

Professional health support in the success of exclusive breastfeeding: A scoping review

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ABSTRAK

Latar belakang: Dua tahun pertama kehidupan manusia merupakan masa emas untuk membentuk fondasi pertumbuhan, perkembangan, dan kesehatan dalam jangka panjang, sehingga sangat penting untuk memastikan bahwa anak usia 0-2 tahun mendapatkan nutrisi yang optimal. Upaya yang lebih mudah dan lebih murah untuk mencapainya adalah dengan memberdayakan ibu dalam pemberian ASI Eksklusif dan terus memberikan ASI hingga 2 tahun, serta makanan pendamping yang berkualitas. **Tujuan penelitian:** *Mereview evidence* terkait dukungan tenaga kesehatan pada ibu dalam keberhasilan ASI Eksklusif. **Metode:** *Scoping review* ini menggunakan *framework* dari Arksey dan O'Malley. **Hasil:** Berdasarkan 8 artikel terseleksi, diperoleh 3 artikel dengan grade A dan 5 artikel dengan grade B, 1 artikel dari negara berkembang dan 7 artikel dari negara maju. Tiga tema muncul sebagai hasil dari *scoping review* yaitu jenis dukungan tenaga kesehatan, Respon ibu terhadap dukungan tenaga kesehatan, dan manfaat dukungan tenaga kesehatan dalam keberhasilan ASI Eksklusif. **Simpulan:** Dari 8 artikel yang ditelaah ditemukan bahwa dukungan tenaga kesehatan adalah salah satu faktor yang terkait dengan pemberian ASI Eksklusif pada ibu yang menyusui. Secara khusus, ibu yang menerima dukungan tenaga kesehatan yang memadai memiliki manfaat dalam meningkatkan kepercayaan diri dan kepuasan ibu serta dapat menambah wawasan dan pengetahuan ibu dalam ASI Eksklusif.

Background: *The first two years of human life is golden period to form the foundation of growth, development, and health in long run. Therefore, it is important to ensure that children aged 0-2 years get optimal nutrition. Easier and more affordable effort to achieve it is by empowering mothers in the provision of exclusive breast milk and keep giving breast milk until 2 years, also side dishes with good quality. Objective:* Research purpose to review the evidence related to professional health support to mother in the success of Exclusive breastfeeding. **Methods:** Method This scoping review uses Framework from Arksey and O'Malley. **Results:** 8 literatures have selected and included in Grade A and Grade B. Three themes appear as result of scoping review which are types of professional health support, response of mother to professional health support, and advantages of professional health support in the success of Exclusive breastfeeding. **Conclusion:** From the 8 articles reviewed, it was found that the support of professional health is one of the factors related to exclusive breastfeeding in nursing mother. In particular, mother who receive sufficient professional health support have benefit in improving confidence and mother satisfaction also can add knowledge in Exclusive breastfeeding.

Introduction

The first two years of human life is a golden period to form the foundation of growth, development and health in the long run. Therefore, it is important for parents to pay attention to the nutrition of children aged 0-2 years in order to get optimal nutrition. An easier

way to achieve that is by empowering mothers in Exclusive breastfeeding and continue to provide breast milk until 2 years, also side dishes with good quality (WHO, 2015).

The World Health Organization (WHO) recommends exclusive breastfeeding for the first 6 months from birth, followed by complementary feeding after 6 months of age or older. The 2012 World Health Assembly (WHA 65) resolution

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adopted a comprehensive implementation plan on maternal nutrition, infant, and child nutrition set six global targets for 2025, one of which is increasing the number of exclusive breastfeeding in the first 6 months to be at least 50%.

Most mothers in several countries stop to breastfeed their children before the children reaches 2 years old. There are many obstacles that appear in the effort of exclusive breastfeeding provision during first six month of baby's life. Factors that affect are social, culture, economic, and political factors. In several studies that have been conducted show that the behavior of parents is a strong supporter for choice of baby feeding. Parents who have attitudes and knowledge about the health benefits and advantages of breast milk have a more positive attitude towards breastfeeding than parents who give babies with formula milk, because they are more aware of the health and nutritional advantages. Other problems in practices of exclusive breastfeeding are the lack of mother knowledge, and support the environment, provision or foods and drinks which is too early, and rampant promotion of formula milk for babies. Linkage in 2002 reported that traditional trust, maternal education and attitudes towards breastfeeding were low, as well as differences in housing areas which became obstacles that affected the sustainability of breastfeeding.

Maternal education level, occupation, and ANC (antenatal care) class also play a role in the success of exclusive breastfeeding. Information about the benefits of breastfeeding and lactation management should be a priority in the ANC (antenatal care) class. Therefore, health workers have an important role to play in supporting the success of breastfeeding. In addition, the success of breastfeeding mothers must also be supported by their husbands, families, and community health workers. The health promotion of breastfeeding during antenatal benefits will influence the success rate of breastfeeding practice. Efforts to promote to the public through various media regarding the importance of exclusive breastfeeding are still ongoing even though program achievements are increasing.

This problem needs intervention to change the behavior of exclusively breastfeeding mothers. The right intervention is education or health promotion, because even though this method

requires a relatively long time, the form is a lasting change in behavior. Other interventions are personal interventions, namely prenatal planning and preparation, job sharing, and child care (Astuti & Morgan, 2018). For this reason, every pregnant woman and her family must be given health education about the importance of exclusive breastfeeding and its management during pregnancy, postpartum and breastfeeding which can be obtained through education from health workers. Based on the above background, the researcher is interested in doing a scoping review to see the support of health workers in the success of current exclusive breastfeeding.

Research Methods

This review scoping method uses the Arksey and O'malley framework (2005). The stages carried out in the scoping review consist of: (1) Identifying the scoping review question, (2) Identifying relevant articles, (3) Selection of articles, (4) Data mapping (Data charting), (5) Compiling, summarizing and reported the results (Arksey & O'Malley, 2005).

1. Identifying Scoping Review Question

The formulation of question in this research uses framework model PICO (Population, Intervention, Comparison, and Outcome) in managing and solving review focus. PICO is a format to develop a good clinical research question before somebody starts the research. The use of PICO will help in clarifying questions, and help to determine search concept and the right type of study to answer the research question (EBSCO health, 2018). Based framework above, the research question is "How is the professional health support to mothers in the success of exclusive breastfeeding?" "PICO Framework is presented in table 1.

Table 1. Framework Criteria of Inclusion and Exclusion

Population	Intervention	Comparison	Outcomes
Mother Women Breastfeeding mother	Support health professionals, Support of health workers	-	Outcomes, problem, consequence, effect impact, experience

2. Identifying Relevant Article

The second step is to identify the relevant articles. In the selection of relevant articles, there are 3 based data used in the search for articles including Pubmed, Science Direct, and Wiley. The

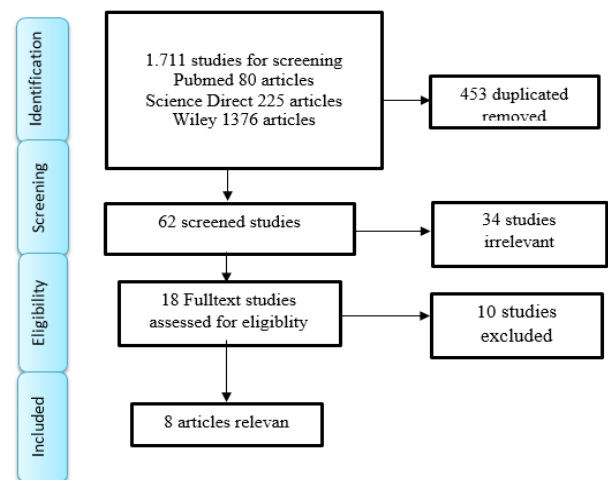
results of the literature study from the 3 data-based, then carried out a comprehensive title screening of the data based using the identified keywords. The keywords that will be used in the literature search, the keywords that are designed and focused on the framework are expanded by determining synonyms through Thesaurus and Booleans so that the keywords used in this scoping review are Mother OR Mother's OR Women OR Women's OR "Breastfeeding Mother" AND "Professionals Health Support" OR "Support of Health workers" AND Outcomes OR Problem OR Consequence OR Effect OR Impact OR Experience. In the selection of relevant articles, the researcher chose the inclusion and exclusion criteria that will be used as the source of this scoping review. The following are the criteria of inclusion and exclusion:

Table 2. Framework Criteria of Inclusion and Exclusion

Kriteria Inklusi	Kriteria eksklusi
1. Articles Publish between 2009 – 2019	1. Opinion article
2. Article published in English	2. Report articles, literature review
3. Primary research or published in peer reviewed Journal	

3. Conducting Article Selection

In article search from all database to be accessed is identified 1.711 articles which relevant to scoping review question. Those articles are then eliminated starting from title and abstract screening and obtained 62 articles. Then the articles are eliminated again after full text-reading obtained 18 articles to be taken and reviewed independently based on predetermined inclusion and exclusion criteria. In process of this article selection, researcher uses PRISMA Flowchart to describe transparently the process that has been conducted. PRISMA Flowchart is a series of evidence based-minimum item for reporting in systematic review and meta-analysis, PRISMA Flowchart is accessed as proper to be sued because the usafe can improve the publication reporting quality (PRISMA, Liberati et al, 2009; Mother et al, 2009; Peters et al, 2015).



Picture 1. Prisma Flowchart

After conducting study selection, to find out the quality of article chosen, then Critical appraisal is conducted. Critical appraisal is used to assess the quality of article to be used. Tool which is chosen to assess the quality of article in this scoping review is The Joanna Briggs Institute (JBI) Critical appraisal Tools. In Critical Appraisal stage, there are 8 articles which is compatible with topic and inclusion criteria that has been predetermined by the author, study design used qualitative, cross sectional, cohort. Each research method has different ceklist Critical Appraisal. To assess the quality of 8 articles which entered in Critical Appraisal stage, author uses RCT / random sampling / 565 postpartum mothers. To assess the quality of 8 articles which entered in Critical Appraisal stage, author uses RCT / multicentre cluster randomised controlled trial/ 724 ibu menyusui. Further research is needed to explore the effect of this form of support on the duration of exclusive breastfeeding.

4. Data Charting

Table 2. Data Charting

No.	Title / Author / Year / Grade / Country	Aims	Study / Design / Method / Sample	Result
1	Nurses and midwives professional support increases with improved attitudes - design and effects of a longitudinal randomized controlled process-oriented intervention/Anette C Ekström, et al/2015/A/Swedia	to improve and evaluate the professional attitude of health workers in carrying out breastfeeding care and provide support to parents to improve the quality of postpartum care.	RCT / random sampling / 565 postpartum mothers	The results of the training improve the professional attitude of health workers towards breastfeeding and parental support.
2	Professional breastfeeding support for first-time mothers: a multicentre cluster randomised controlled trial/ ICY Fu, et al/ 2014/ A/ China	to examine the effectiveness of two postnatal support interventions provided to first-time mothers by health professionals who are trained on breastfeeding outcomes.	RCT/ multicentre cluster randomised controlled trial/ 724 ibu menyusui	The rate of exclusive breastfeeding is higher when compared to those who receive standard care.
3	"the right help at the right time": positive constructions of peer and professional support for breastfeeding/ Elaine Burns, et al/ 2017/ B/ Australia	to find out the similarities and differences in breastfeeding communication styles, and the language and practices used, in the first month after delivery of health workers	Qualitative/ interview / 22 nursing mothers	Further research is needed to explore the effect of this form of support on the duration of exclusive breastfeeding.

4	Two sides of breastfeeding support: experiences of women and midwives /Caroline, et al./ 2010/ B/ Swedia	to investigate women's experiences and reflections in receiving breastfeeding support and the experiences of midwives and reflections on providing breastfeeding support.	Qualitative Interview / Experienced mother and midwife in supporting breastfeeding exclusives in south-west county sweden	To feel confident in their new role as motherhood, women want more confirmation as unique individuals and as breastfeeding women; they want to be heard; and they want more time, understanding, and follow-up from health professionals. In contrast, midwives describe themselves as encouraging and affirming women's needs.
5	First-Time Mothers Have a Desire to Be Offered Professional Breastfeeding Support by Pediatric Nurses: An Evaluation of the Mother-Perceived-Professional Support Scale /Matilda Möller Ranch, et al./ 2019/B/ Swedia	to explore the experiences of first-time mothers providing breastfeeding support offered by child nurses, and to develop and evaluate the Mother Perceived Support from Professionals (MoPPS) scale.	Qualitative Interview / 9 postpartum primi mothers	The results showed that the mothers felt the desire to breastfeed, even though they all experienced some difficulties, they wanted the pediatric nurse to be responsive and provide professional support based on their own experiences.
6	The supporting role of the midwife during the first 14 days of breastfeeding: A descriptive qualitative study in maternity wards and primary healthcare/ Marlies, et al. / 2019/ A/ Belgia	to gain an in-depth understanding of the support role of midwives in supporting breastfeeding during the first two weeks after delivery and to compare this to the needs of nursing mothers.	Qualitative Interview / 10 midwives and 9 breastfeeding mothers	Support breastfeeding is influenced by personal (eg, negative belief in breastfeeding policy) and external context factors (eg time restrictions)
7	The Association Between Women's Perceptions of Professional Support and Problems Experienced on Breastfeeding Cessation: A Western Australian Study/ Yvonne L, et al. / 2010/ B/ Australia	to determine the relationship between breastfeeding problems of women, their perception of the support of midwives and child health nurses, and cessation of breastfeeding within the first 10 weeks after giving birth in a sample of women of Western Australia	A cross-sectional survey / questionnaire / 2669 primiparous mothers	Primiparous women experienced significantly more problems than multiparous women. Although of all women agree or strongly agree that the staff is very helpful in feeding.
8	Health Professionals' Perspectives on Breastfeeding Support Practices /Maha M, et al. / 2017/ B/ Saudi Arabia	to assess the perspectives and opinions of health workers on breastfeeding support practices in teaching hospitals.	cross-sectional study/ kuesioner/ 28 staf medis	Health care professionals indicate that no group of hospital-based breastfeeding support, consultant / specialist lactation or lactation management unit available.

5. Compiling, Summarizing, and Reporting The Result

As conducted by (Levac, Colquhoun, & O'Brien, 2010), researcher conducted approach of three phases to compile, summarize, and report the result. First, descriptive numerical analysis is provided which includes article characteristic. Second, the benefits and weakness in literature which is identified through thematical analysis through study which is attached in the report. The last phase of this stage is review on finding implication in its relation with the research, practices and policy in the future.

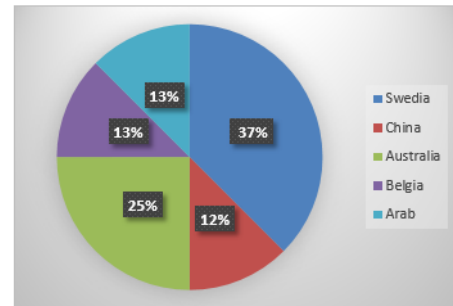
Result and Discussion

Result

Based on 8 articles that have been selected, then charting data is then performed to classify some points or parts of the article such as research objectives, research designs, number of samples, and the results or findings of the research. 8 articles chosen using qualitative study research design are 4 articles, RCT Study are 2 articles, and cross-sectional study are 2 articles. All articles come from Developing and Developed countries. After analyzed and evaluated from several point above, then result of data extraction collection in

accordance with Scoping review, then obtained result as follows:

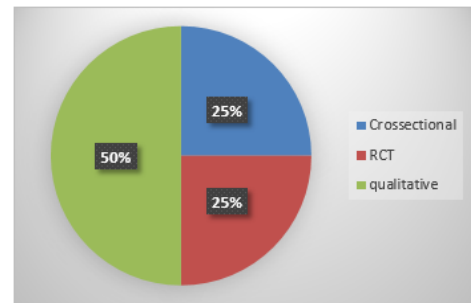
1. Characteristic of Article Based on Country



Picture 2. Characteristic Based on Country

From 8 article which is compatible and have good quality, based on inclusion criteria which is made all articles selected are from developing countries. Those articles afre then categorized based on Countries.

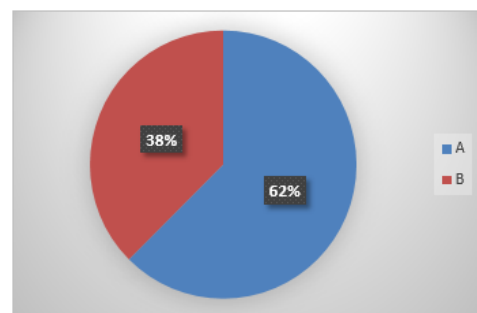
2. Characteristic of Article Based on Method



Picture 3. Characteristic Based on Method

From 8 articles selected, those articles are then categorized based on research method used.

3. Characteristic of Article Based on Grade

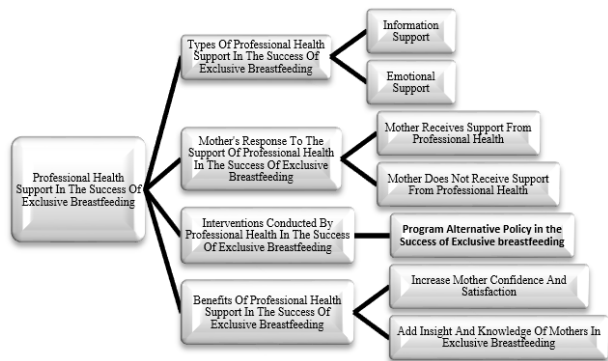


Picture 4. Characteristic of Grade Critical Appraisal

Critical appraisal is conducted to selected article using Joana Brigs Institute (JBI) to assess quality of articles, then from those 8 articles are then categorized based on research method used.

4. Theme

In this scoping review obtained theme finding result. Presented in picture 5.



Picture 5. Mapping Theme

Discussion

1. Type of professional health support in the success of Exclusive breastfeeding

a. Information Support

Supporting women to breastfeed exclusively is an important strategy in public health. However, breastfeeding is one of several health promotion behaviors that is more common in developing countries than in developed countries. It is known that women from high-income countries, from the early weeks of breastfeeding, find it very difficult to breastfeed their children so they need support in the success of exclusive breastfeeding. Based on a review of research from 8 articles, 7 of them explain the importance of exclusive breast milk information support for mothers who breastfeed their babies, which are A1, A2, A3, A4, A5, A6, and A7. Result of research shows the importance of mother to receive support in nursing though the provision of beneficial information for the success of Exclusive breastfeeding. But, the quality provided by professional health and quality of information which considered as positive that will makes mother feel comfortable, trust, and open. So that the importance of professional health is to provide good and beneficial information (Yvonne, et al. 2011). When mother feel less support from professional health, they feel need to find support in other places, whether from a clinic with nursing speciality, social support, information in internet. Medical staffs who provide advice or information are sometimes contradictory and not really helpful, or when it seems that mothers feel not being listened, mothers feel like breastfeeding support is not enough. Mothers express their

experience that sometimes medical staffs who are available at the time of service are more focused on providing action and do not provide additional information related to good and correct breastfeeding to support the success of exclusive breastfeeding (Ranch, et al. 2019).

Information support from professional health with approach to breastfeeding mothers is really important. By the provision of counseling makes mothers can be more understand. In addition, with this approach, mothers can be open and feel comfortable (Elaine, et al. 2017).

b. Emotional Support

Breastfeeding is a natural process which need teachings and learning so that professional health is important to provide information and emotional support after childbirth (ICY Fu, et al. 2014). In addition, it is known that women from high-income countries, since the beginning of delivery week is really difficult to breastfeed so that need emotional and pratical support from others or professional health (Elaine, et al. 2017). Based on research review of 8 articles, all explain the importance of emotional support to mothers who breastfeed their babies, which are A1, A2, A3, A4, A5, A6, A7, and A8 in the success of exclusive breastfeeding provision. Attitude of a professional health affects perception of a mother about breastfeeding support. Emotional support is really important for satisfaction of breastfeeding mothers.

Emotional support needs to be conducted by everu medical staffs to patients especially breastfeeding mothers because by providing emotional support can improve confidence and satisfaction of mother to professional health also want the professional health to assess whether their manner in breastfeeding is already appropriate or not (Caroline, et al. 2010).

2. Mother's Response to The Support of Professional Health in The Success of Exclusive Breastfeeding

a. Mother Receives Support from Professional Health

Result of research journal (Edwards et al., 2017) stated that breastfeeding exclusively for 6 months gives short and long period which is beneficial for babies and mothers. This is related to effort in reducing morbidity and mortality risk in babies, and to improve mother's health. Result of

research can be known that there is improvement in mother's attitude in breastfeeding from professional health support related to the success in provision of Exclusive breastfeeding, including many mothers who provide positive perceptions from the support of professional health. Mothers reported that the support of professional health was more influential than the support of parents, in-laws and partners. Mothers reported increased support for exclusive breast milk for 6 months without any additional increments so that mothers felt a stronger bond between mother and baby when breastfeeding, as well as an increased frequency of breastfeeding (Anette, et al. 2015).

The increase of attitude in health profession makes mothers more satisfied with medical staffs. In addition, the improvement of professional medical staff support, the improvement of mother's feeling and relation of mothers with babies, previous initiation, and breastfeeding frequency which is higher for 24 hours, and the breastfeeding duration is longer. This is strengthened by a cochrane review of the Association between support provided by professionals or health professionals and duration of breastfeeding indicating that additional professional support is effective in extending the duration of each breastfeeding, but the effect of additional professional support on exclusive breastfeeding is still unclear (Caroline, et al. 2010).

b. Mother Does Not Receive Support from Professional Health

Support of professional health greatly influenced the success of Exclusive breastfeeding provision to babies. Based on article review conducted, there are 3 articles which explained why mother do not receive support from professional health is because of several factors, which are: professional health do not give information about baby needs during nursing period, do not explain the preparation for role to become parent or mother, attitude of medical staff which is not friendly and understand so that mother feel uncomfortable, also do not give sufficient information about Exclusive breastfeeding (Ranch, et al. 2019).

In article of Ranch, et al (2019) mothers said that medical staffs must understand more about their needs for professional support in the success of Exclusive breastfeeding. Professional health are expected to give extra effort in supporting

mothers who are first breastfeeding their babies, because they have no prior experience. Feelings of uncertainty about breastfeeding and do not know what to do make mothers feel frustrated and disappointed. When mothers feel that support they receive from professional health is not enough, they try to find help from various sources they can get. Social support also plays an important role in continuing breastfeeding, so mothers turn to searching for information on the internet.

When mothers feel that they do not have professional support from professional health, they often talk about different nurse and accept suggestion which is contrary and not too help according to them to others. They felt that the health care environment did not encourage them to ask questions about breastfeeding, so they stopped asking for help. Some of them do not believe the advice given by professional health. Some even fear that their breastfeeding process will be hampered if they follow the advice of health nurses (Caroline, et al. 2010).

Two research revealed the psychological pressure in primipara young mothers. Young mothers feel depressed because they do not feel ready to face pregnancy (Roberts, Graham, & Barter-godfrey, 2011) and seven of 30 (23%) young mothers are reported to experienced depression and 6,6% attempted suicide (Wilson-mitchell, Bennett, & Stennett, 2014). This feeling happen to mother who experience unwanted pregnancy and difficulties in accepting responsibilities to become mother (Mangeli et al., 2017).

Several researches stated negative feelings to young mothers related to transition to become mother. They also found that most of the young mothers stated positive feeling related to transition to become mother.

3. Interventions Conducted by Professional Health In The Success Of Exclusive Breastfeeding

a. Program Alternative Policy in the Success of Exclusive breastfeeding

Policies in improving Exclusive breastfeeding have much conducted by various countries. Various efforts are conducted to improve awareness for the importance of Exclusive breastfeeding for at least 6 first months without any additional foods. Based on this scoping review

analysis, it is found that from 8 articles have intervention to postpartum mothers to increase the provision of exclusive breastfeeding though support conducted by professional health. Policy that has been conducted by professional health to improve the success of Exclusive breastfeeding are:

- 1) Join the training of orientating-process for midwife and children nurse about breastfeeding and parent support (Anette, 2015).
- 2) Maternity care provided by professional health must in accordance with postnatal treatment standard in hospital, including routine perinatal treatment in each patient; breastfeeding counseling conducted by midwife, nurse, or lactation counselor; and additional treatment in the form of counseling through weekly breastfeeding telephone with duration starts from 20-30 minutes for 4 weeks (ICY Fu et al, 2014).
- 3) Join the lactation counselor training as effort to add skill in improving the success of right and proper breastfeeding.

4. Benefits Of Professional Health Support in The Success of Exclusive Breastfeeding

a. Increase Mother Confidence and Satisfaction

Based on this research, it is known that support of professional health has important role in the success of Exclusive breastfeeding in mothers. Breastfeed exclusively also recommended as the best nutrition source for babies and an important society health problem (Caroline et al., 2010).

Professional health as provider have important tole in preventing the occurrence of complication in mothers and babies. Mothers who have just give childbirth to first children need help and certainty in spite of this is the first child or for the next, strengthen need for support, information about breastfeeding, and education about neonatal care. This is closely related to the quality of service. The quality of service can be improved by increasing the available human resources and without large investments. This increase can reduce maternal and infant mortality and morbidity. (Marlies et al, 2019).

In addition, breastfeeding provides significant health benefit for mothers, babies, family, and economic advantages substantially for

society. According to series of Lancet (2014) explained that breastfeed, which is "Breast milk makes the world becomes healthier, children becomes smarter, and many more advantages". Based on 8 articles obtained, there are 5 articles, which are A1, A2, A4, A6, A7 which explain that the benefit of professional health support in the success of Exclusive breastfeeding, is can improve the confidence and satisfaction of mother in breastfeeding. This is seen from information support from professional health by approach to breastfeeding mother that makes mother can be more understand so that mother can be more open, confident, and feel comfortable (Elaine, et al. 2017).

Emotional support conducted by every medical staff in patients especially mothers also improve confidence and satisfaction of mother towards health workers because every mother wants to be seen as unique person by the professional health, and they also want all professional health to assess whether their manner in breastfeeding is already appropriate or not (Caroline, et al. 2010).

b. Add Insight And Knowledge Of Mothers In Exclusive Breastfeeding

Based on this research, it is found that beside have benefit in improving confidence and satisfaction of mother, support of professional health is also added insight and knowledge of mother in the success of Exclusive breastfeeding. This is supported by 3 articles, which are A1, A3, A8 which explain that good and right information from professional health related to the success of Exclusive breastfeeding can add insight and knowledge of mother. So that to improve insight and knowledge of mother to always get the newest knowledge, professional health need to follow training which oriented in process which is fact-integrated with reflection which direct to the improvement of quality and professional attitude to develop professional skill of professional health (Anette, et al. 2015).

Conclusion

According to WHO, in several research journals of Exclusive breastfeeding, it is stated that the support of health workers and also families is very important to ensure success in providing exclusive breastfeeding to breastfeeding mothers. Exclusive breastfeeding is recommended as the

best source of nutrition for infants and is an important public health concern. Support from health workers is one of the factors associated with exclusive breastfeeding for breastfeeding mothers. In particular, mothers who receive adequate support from health professionals have benefits in increasing their self-confidence and satisfaction and can increase their knowledge and insight in exclusive breastfeeding.

This study has provided a review related to outcome of professional health support in the success of exclusive breastfeeding in developing and developed countries, but researcher have found gaps in this study, including there are only less researches about new programs to improve the success of Exclusive breastfeeding.

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