

# RIASE

REVISTA IBERO-AMERICANA DE SAÚDE E ENVELHECIMENTO  
REVISTA IBERO-AMERICANA DE SALUD Y ENVEJECIMIENTO

## **BENEFITS OF BREASTFEEDING AND THE IMPORTANCE OF NURSING CARE FOR ADHERENCE TO EXCLUSIVE BREASTFEEDING**

## **BENEFÍCIOS DO ALEITAMENTO MATERNO E A IMPORTÂNCIA DOS CUIDADOS DE ENFERMAGEM PARA A ADESÃO À AMAMENTAÇÃO EXCLUSIVA**

## **BENEFICIOS DE LA LACTANCIA MATERNA E IMPORTANCIA DE LOS CUIDADOS DE ENFERMERÍA PARA EL CUMPLIMIENTO DE LA LACTANCIA MATERNA EXCLUSIVA**

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## ABSTRACT

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**Introduction:** Breast milk is a rich and important source of nutrition for infants and children. In addition to providing all the essential nutrients, breast milk also contains antibodies that help protect the baby against diseases and infections. It is important for the child's psychological development, as it provides comfort and security. In addition, the skin-to-skin contact between mother and baby during breastfeeding can help strengthen the emotional bond between them. Nurses play an important role in promoting breastfeeding and educating about its importance. They should be respectful of the mother's decisions and provide objective and clear information about the benefits of breastfeeding, without judging or forcing a choice.

**Objective:** To identify the benefits of breastfeeding for child development and evaluate the contribution of nursing interventions in breastfeeding adherence and good practice.

**Methodology:** An integrative literature review was conducted using the PI(C)O mnemonic to compile the research question. The search was conducted in MEDLINE Complete and CINAHL Complete databases through the EBSCOhost platform to identify articles published between 2010 and 2022. After applying the inclusion and exclusion criteria, 12 studies were selected. The recommendations of the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) method were followed to ensure the transparency and rigor of the integrative literature review.

**Results:** The results of the integrative literature review suggest that there is solid evidence of the benefits of breastfeeding for child development that include improvements in physical and mental health as well as cognitive and immune development of the child and nursing interventions are critical to ensure adherence to exclusive breastfeeding and correct breastfeeding practice.

**Conclusion:** The conclusion of this integrative literature review strongly supports the importance of nursing intervention in supporting breastfeeding and may be a determining factor in increasing adherence to exclusive breastfeeding. The implementation of training programs for nurses can help improve the quality of health care provided to mothers and children by increasing awareness of the benefits of breastfeeding and encouraging adherence to exclusive breastfeeding. By doing so, it is possible to promote a healthier life for children, as well as strengthen the mother-child bond.

**Keywords:** Breastfeeding; Evidence-Based Practice; Infant, Newborn; Nursing Care.

## RESUMO

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**Introdução:** O leite materno é uma fonte rica e importante de nutrição para bebês e crianças. Além de fornecer todos os nutrientes essenciais às necessidades dos recém-nascidos, o leite materno também contém anticorpos que ajudam a proteger o bebê contra doenças e infecções, previne as alergias e fortalece o sistema imunitário. É importante para o desenvolvimento psicológico da criança, pois proporciona conforto e segurança. Além disso, o contato pele a pele entre a mãe e o bebê durante o aleitamento pode ajudar a fortalecer o vínculo emocional entre eles. Os enfermeiros desempenham um papel importante na promoção do aleitamento materno, devendo respeitar as decisões da mãe, mas fornecendo informações objetivas e claras sobre os benefícios do aleitamento materno, sem julgar ou forçar uma escolha.

**Objetivo:** Identificar os benefícios do aleitamento materno para o desenvolvimento da criança e avaliar a contribuição das intervenções de enfermagem na adesão e boa prática da amamentação.

**Metodologia:** Foi efetuada uma revisão integrativa da literatura utilizando a mnemônica PI(C)O para compilar a pergunta de investigação. A pesquisa foi conduzida nas bases de dados MEDLINE Complete e CINAHL Complete através da plataforma EBSCOhost para identificar artigos publicados entre 2010 e 2022. Após a aplicação dos critérios de inclusão e exclusão, foram selecionados 12 estudos. Foram seguidas as recomendações do método *Preferred Reporting Items for Systematic Reviews and Meta-Analyses* (PRISMA) para garantir a transparência e a rigorosidade da revisão integrativa da literatura.

**Resultados:** Os resultados da revisão integrativa da literatura sugerem que há evidência sólida dos benefícios do aleitamento materno para o desenvolvimento da criança que incluem melhorias na saúde física e mental, bem como no desenvolvimento cognitivo e imunológico da criança e as intervenções de enfermagem são fundamentais para garantir a adesão à amamentação exclusiva e à prática correta da amamentação.

**Conclusão:** A conclusão desta revisão integrativa da literatura apoia fortemente a importância da intervenção de enfermagem no suporte à amamentação e pode ser um fator determinante para aumentar a adesão à amamentação exclusiva. A implementação de programas de formação para enfermeiros pode ajudar a melhorar a qualidade dos cuidados de saúde prestados às mães e às crianças, aumentando a conscientização sobre os benefícios do aleitamento materno e estimulando a adesão à amamentação exclusiva. Com isso, é possível promover uma vida mais saudável para as crianças, bem como fortalecer o vínculo mãe-filho.

**Palavras-chave:** Aleitamento Materno; Cuidados de Enfermagem; Lactantes, Recém-Nascido; Prática Baseada na Evidência.

## RESUMEN

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**Introducción:** La leche materna es una fuente rica e importante de nutrición para lactantes y niños. Además de proporcionar todos los nutrientes esenciales, la leche materna también contiene anticuerpos que ayudan a proteger al bebé contra enfermedades e infecciones. Es importante para el desarrollo psicológico del niño, ya que le proporciona comodidad y seguridad. Además, el contacto piel con piel entre la madre y el bebé durante la lactancia puede ayudar a reforzar el vínculo emocional entre ambos. Las enfermeras desempeñan un papel importante en la promoción de la lactancia materna y en la educación sobre su importancia. Deben ser respetuosos con las decisiones de la madre y proporcionar información objetiva y clara sobre los beneficios de la lactancia materna, sin juzgar ni forzar una elección.

**Objetivo:** Identificar los beneficios de la lactancia materna para el desarrollo del niño y evaluar la contribución de las intervenciones de enfermería a la adhesión y la buena práctica del amamantamiento.

**Metodología:** Se realizó una revisión bibliográfica integradora utilizando la mnemotecnica PI(C)O para compilar la pregunta de investigación. La búsqueda se realizó en las bases de datos MEDLINE Complete y CINAHL Complete a través de la plataforma EBSCOhost para identificar artículos publicados entre 2010 y 2022. Tras aplicar los criterios de inclusión y exclusión, se seleccionaron 12 estudios. Se siguieron las recomendaciones del método *Preferred Reporting Items for Systematic Reviews and Meta-Analyses* (PRISMA) para garantizar la transparencia y el rigor de la revisión bibliográfica integradora.

**Resultados:** Los resultados de la revisión bibliográfica integradora sugieren que existen pruebas sólidas de los beneficios de la lactancia materna para el desarrollo infantil, que incluyen mejoras en la salud física y mental, así como en el desarrollo cognitivo e inmunológico del niño, y que las intervenciones de enfermería son fundamentales para garantizar el cumplimiento de la lactancia materna exclusiva y la práctica correcta de la lactancia materna.

**Conclusión:** La conclusión de esta revisión bibliográfica integradora apoya firmemente la importancia de la intervención de enfermería en el apoyo a la lactancia materna y puede ser un factor determinante para aumentar la adherencia a la lactancia materna exclusiva. La puesta en marcha de programas de formación para enfermeras puede ayudar a mejorar la calidad de los cuidados prestados a madres e hijos, aumentando la concienciación sobre los beneficios de la lactancia materna y fomentando la adherencia a la lactancia materna exclusiva. Con ello, es posible promover una vida más sana para los niños, así como reforzar el vínculo madre-hijo.

**Descriptor:** Cuidados de Enfermería; Lactancia Materna; Lactantes, Recién Nacidos; Práctica basada en la evidencia.

## INTRODUCTION

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Breastfeeding is a natural procedure that ensures that the child's nutritional needs are met<sup>(1)</sup>. Feeding in the first year of life is of fundamental importance for the infant's growth and development. Breast milk is a living, complete and natural food, suitable for almost all newborns, with few exceptions, and helps babies adapt to other foods<sup>(2)</sup>.

The World Health Organization (WHO, 2017)<sup>(7)</sup>, favors exclusive breastfeeding until the end of the first semester of life, i.e., the infant receives only and exclusively breast milk and no other liquid or solid food. It highlights the importance of exclusive breastfeeding as the best food for the newborn and highlights its benefits for both the child's health and the mother's health.

Some Portuguese studies point to a high incidence of breastfeeding, i.e., more than 90% of Portuguese mothers initiate breastfeeding; however, these same studies indicate that half of the mothers stop breastfeeding during the first month of the baby's life, giving up very early on breastfeeding<sup>(2)</sup>. The success of breastfeeding depends on historical, social, cultural and psychological factors of the puerperal woman and the technical-scientific knowledge of the health professionals involved in the promotion, encouragement and support of breastfeeding<sup>(3)</sup>.

According to WHO (2017)<sup>(7)</sup> it is important to highlight that the support and guidance provided by health professionals, including nurses, are fundamental to ensure the success of breastfeeding and to overcome possible challenges or difficulties that may arise. Thus, nurses play a crucial role in promoting and encouraging breastfeeding, as well as in solving problems and preventing breastfeeding-related complications. However, it is up to the puerperal woman to decide whether or not she wants to breastfeed, and nurses and other health professionals should refrain from making judgments and simultaneously respect the puerperal women's decision, teach, inform, advise, and help all mothers regarding the practice of breastfeeding, regardless of their decision. Furthermore, it is important to emphasize that health care providers must be sensitive to mothers' needs and concerns in order to ensure successful breastfeeding. It is crucial to offer accurate and up-to-date information about breastfeeding, as well as to clarify common myths and challenges related to breastfeeding. The welcoming and nonjudgmental attitude of health care providers is critical to ensure the mother's satisfaction with the breastfeeding experience and continuation of breastfeeding for the desired period<sup>(3)</sup>.

In addition to ensuring the baby's nutrition, breastfeeding has multiple benefits, not only for the child, but also for the mother. It can help reduce the risk of certain diseases, such as breast cancer and osteoporosis, and also helps the body recover after childbirth through the release of oxytocin, a hormone that helps contract the uterus and reduce postpartum bleeding, reduce stress and anxiety, and promote a sense of well-being and comfort. In addition, the act of breastfeeding can also help regain strength and muscle tone in the body, especially in the pelvic floor muscles, which have been compromised during pregnancy and childbirth. However, it is important to remember that the body's recovery after childbirth is a unique journey and can vary from woman to woman. Some women may feel fully recovered in a matter of weeks, while others may need more time<sup>(4)</sup>.

It is also important to remember that breastfeeding is not always possible or the right choice for all women, and it is essential to respect each family's decisions. Some women may have difficulties with milk production, while others may have health or personal conditions that make breastfeeding impractical. The important thing is that mothers have access to information and support to make the right decision for them and their babies<sup>(3)</sup>.

Nursing care is essential in promoting and supporting adherence to exclusive breastfeeding. Nurses provide information and guidance to parents on how to initiate and maintain breastfeeding, and help identify and resolve common problems such as pain or inadequate attachment<sup>(3,4)</sup>. Nursing care is critical in promoting maternal and child health and supporting mothers who choose to breastfeed. They are a valuable source of information and support for mothers and their infants, and help ensure that families receive the support they need to make the breastfeeding process successful.

### *Objective*

To identify the benefits of breastfeeding on child development and to evaluate the contribution of nursing interventions in breastfeeding adherence and good practice.

## METHODS

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### *Ethical aspects*

The Ethics Committee was not asked for an opinion, as this was a secondary research study. When formulating the problem, the principles of clarity, objectivity and accuracy were carefully followed. The research path was designed so that the results obtained would be relevant for nursing interventions and/or care practice and, in the case of the chosen topic, directed to pain symptom control and prevention in end-of-life patients. The data obtained in the selected studies were analyzed so as to respect the results collected in these investigations. Author referencing was documented according to the standards of good academic and scientific practice.

### *Study type*

The choice of an integrative literature review aimed to access current knowledge on the problem under study and thus contribute to the incorporation of the results of this study in practical settings. The methodological procedures used involved the following steps: 1) identification of the initial question; 2) definition of the inclusion and exclusion criteria of the studies; 3) definition of the information to be extracted from the studies; 4) analysis of the included articles; 5) presentation and discussion of the results; and 6) synthesis of the knowledge<sup>(8)</sup>.

### *Methodological procedures*

As a methodological approach, the following steps were used to conduct this integrative literature review: definition of the study's research question, definition of exclusion and inclusion criteria, introduction of descriptors in the databases, identification of studies in the databases, selection of studies after reading the title and abstract of the studies, thorough evaluation of the articles selected for this study, and finally, the analysis of the collected data.

In order to achieve the proposed objective, a research question was defined by applying the PICO methodology, which we intend to answer in this integrative literature review, in which "P" corresponds to population, "I" is intervention, "C" refers to comparison/control, and "O" is outcomes. The question outlined was as follows: In children aged 0 to 3 years (P) is there evidence that nursing care (I) contributed to mothers' adherence to exclusive breastfeeding (O)?

With this question we aimed to assess whether there is evidence that nursing care may have contributed to adherence to exclusive breastfeeding in children within this age range.

With the PICO question developed, a data collection on the subject under study was carried out during the month of October 2022 through the EBSCOhost platform, later selecting the MEDLINE complete and CINAHL complete databases.

Specific descriptors were used, which were connected with the Boolean operators “AND” and “OR” in the following arrangement and order:

“Nursing care” OR “Nurse Interventions” AND “Exclusive Breastfeeding” OR “Exclusive Breast-feeding” OR “Breastfeeding” AND “Neonates” OR “Newborns” OR “Babies” OR “Infants” AND “Puerperal Woman” OR “Mothers” OR “Mother” OR “Motherhood” OR “Maternal”.

With regard to the inclusion criteria, we used studies with quantitative and/or qualitative methodologies, from journals and academic articles, published in their entirety (full text), in Portuguese or English, and which sought to answer the above-mentioned guiding question, with available references and publication date between January 2010 and May 2020. Along with the exclusion criteria, all articles with ambiguous methodology, without correlation with the topic under study, repeated in both databases, and before 2010 were evaluated. By applying the inclusion criteria, 12 articles were obtained. The evaluation of these articles was performed in three phases: (i) reading the titles, with 11 articles selected; (ii) reading the abstracts, justifying the potential of 8 articles; (iii) analysis of the methodological quality and complete reading of the articles, identifying 5 articles, as shown in Figure 1<sup>7</sup>.

## RESULTS

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Preliminarily, the results of the literature review will be analyzed, with the purpose of comparing the selected studies and, subsequently, the discussion will be carried out, based on the thematic content analysis. The characteristics and main results obtained are summarized in Table 1<sup>7</sup>, in ascending chronological order of publication.



## DISCUSSION

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Among the five studies analyzed, there was a general agreement between the authors regarding the benefits of breastfeeding and the importance of nursing care in mothers' adherence to exclusive breastfeeding. Breast milk has several nutrients and a variety of vitamins, minerals, proteins, fats, and carbohydrates, in addition to being rich in antibodies necessary for the baby's development. Through breastfeeding, these antibodies, extremely important for the baby's health, are passed on by the mother<sup>(4)</sup>. This form of feeding is the most natural, economical, safe and efficient way to attend to the nutritional, immunological and psychological aspects of the child in the first months of life<sup>(3)</sup>.

In the study developed by Santos *et al* (2015)<sup>(6)</sup>, the authors observed that breastfeeding with breast milk influenced the prevention of diarrhea as well as the reduction of hospitalization rates in infants. Breastfeeding is essential for child development and growth, having several positive impacts on the child's health, such as protection against infections, increased immunity, development of cognitive skills, and promotion of the mother-child bond. In addition, breastfeeding is a source of complete and adequate nutrition for the baby, providing all the necessary nutrients and calories for healthy development. Infants fed by formula milk have a higher number of hospitalizations due to acute diarrhea compared to infants fed up to 1 year of age<sup>(6)</sup>.

Additionally, breastfeeding also plays an important role in bonding between mother and child, enhancing the child's emotional development. Another benefit of breast milk is in the prevention of childhood obesity, since the baby is able to better regulate its food intake. Also the authors Oliveira, C., Nunes, J. (2021)<sup>(5)</sup>, as well as in other studies, the authors corroborated identical results, arguing that breastfeeding also provides better intellectual development, prevents diarrhea and the onset of heart, contagious, and allergenic diseases, relieves colic, and, due to the nutrients and vitamins contained in breast milk, helps to establish the ideal weight. There is consensus in the scientific community that breastfeeding provides adequate growth and development for the child and that, for this very reason, breastfeeding in the first year of life may be the most viable strategy for reducing post-neonatal mortality<sup>(6)</sup>.

The Nutrition Committee of the Portuguese Society of Pediatrics<sup>(9)</sup> also conducted a study on breastfeeding and the results registered an association of breastfeeding with a lower risk of otitis media, acute gastroenteritis, severe lower respiratory infections, atopic dermatitis, asthma, obesity, type I and II diabetes, leukemia, sudden infant death syndrome, and necrotizing enterocolitis.

The mother, too, is favored with breastfeeding, since it contributes to the restoration of her body weight, early uterine involution, prevention of breast and uterine cancer, decreases the risk of developing postpartum depression, decreases postpartum bleeding, and prevents osteoporosis and cardiovascular diseases<sup>(4)</sup>.

In addition, the practice of breastfeeding is an asset in creating a bond between mother and baby. When the mother breastfeeds, she is physically close to the baby and offering it comfort and nourishment. In addition, breastfeeding releases oxytocin, a hormone that can increase feelings of love and connection between mother and baby<sup>(1)</sup>. The bond formed during breastfeeding can have a lasting impact on the relationship between mother and baby and can be an important foundation for the baby's healthy and safe development, which can be critical to the baby's emotional and psychological development<sup>(5)</sup>.

The nurse is not only the health professional who welcomes, but also the one who informs, guides and assists mothers and babies during this process. It is through accurate and effective techniques and information that he improves the quality of life of both, always working together to achieve this end<sup>(5)</sup>. Health professionals have an important role in breastfeeding adherence, since their knowledge and holistic view on the subject allow them to answer the mother's doubts and, call for breastfeeding through health education sessions<sup>(5)</sup>. In addition, health professionals are also responsible for identifying and solving breastfeeding-related problems, such as pain or "latch-on" problems, and offering solutions to ensure that mother and child have a positive experience throughout the process. It is important that health care providers have access to up-to-date information and specialized training to offer the best possible support to mothers. The involvement of the health care team is critical to the success of breastfeeding and the promotion of child health<sup>(1,3)</sup>.

Nursing care in support of breastfeeding is elementary to ensure that mothers have correct information and have a positive experience, which contributes to increase adherence to exclusive breastfeeding. Therefore, it is essential that health professionals work in an integrated way to promote breastfeeding and provide clear and accurate information about its benefits, as well as identify and solve breastfeeding related problems that may arise<sup>(1,5)</sup>.

The role of nurses is essential for the assistance and guidance of puerperal women, not only informing and teaching, but also guiding, in the correct way, the positioning of the newborn and the breastfeeding grip, providing the child with proper feeding and the mother with a pleasurable and efficient moment<sup>(5)</sup>. In addition, nurses are also responsible for identifying problems or challenges that may arise during the breastfeeding period and offering solutions to improve the experience, by the mother and the newborn. They can also help resolve issues related to pain or discomfort during breastfeeding, promote the

mother-child bond, and encourage continued breastfeeding for an extended period<sup>(1)</sup>. All the studies consulted point to the importance of nursing intervention in promoting and supporting exclusive breastfeeding. The presence of trained and committed health professionals can be decisive to increase adherence to breastfeeding and ensure its success.

#### *Study limitations*

The limitations of this Integrative Literature Review are essentially due to the fact that the selection of articles was only in Portuguese and English, which may have limited the scope of the results obtained and, consequently, led to a loss of significant information from other potentially important international investigations written in other languages. It is essential to emphasize that the Integrative Literature Review is a methodology that allows obtaining an overview of the studies already conducted on a given theme, but does not guarantee the total comprehensiveness of all available information.

Therefore, it is necessary to continue researching and updating knowledge on the subject to ensure a complete and up-to-date approach.

#### *Contributions to Nursing*

In addition to highlighting the importance of nursing care for the maintenance and success of exclusive breastfeeding, this integrative literature review also contributes to the appreciation of the nursing profession. By highlighting the importance of nursing intervention in supporting breastfeeding, it reinforces the need to invest in capacity building and training programs for nurses in this area. This review can be an important reference to guide future research and enhance nursing clinical practices related to breastfeeding support. The conclusion of this review strongly supports the importance of nursing in promoting maternal and child health and reinforces the key role that nurses play in this process.

## FINAL CONSIDERATIONS

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It is evidenced that nursing intervention is fundamental to ensure the success of exclusive breastfeeding and that nurses should be trained and prepared to provide the best possible support to mothers. Furthermore, the importance of a respectful and non-judgmental approach by health professionals regarding mothers' decisions about breastfeeding is also highlighted.

However, the evidence also points to the fact that it is necessary to invest in training programs for health professionals in the area of breastfeeding, so that they can provide accurate information, technical guidance, and emotional support to mothers.

Finally, this integrative literature review highlights the importance of nursing intervention in the promotion and support of breastfeeding, highlighting the importance of the role of health professionals in ensuring the success of this practice and ensuring a healthy and strong mother-child bond. On the other hand, it offers subsidies for reflection on the importance of nurses' actions in promoting breastfeeding and improving the quality of life of the mother and child.

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**Authors' contributions**

CG: Study design, data analysis, review and discussion of results.

CR: Study design, data analysis, review and discussion of results.

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IG: Study design, data analysis, review and discussion of results.

SS: Study design, data analysis, review and discussion of results.

MG: Study coordination, study design, data collection, storage and analysis, review and discussion of results.

AJ: Study coordination, study design, data collection, storage and analysis, review and discussion of results.

AC: Review and discussion of results.

AD: Review and discussion of results.

LL: Review and discussion of results.

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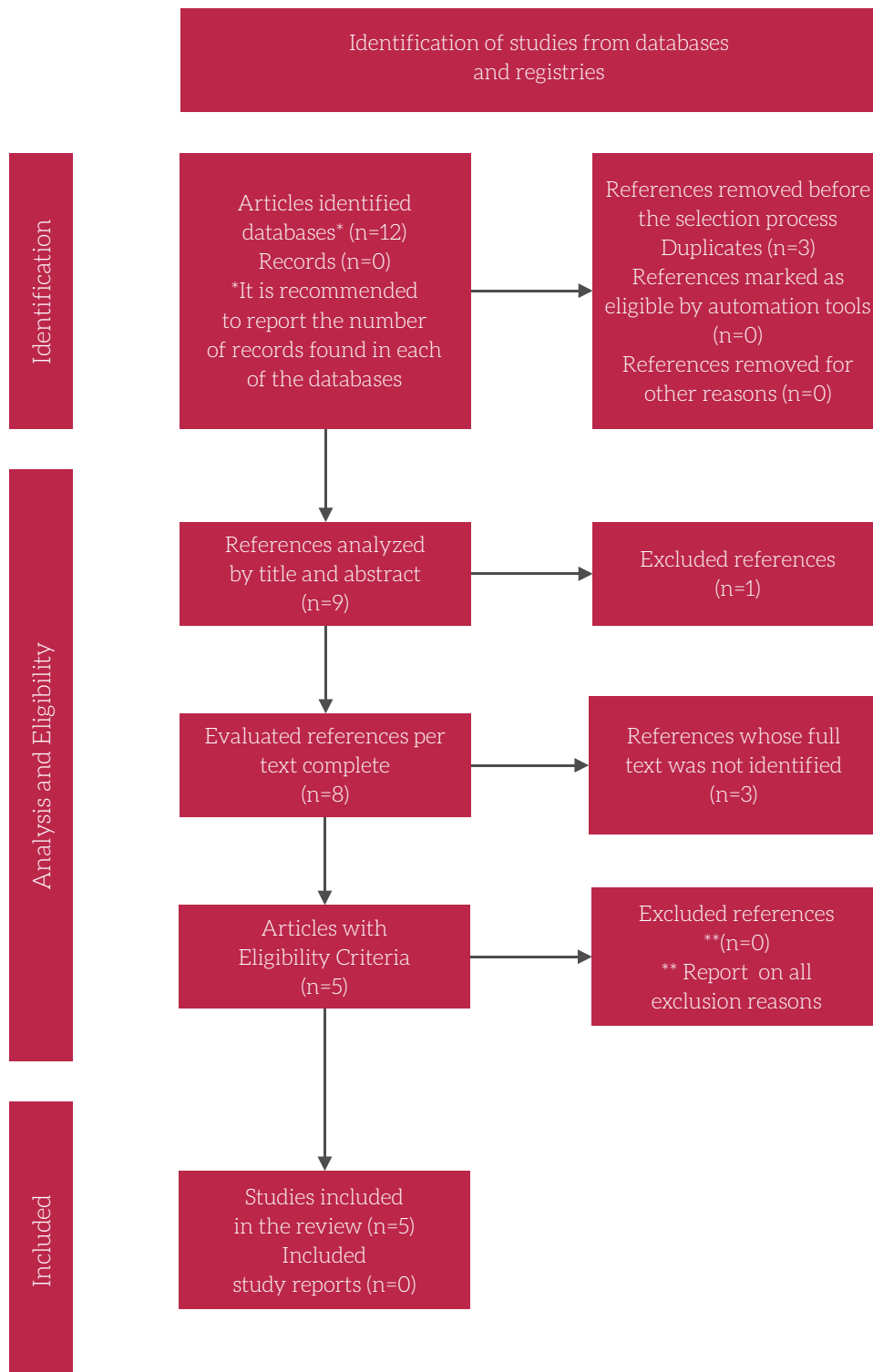


Figure 1 - 2020 PRISMA diagram for the presentation of the research methodology.<sup>5</sup>

**Chart 1 - Identification of the studies and main results.**<sup>→κ</sup>

Authors/Year/Method	Objectives	Results
<p>Souza, B A P de (2014).<sup>(3)</sup> Exploratory-descriptive research.</p>	<p>To develop a reflection on the impairment of the quality of nursing care provided to puerperal women on the importance of breastfeeding and to evaluate their knowledge regarding breastfeeding.</p>	<p>In this study, the author sought to investigate the level of knowledge of health professionals and mothers regarding the promotion and support of breastfeeding, since the lack of knowledge and support has implications on the quality of breastfeeding and the help provided to the newborn. There are several factors that can influence the success or failure of breastfeeding, such as maternal and newborn health conditions and the health professionals' role in encouraging and supporting breastfeeding. There are several social, educational, cultural, and family aspects that are important and decisive for the continuity of breastfeeding and, therefore, it is necessary that all people involved with the mother and the baby are aware and have knowledge of the importance of breastfeeding. The quality of nursing care is something that should be seen as a priority because it will be through them that the consolidation method of building the value of breastfeeding is done.</p>
<p>Santos, F S; Santos, F C S; Santos, L H dos; Leite, A M; Mello, D F de (2015)<sup>(6)</sup>. Integrative literature review.</p>	<p>To analyze and relate breastfeeding-related nursing interventions to diarrhea in children under 2 years of age.</p>	<p>This study concluded that breastfeeding helps to prevent diarrhea and has an influence on reducing the rate of hospitalization for diarrhea in children under 2 years of age. Diarrheal disease is one of the main causes of mortality in children and is associated with poor socioeconomic conditions, lack of breastfeeding, malnutrition, and lack of knowledge of how to act when facing a diarrheal episode.</p>
<p>Costa Barboza, D; De Oliveira Reticena, K; Pereira Gomes, M F; Souza Santos, M; Dos Santos Carvalho, V C; Alves De Oliveira, J A; Suele Bravo, D; Ramos Lopes Valverde, V; De Oliveira, J &amp; Manfio, A (2020)<sup>(1)</sup> Literature review of scientific articles.</p>	<p>To find out if nurses perform breastfeeding promotion actions and what these actions are.</p>	<p>It was concluded that the nurses' actions are deficient in relation to breastfeeding. The promotion of breastfeeding should be done by addressing the advantages/ benefits of breastfeeding for the mother and child on both a physiological and economic level. The article presents some strategies to promote breastfeeding such as: kangaroo mother method, human milk banks, mandatory joint housing in the maternity ward, paternity leave, increased maternity leave.</p>



**Chart 1 - Identification of the studies and main results.**<sup>←↵</sup>

Authors/Year/Method	Objectives	Results
<p>Braga, M S; Silva Gonçalves, M da &amp; Augusto, C R (2020).<sup>(4)</sup> Literature review.</p>	<p>To determine how breast milk influences infant development and its influences.</p>	<p>In this study the authors identified the main differences between formula feeding and breastfeeding. It was found that exclusive breastfeeding can prevent changes in the gastrointestinal system since formula feeding can result in impaired craniofacial development. It has also been described that natural breastfeeding has several advantages as long as it is accompanied by teaching about the correct positioning. The important role of the health professional in health education for women and families regarding the practice was also mentioned.</p>
<p>Oliveira, C P A; Nunes, J S S (2021).<sup>(5)</sup> Integrative review research.</p>	<p>To analyze the nurse's role in promoting, encouraging and supporting mothers in breastfeeding.</p>	<p>This study concluded that breastfeeding helps to prevent diarrhea and has an influence on reducing the rate of hospitalization for diarrhea in children under 2 years of age. Diarrheal disease is one of the main causes of mortality in children and is associated with poor socioeconomic conditions, lack of breastfeeding, malnutrition, and lack of knowledge of how to act when facing a diarrheal episode.</p>