**Comparison of Breast Feeding perceptions and practice and Associated Problems among Caesarean Section and Normal Vaginal delivery Women**

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**Abstract:**

**Background**: Breast feeding as soon as possible after birth has advantage for mothers who have had cesareans just as it does for mothers who deliver vaginally. The influence that the mode of delivery has no lactation rates is under debate. **Aim**: To identify the effect of cesarean section delivery on encountered maternal and neonatal breastfeeding problems over the first week after birth through comparison with normal vaginal delivery. **Subjects &Methods**: A comparative research design was used on 50 cesarean section(CS) women and 50 normal vaginal delivery (NVD) ones in the postnatal ward at the University Maternity Hospital in Tripoli, Libya. An interviewing form was used to collect socio-demographic data and mothers' perceptions and misconceptions related to breastfeeding, and an assessment checklist for practices and maternal and fetal complications. **Results**: About half of both groups were illiterate. Significantly more women in the NVD group thought that colostrums was concentrated breast milk (p=0.002), while more CS women believed it was stale milk (p=0.012). They had lower misconception of toxicity of breast feeding after anesthesia (p=0.029), and higher misconception of baby need of herbal drink to relieve colic (p=0.001). Mothers of woman were the most common source of information. CS women had significantly more delayed initiation (p˂0.001), and more deficient practice regarding frequency (p˂0.001) and duration (p˂0.001). NVD women had significantly less breast (p=0.003), neonatal (p=0.012), and initiation and practice ( p˂0.001) problems. The majority of women in both groups expressed their preference for breastfeeding. **Conclusion & Recommendations:** Breastfeeding problems during the first week of life may be common, especially after CS, which are associated with lack of knowledge, misconceptions, and deficient practice. It is recommended that physicians and nurses should make more effort in guidance, support, and management of problems related to breast feeding. The circulating nurse should be responsible for initiating breastfeeding in the operating theater after cesarean section.

**Key words:** Breastfeeding, Cesarean section, Misconceptions.

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