed directly with human beings. There fore, it was not necessary to submit to the approval of the Research Ethics Committee.

RESULTS

In this review, 10 articles were analyzed. The study presented different characteristics about the countries the study in which they were conducted, authors, type of study, main results and periodical published (Table 1).

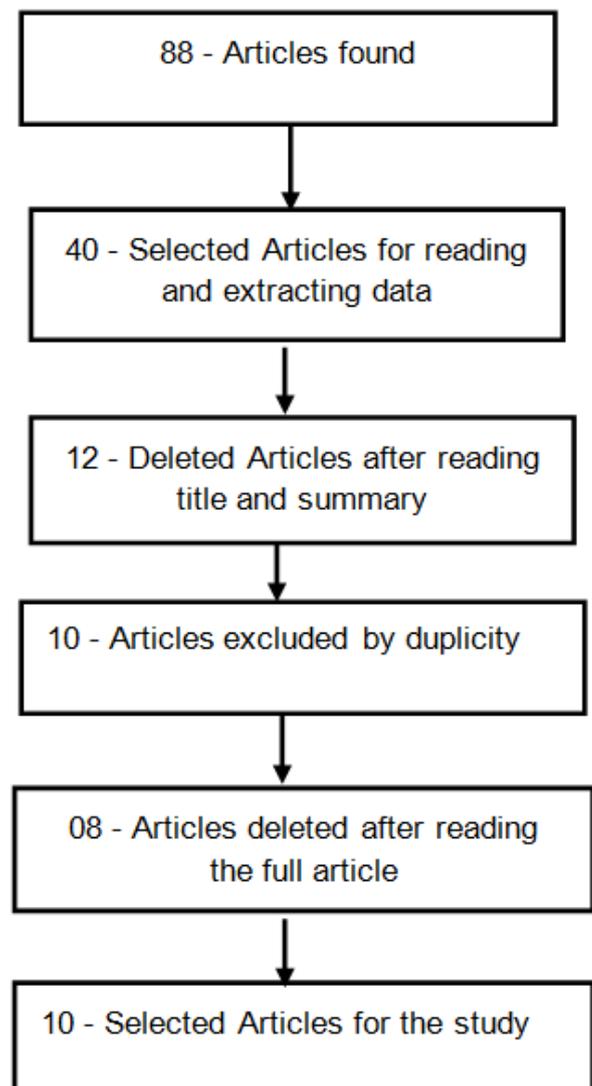


Figure 1. Process of selection of studies according to the criteria of inclusion and exclusion of studies

The results of the studies regarding the Intercurrences that contributes to early weaning in the studies included in this research were concentrated in the years 2011 (Polido *et al.*, 2011; Martins *et al.*, 2011). The origin of the publications, all studies were conducted in Brazil, in the Southeast region (Mascarenhas & Cruz, 2006; Polido *et al.*, 2011; Freitas *et al.*, 2016; Queiroz, Zanolli & Mendes, 2018) and Northeast (Pagnocelli *et al.*, 2009; Martins *et al.*, 2011; Oliveira *et al.*, 2017) were the most developed studies on the subject addressed.

Table 1. Description of the scientific papers included in the present study on the interurrences that contribute to early weaning

Authors/ year of publication	Study site	Population studied	Main results
I Machado & Larocca (2004)	Municipality Hospital of Region Metropolitan Curitiba.	Women residing and who had deliveries at a Municipal Hospital in the period from 01/10/2003 to 31/10/2003.	The failure in the communication of health professionals, in particular the Nurses.
II Mascarenhas & Cruz (2006)	UTIN, StatePublic Rio de Janeiro.	Women older than 18 years, primiparous or multiparous.	The failure to intensify the orientation performed by the nurse in the prenatal care in favor of Breastfeeding.
III Pagnoncelli et al. (2009)	Natal / RN	220 Advertisements: - 141 Scientific Technical material; -79 Promotion Which have been assessed for the legal requirements of the.	The irregularities found in the advertisements, including those addressed to healthcare professionals, have demonstrated that the efforts expended in this sector, in order to restrain the abuses of defective advertising, have not been enough yet to heal the excesses committed by the marketing.
IV Polido et al. (2011)	Maternity of regional reference of the small Town of the interior of São Paulo.	Eight primiparous Nurses, Older than	Absence of determination in breastfeeding and interference against the cultural environment.
V Martins et al. (2011)	Hospitals in the city of Feira de Santana -Bahia	Women who Stopped in two consecutive months	Guidance provided misguided or misinterpreted; beliefs in "insufficient milk" and "weak milk", breastfeeding pain, refusal of the babies to "catch the breast", daily routine, the pressure exerted by other people for the use of water, teas and other types of milk and the introduction of artificial nozzles.
VI Oliveira et al.(2015)	Family Health Strategy Unit, in the municipality of Cáceres-MT.	21 Women who had children from January/2012 to January/2014.	Current care Model, exceeding applicability of predefined techniques.
VII Freitas et al (2016)	SecondaryReference Live Life Integrated Center Viçosa - Minas Gerais.	103 premature.	The wish full interruption to the gestational age less than 32 weeks and the fact that she was no longer in exclusive breastfeeding at the first outpatient visit.
VIII Oliveira et al. (2017)	District of the urban area of the municipality de Petrolina-Pernambuco/ Brasil.	12 puerperal women enrolled in the unit of specialized multidisciplinary care family health	Popular practices and beliefs that directly favored early weaning, influenced by social and family living, such as mothers, grandparents and neighbors, who have passed intergenerational teachings.
IX Queiroz, Zanolli& Mendes (2018)	Municipal Health Secretariat of a municipality in the region Metropolitan Campinas, São Paulo, Brasil.	25Future grandparents, who lived with their daughters or pregnant teenage girls, before and after the birth of their grandchildren.	The Lack of Support By parts of the professionals involved in prenatal care in providing subsidies for adolescents to elaborate and choose to breastfeed their children.
X Pereira (2019)	At home as five Brazilian	5 women (15 to 49 years old) of childbearingage and their children under 5 years	Intrinsic factors of women's conviviality; the increase in the country's wealth, except for Brasil.

Table 2. Characteristics of the selected studies

Study	Study methodology	Periodic
I	Qualitative and quantitative.	Rev. Cogitare Enfermagem.
II	Exploratory	Brazilian Journal of Nursing.
III	Descriptive	Brazilian Journal of Pharmaceutical Sciences.
IV	Qualitative of ethnographic character	Rev. Acta Paulista de Enfermagem.
V	Cohort	Rev. Baiana de Saúde Pública.
VI	Descriptive-exploratory, qualitative approach	Rev. Gaúcha de enfermagem.
VII	Restropectivecohort	Rev. Paulista de Pediatria.
VIII	Descriptive, qualitative approach	Rev. Artículo de Investigación.
IX	Qualitative	Rev. Promoção da Saúde.
X	Descriptive	Ver Fun Care Online

The main results found in relation to early weaning, are related with: I) The failure in communication and guidance of health professionals in favor of breastfeeding (misinterpreted or misunderstood information); II) Contrary interference of its cultural environment and pressure exerted by other people (The use of water, teas and other types of milk, introduction of artificial nozzles).; III) Breast-feeding pain and refusal of babies in "catch the chest"; IV) everyday routine.

DISCUSSION

In Brazil, there is a high rate of early weaning, according to surveys conducted in brazilian municipalities. According to the World Health Organization (WHO), breast milk is a complete

food for the infant, for bringing essential benefits to the newborn or infant, for this reason, the exclusive breastfeeding should be performed up to 6 months of life. However, by interfering with several factors, breastfeeding cannot reach the expected mean of breastfeeding up to 6 months (Siqueira *et al.*, 2017).

Failure to communicate of health professionals in favor of breastfeeding: Between factors related to breastfeeding discontinuation the factors related with the mother stand out. The decision making, in some cases, are not experienced in a quiet way by the mothers still in the prenatal the most appropriate moment to initiate dialogue on the promotion of breastfeeding (Silva *et al.*, 2016).

Encouraging pregnant women, the desire to breastfeed, during prenatal care through dialogues on breastfeeding can cause this moment to be experienced in a natural and tranquil way. Newborns present physiological and neurological immaturity, may present difficulties in the coordination of suction, breathing and swallowing, whose factors may trigger difficulty for the baby to breastfeed (Cruz & Sebastião, 2015). The guidelines on the importance of breastfeeding by health professionals who work in promoting breastfeeding is essential for the development of newborns.

Interference of cultural medium and pressure exerted by other people: Considering the various factors that help in the interference of exclusive breastfeeding, the practise of popular beliefs and interruption of the bond before six months of the child's life are most relevant cultural interferences of early weaning. Motherhood brings many doubts, accompanied by insecurity related to feeding and caring for their own child. Some myths lead to the occurrence of early weaning of the type: my milk is little, weak, insufficient; my milk dried; small breast does not produce enough milk; if breast-feeding falls; breast milk does not kill the baby's thirst; the baby didn't want to catch the chest. These interurrences lead to early introduction of bottles, soothers, teas, water and juices (Oliveira *et al.*, 2017). The experience of breastfeeding is strongly related to the experiences that the woman had, not only to the fact she has experienced the breastfeeding process, but to the fact that lived with other people who are breastfeeding, which may positively influence your child's breastfeeding. Breastfeeding suffers the influence of cultural conditions, social, psychic, configuring a complex human behavior, to enable some contribution to the breastfeeding mother, it is necessary to know, according to the perspective of the woman, how does this process (Rezende *et al.*, 2002).

Breast-feeding pain and refusal of babies in catch the chest: The breast-feeding pain and refusal of babies in catch the chest is one of the factors contributing to early weaning. The positioning of the child's handle when it is performed inadequately, directly interferes with the handle and milk extraction, causing pain and nipple traumas (fissures), leading to discomfort during breastfeeding (Vargas *et al.*, 2016). During the process of supporting the woman who breastfeeding, is relevant inform that the baby inserts into the mouth only 1/3 breast to suck breast milk, so, regardless of the size of the nipple any woman can breastfeed (Lira *et al.*, 2013). The dedication and support of the health team are fundamental for the success of breastfeeding and in the prevention of traumas and mastitis, which occur during the first days of puerperium. Nurses' knowledge of the difficulties and intervention is essential for a successful lactation, since the difficulties faced by women in the process of lactate may be predictive factors for early weaning (Rocci & Fernandes, 2014).

Everyday routine: One of the causes that are linked to early weaning, is related to social changes, industrialization, lifestyle, urbanization, social change, among others (Oliveira *et al.*, 2017). Woman turn to work, it has as consequence the distancing between the mother and the baby, making work one of the factors associated with early weaning. Prenatal information regarding the storage of breast milk and regarding the regarding breast milk withdrawal are insufficient, the failure of this information is an aggravating for early weaning (Oliveira *et al.*, 2015).

When woman recognize the importance of milk for the baby the tendency to deprive it of this benefit decreases, due to the creation of alternatives such as a: transport the infant to the workplace alternating work with the time of breastfeeding, milking and leave stored at home containers that contain enough quantity to satiate the baby (Araújo *et al.*, 2013). Women of multiple childbirth, should have additional support, because it needed time available, commitment, dedication, organization and help (Alvarenga *et al.*, 2017).

CONCLUSION

During prenatal care it is important to develop a dynamic approach, educational, differentiated, emphasizing the correct breastfeeding technique, not only provide theoretical information, but develop skills by training the correct positioning of the baby with the use of dolls. Breastfeeding should be performed shortly after the birth of the newborn, Opportune moment to create the binomial bond. Health professionals should provide home or outpatient care in the first days after the baby's birth to remedy all doubts regarding breastfeeding and help the existing difficulties of women during the first days of breastfeeding. Because of the breadth of the theme, research shows that even in the face of factors such the absence of age dialogue and misguided orientations performed by health professionals; Quality provided in prenatal care; Lack of incentive for breastfeeding; Social and family interaction; gestational age less than 32 weeks; Experience of women with greater wealth in the country; beliefs, cultural interventions and myths ("small breast does not produce enough milk", "if breastfeeding the breast Falls" "refusal of the Baby"); women's growth in the labor market; breast pain; nipple trauma; among others are determinant for early weaning. The present study is expected to, contribute to guiding parents and health professionals, on the factors that interfere with exclusive breastfeeding, until the sixth month of the baby's life, avoiding early weaning and strengthening the mother and child bond.

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