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The effect of perinatal individualized comprehensive intervention on breastfeeding behavior of women with gestational diabetes

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Objective: To study the influence of perinatal individualized comprehensive intervention on breastfeeding behavior of women with gestational diabetes.

Method: A randomized controlled trial was used in this study. Gestational diabetes pregnant women who stayed in a Women's and Children's Hospital in Chengdu City, Sichuan Province from July 2017 to October 2017 were randomly divided into intervention group (n=107) and control group (n=105). The intervention group adopted perinatal individualized integrated intervention, the scale was assessed at admission and individualized exercise, diet and breastfeeding measures were formulated. Breastfeeding, exercise and eating routine direction quickly after conveyance and information upgrade before release. Researcher takes one-to-one, face-to-face intervention throughout the process. Control group was given routine feeding guidance. Breastfeeding, knowledge of breastfeeding and self-efficacy of breastfeeding were compared between the intervention group and the control group.

Result: There was no difference in baseline data between the two groups of subjects at admission ($P>0.05$). The pure breastfeeding rate of the intervention group (31.8%) was higher than that of the control group (13.3%, $P=0.004$). The score of breastfeeding knowledge in the intervention group (111.64 ± 9.03) was higher than that of the control group (107.39 ± 9.21 , $P=0.001$) and the inner dimension, the skill dimension and the total score of the breastfeeding self-efficacy in the intervention group were all higher than the control group ($P<0.01$ for all).

Conclusion: The adoption of perinatal individualized comprehensive intervention can significantly improve the exclusive breastfeeding rate, improve breast feeding knowledge and breastfeeding self-efficacy in women with gestational diabetes.

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