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Performance of the nursing team in front of early weaning: a narrative review

Desempeño del equipo de enfermería delante del destete temprano: una revisión narrativa

Atuação da equipe de enfermagem frente ao desmame precoce: uma revisão narrativa

ABSTRACT

Objective: To understand the main causes of early weaning and the performance of the nursing team regarding the theme. **Method:** This is a narrative review of the literature, searches were carried out in the Scielo database through the descriptors in health sciences and 15 articles were selected for analysis. **Results:** The main causes of early weaning are the lack of information, fragile guidelines, the use of nipples and pacifiers and complications such as fissures and breast engorgement. **Conclusion:** It is believed that the findings of this study may contribute to the scientific and care scenario. The study points to the need to promote breastfeeding, to encourage the implementation of public policies, health, care and work, to encourage the practice and maintenance of breastfeeding.

DESCRIPTORS: Breastfeeding; Nursing care; Early weaning.

RESUMEN

Objetivo: Comprender las principales causas del destete temprano y el desempeño del equipo de enfermería en la temática. **Método:** Es una revisión narrativa de la literatura, se realizaron búsquedas en la base de datos Scielo a través de los descriptores en ciencias de la salud y se seleccionaron 15 artículos para su análisis. **Resultados:** Las principales causas del destete precoz son la falta de información, pautas débiles, uso de tetinas y chupetes y complicaciones como fisuras e ingurgitación mamaria. **Conclusión:** Se cree que los hallazgos de este estudio pueden contribuir al escenario científico y asistencial. El estudio apunta a la necesidad de promover la lactancia materna, incentivando la implementación de políticas públicas, de salud, asistencial y laboral, para incentivar la práctica y mantenimiento de la lactancia materna.

DESCRIPTORES: Lactancia Materna; Cuidado de enfermera; Destete precoz.

RESUMO

Objetivo: Compreender as principais causas do desmame precoce e a atuação da equipe de enfermagem frente à temática. **Método:** Trata-se de uma revisão narrativa da literatura, realizou-se buscas na base de dados Scielo por meio dos descritores em ciências da saúde e foi selecionado 15 artigos para análise. **Resultados:** As principais causas do desmame precoce são a falta de informação, fragilidade nas orientações, uso de bicos e chupetas e intercorrências como fissuras e ingurgitamento mamário. **Conclusão:** Acredita-se que os achados deste estudo possam contribuir para o cenário científico e assistencial. O estudo acena para a necessidade da promoção do aleitamento materno, estímulo à implementação de políticas públicas, de saúde, assistência e trabalho, para o incentivo à prática e à manutenção do aleitamento materno.

DESCRIPTORES: Aleitamento Materno; Cuidados de Enfermagem; Desmame precoce.

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ORCID: 0000-0001-8216-9931**INTRODUCTION**

Breastfeeding is considered the main strategy for reducing child mortality, according to the World Health Organization (WHO).⁽¹⁾ Breastfeeding is considered an ancient practice that has several immunological, cognitive, socioeconomic and nutritional benefits for the mother / newborn baby binomial⁽²⁾.

The recent study carried out by the United Nations Children's Fund (UNICEF), showed that the breastfeeding exclusive feed rate of all children in the world, under 6 months of age, was 42%, with variations according to the regions around the globe and its countries, being that Latin America and the Caribbean, region where Brazil is located, presents the percentage of 38%⁽³⁾.

A survey conducted in the capitals of the states of Brazil and the Federal District, showed that the breastfeeding rate in children under 6 months of age was 41.0%, with discrepant changes between different locations in the country. The North and Central West region presented a percentage above the national average of rates (45.9%) and (45.0%), respectively, followed by the South region, with (43.9%) which, although lower, compared as last two regions, it is still above the national average, in contrast to the Southeast with (39.4%) and the Northeast with (37.0%).⁽⁴⁾

Studies reveal that even though breastfeeding is considered an age-old prac-

tice, it is not yet instinctive for humans, making it necessary to provide guidance during prenatal care to prolong the breastfeeding period, thus reducing the rates of early weaning.⁽⁵⁾ In Brazil, rates of early weaning have increased every day, putting maternal and child health at risk.

However, it is necessary for the health team to act with an emphasis on this theme, especially the nurse because it is a professional with cognitive and interpersonal attributes necessary to conduct the period and articulate with the multidisciplinary team. The role of nurses in pre and post-natal care is of paramount importance to achieve exclusive breastfeeding.⁽⁶⁾

Early weaning, in most cases, is attributed to difficulties during breastfeeding or misinformation about the subject, thus the lack of follow-up during this period increases early weaning. Some difficulties encountered during the breastfeeding period are fissures, breast engorgement and pain, the low access to information calls into question the nutritional supply of human milk, causing mothers to believe in "Weak Milk" and introduce milk formulas, most of the time, without professional guidance.^(4,8)

This article aims to carry out a review of narrative literature in order to understand the main causes of early weaning and the performance of the nursing team regarding the theme.

The role of nurses in relation to the theme is extremely important, therefore, this study is justified because it allows an

analysis of published studies and brings together strategies for the management of breastfeeding and its benefits, with a view in reducing the rates of early weaning and the quality of life of the mother and child binomial.

METHODS

This is a study of narrative literature review. Narrative reviews are appropriate studies to describe and discuss the development of a given subject from a theoretical point of view.

They consist of an analysis of the literature published in the various means of scientific dissemination, interpretation and personal critical analysis of the author. This study has a fundamental role in the scientific field, as it allows the reader to update himself in knowledge about the studied theme.⁽⁹⁾

The research questions were: What is the importance of breastfeeding? What are the main causes of early weaning? What is the role of the nursing team in relation to breastfeeding?

In order to select the articles that addressed the theme, carried out in Brazil, systematic searches were carried out in the electronic database Scielo. The search terms used in the databases were breastfeeding, nursing care and early weaning and there were no limitations regarding the language and / or publication date. The last search was carried out in January 2020. For the

selection of articles, the inclusion criteria were articles that addressed the theme with an emphasis on early weaning, considering the Portuguese language and the last 10 years of publication. Literature reviews and systematic reviews and studies that did not address early weaning and possible mitigating factors were excluded.

The evaluation for the selection of the articles was carried out by two independent

evaluators, then they met and checked if there was a divergence of opinions, and these were resolved through a consensus. The selection was initially carried out through titles, followed by abstracts, and when selected, by a complete reading of the articles.

RESULTS

The electronic search in the databa-

se resulted in the initial identification of 117 studies. When screening these works, using the inclusion criteria, a total of 15 selected articles were obtained for the study, with a greater concentration regarding the theme in the years 2009 and 2014 with four articles published each year.

DISCUSSION

Importance of Exclusive Breastfeeding

Exclusive breastfeeding (EBF) defined by the WHO as offering only milk, without even water or tea being recommended until the children's sixth month of life. When they receive foods other than breast milk, it can be concluded that the early weaning of the infant started.⁽¹⁰⁾

Despite being considered an ancient practice, breastfeeding has been facing several difficulties that lead to early weaning of the infant. Breast milk is recognized for its many benefits to the mother / newborn binomial and when interrupted makes the infant more prone to perinatal outcomes.⁽¹¹⁾

The bond between the mother / newborn binomial can be considered a significant benefit, since the bonds are tightened allowing for a better quality of life. Exclusive breastfeeding becomes extremely important, because in addition to the aforementioned benefits, through nutritional and physiological issues, it is responsible for reducing infant mortality, in addition to promoting the child's full development.⁽¹²⁾

Risk factors for early weaning and difficulties experienced in breastfeeding

Lack of experience, birth weight associated with admission to the Neonatal Intensive Care Unit and maternal work are factors prone to early weaning according to Salustiano, et al.⁽⁷⁾ in their study, showing that primiparous women face greater difficulties in sustaining breastfeeding due to lack of experience in dealing with the situation, as well as maternal work stands out in the study, as nursing mothers need to return to their activities, being a barrier maintenance of breastfeeding.

As introduced above, socioeconomic conditions are also considered risk factors

Table 1. Studies found using the keywords "Breastfeeding, Nursing Care, Early weaning"

Ano	Título	Publicação
2012	Fatores associados à duração do aleitamento materno em crianças menores de seis meses	Revista Brasileira de Ginecologia e Obstetrícia
1989	Proteção, promoção e apoio ao aleitamento materno: o papel especial dos serviços de saúde	Organização Mundial da Saúde
2019	Impacto da idade materna na acidez do colostro de nutrizes em maternidade do interior do Estado de São Paulo	Journal of Human Growth and Development
2009	Pesquisa de prevalência de aleitamento materno nas capitais brasileiras e Distrito Federal. Brasília (DF)	Ministério da Saúde
2009	Saúde da criança: nutrição infantil: aleitamento materno e alimentação complementar	Ministério da Saúde
2009	Fatores de risco associados ao desmame precoce e ao período de desmame em lactentes matriculados em creches	Revista Paulista de Pediatria
2014	Fatores associados ao desmame precoce do aleitamento materno	Revista CUIDARTE
2014	O papel do enfermeiro na prevenção do desmame precoce	Revista Eletrônica Acervo Enfermagem
2015	Fatores que influenciam na interrupção do aleitamento materno exclusivo em nutrizes	Revista Gaúcha de Enfermagem
2010	Orientações sobre amamentação: a vantagem do Programa de Saúde da Família em municípios gaúchos com mais de 100.000 habitantes no âmbito do PROESF	Revista Brasileira de Epidemiologia
2014	Conhecimento de puérperas sobre amamentação exclusiva	Revista Brasileira de Enfermagem
2010	Orientações sobre amamentação na assistência pré-natal: uma revisão integrativa	Revista da Rede de Enfermagem do Nordeste
2016	Manejo clínico da amamentação: Valoração axiológica sob a ótica da mulher-nutriz	Escola Anna Nery/Revista de Enfermagem
2009	A visita domiciliar como ferramenta ao cuidado familiar	Cogitare Enfermagem
2018	Primeira semana saúde integral do recém-nascido: ações de enfermeiros da Estratégia Saúde da Família	Revista Gaúcha de Enfermagem

for early weaning given this elucidated by Barbosa et al.,⁽¹²⁾ because these are families that survive in unfavorable conditions, causing the mother to need a job to contribute to family income and survival, which does not allow exclusive breastfeeding for six months as recommended, making it necessary the inclusion of other foods in the child's nutrition.

The use of nipples and pacifiers were also presented as factors favorable to early weaning, as pacifiers reduce the number of feedings per day, resulting in less breast stimulation and culminating in low milk production, favoring weaning.⁽¹⁴⁾

Nipples and pacifiers are strong correlations to early weaning that the Ministry of Health, in the ten steps to successful breastfeeding, puts the ninth as not offering nipples and pacifiers.⁽¹²⁾

The low information on breastfeeding is also considered a risk factor for early weaning since women do not know the real importance of breastfeeding for the binomial, aspects observed by Rocha, et al.,⁽¹⁶⁾ therefore, it is understood that one of the main strategies for strengthening breastfeeding in this regard is the promotion of health education campaigns and groups.

Among the factors that favor early weaning is the child's crying, since nursing mothers believe that breast milk is not able to meet the infant's nutritional needs, studies reveal that crying is most often associated with hunger by mothers with them to introduce food before six months.⁽¹⁴⁾

Maternal anxiety, intertwined with the difficulty of the newborn's handle, has been shown to be one of the main causes of early weaning. This difficulty is related to the maternal apprehension of the infant not being adequately nourished making them use the formulas.⁽¹⁶⁾

Fissures, pain and edema are factors reported by nursing mothers when it comes to breastfeeding difficulties. Among these negative factors, it is possible to identify the lack of preparation during prenatal care, therefore, it is necessary for the health team and the nurse as a health educator so that we can enable the act of breastfeeding.⁽¹⁵⁾

Understanding and defining the rea-

sons that led to early weaning is essential to achieve a longer breastfeeding time for children. Knowing the difficulties and opportunities for professional improvement, it is possible to act more effectively in the face of this issue and make the success of this mortality reduction strategy feasible.

Nursing assistance in breastfeeding

Regarding the professional performance of nurses, one of their competencies according to the law of professional practice is the role of health educator, so when the theme in question is breastfeeding, this role is even more emphasized since the preparation performed during the pre-natal and post-natal follow-up will support the nursing mother during breastfeeding making this a pleasant and sustained moment.

Regarding nursing care during breastfeeding, we can see that the team's performance starts in prenatal care and runs through the child's second year of life. According to Cruz et al.,⁽¹⁷⁾ in order for the outcome to be positive in the practice of breastfeeding, nursing mothers need permanent support in prenatal consultations and after delivery, not only from their families and friends, but also and, mainly, from the professionals.

Nursing care practice has turned to hard technologies, leaving aside light and light-hard technologies resulting in the fragility of guidelines and bonds between professionals and patients, as a health educator the nurse is irreplaceable, so communication cannot be replaced by other tools.⁽¹⁸⁾

Demitto et. al⁽¹⁹⁾ notes in his study that most women are not educated about breastfeeding (in his study carried out in Maringá of the 21 participating women, only 6 had been educated).

The low rates of guidance have been one of the major difficulties encountered when it comes to the performance of the nursing team in the face of early weaning and breastfeeding, making this field of activity fragile.

Regarding the management of breastfeeding during hospitalization for birth, there are major positive aspects: nursing mothers feel confident when being guided by nurses.

The role of nursing goes beyond complying with techniques and regulations, nursing work in the obstetric scenario has been intertwined with human and social aspects that aim to welcome women and assist them in the first moments of newborn life.

When analyzing the studies that addressed the management of difficulties during breastfeeding, the extreme importance of the nurse and his team in helping the nursing mother is observed, because at this moment professionals are responsible for undoing the link of lack of information and empiricism in order to build the link based on bond and scientific knowledge, favoring breastfeeding.⁽²⁰⁾

Challenges are also faced by the nursing team, such as the mothers' low adherence to the guidelines and the absence of previous guidelines that hinder the work in the joint accommodation.

A study carried out by Silva et al.⁽¹⁸⁾ it brought main diagnoses related to rooming-in and breastfeeding, namely, ineffective breastfeeding, interrupted breastfeeding and effective breastfeeding. Among the diagnoses, the greatest number was effective breastfeeding, showing an advance in the guidelines and breastfeeding in this unit, in addition to demonstrating a professional performance based on the nursing process.

One of the tools that can be used during the breastfeeding process, within the scope of the Family Health Strategy (FHS) is the home visit (HV). This tool can provide greater support to the nursing mother, since its purpose is to understand the necessary family member and her main difficulties, with the Community Health Agent and the nurse being the main actors in this process.⁽²¹⁾

After birth, intertwined with the guidelines in the maternity ward, home visits, when applied in the first full week of the child's health, bring favorable outcomes in face of breastfeeding, since the nurse's action aims to answer questions, guide about the breastfeeding technique and promote social support for nursing mothers.⁽²²⁾

CONCLUSION

The study contributes to a better understanding of the main causes of early weaning and the performance of the nursing team in the scenario of breastfeeding, in addition to demonstrating the importance of breastfeeding.

Understanding the causes of early weaning

provides nursing professionals with a more focused and focused on the success of the practice, favoring the reduction of the mortality rate and child development.

The literature emphasizes the importance of guidance on breastfeeding associated with adequate management of breastfeeding. The obstetric scenario is marked by the advance and reduction of

mortality thanks to strategies aimed at breastfeeding in which the nurse has an irreplaceable role.

The national literature is vast on the importance of breastfeeding, however, there are still few studies that seek to understand the causes of early weaning, so it is recommended to carry out more studies that address the theme. ■

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