

THE CHALLENGES DURING INDUCED LACTATION PROCESS AMONG MALAYSIAN WOMEN

A QUALITATIVE STUDY

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NMRR-15-1600-26147 (IIR)

ABSTRACT

INTRODUCTION

Induced lactation is a process by which breast milk is produced in a mammal (woman), without given birth and/or been pregnant. Efforts to produce milk by women who had never been pregnant and giving birth are not easy. It is far more arduous a task than initiating postpartum lactation, but it is possible and worth the effort, according to the many who have attempted it.

OBJECTIVE

This qualitative study was to explore, identify and understand the key challenges for women during the process of induced lactation in Malaysia.

METHODOLOGY

This qualitative study utilized in-depth interview induced lactation's women in five states based on five regions [Northern region (Penang), Southern region (Johor), East Coast region (Kelantan), Malaysia Borneo (Sabah)]. The interviews were consented, audio-recorded then transcribed verbatim, followed by identification of emerging themes.

RESULTS AND DISCUSSION

Data saturation was achieved after interviewing a total of 23 induced lactation's women. Data synthesized using thematic analysis also revealed that six main key challenges such as women's health condition, work commitment, overexertion, not eligible to take leave, inability to follow the treatment plan, and difficulty in getting the adopted baby to initiate breastfeeding during induced lactation process.

CONCLUSION

The findings of this research will be able to help other women and their spouses/partners in comprehending the challenges, obstacles and support that are needed along induced lactation process. In addition, more efforts and programs should be undertaken by the government and other stakeholders to help these mothers able to breastfeed their adoptive child and makes them feel more accomplish as women and mothers

METHODS



STUDY DESIGN

Qualitative Case Study



STUDY DURATION

Conducted from June 2015 to July 2018 (36 months)



STUDY POPULATION

Induced lactation woman from 5 states based on 5 regions (Johor, Selangor, Penang, Kelantan, Sabah)



SAMPLING METHOD

Selecting States: Simple Random Sampling
Selecting IL Women: Purposive Sampling



SAMPLE SIZE DETERMINATION

Determine by saturation theory



DATA COLLECTION METHOD

Semi structured interview via face to face, phone call and email



DATA ANALYSIS

Data synthesized using Thematic Analysis (Atlas.ti version 8.1.3 Software): identified appropriate code, sub-theme and themes

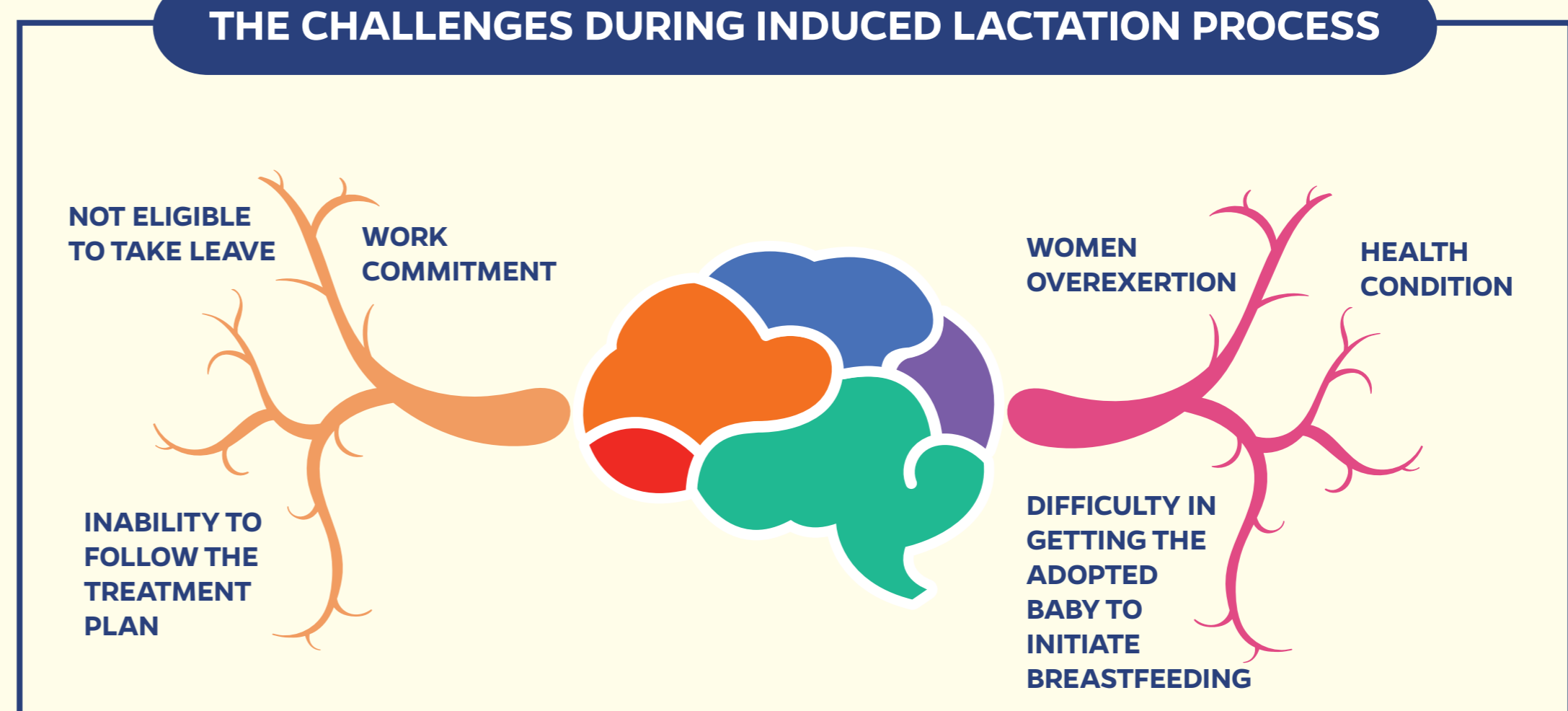
DISCUSSION

- In agreement with previous data from Odom et al. (2013), Colombo et al. (2018), Mosca et al. (2018) and Gianni et al. (2019) mothers reported psychosocial factors, in terms of pain and fatigue as a challenges in breastfeeding and in a relatively high number of cases.
- Adoptive breastfeeding cessation is a complex issue that is influenced by biophysical factors (pain, nipple injury, and insufficient milk) and psychosocial factors (maternal motivation and confidence, breastfeeding knowledge, family support, and breastfeeding intentions) (Kinga et al., 2010; Zilal & Farahwahida, 2014).
- Kinga et al. (2010) reported in their study that adoptive breastfeeding achievement reflects careful planning by the adoptive mother beginning in the prenatal period.
- Around 70.3% of mothers experienced breastfeeding difficulties, reporting cracked nipples, perception of insufficient amount of milk, pain, and fatigue (Gianni et al., 2019)
- Incorporating treatment plan in daily schedule is important for the respondents of the study as the goal of the adoptive breastfeeding. Therefore, the respondents need to arrange and manage their time wisely to meet the objective of lactation within a certain period. Zilal et al. (2018) study indicated that time management involving three things i.e. take the unpaid leave, time for express milk and time to give breast milk to the baby.
- Kinga et al. (2010) reported similar observations in their study that adoptive breastfeeding achievement reflects careful planning by the adoptive mother beginning in the prenatal period, her active role during the infants' hospital stay, and support from health care personnel and family members.

RESULTS

- Data saturation was achieved after interviewing a total of 23 induced lactation women.
- They were Malay-Muslim and age between 26 to 40 years and the adopted children age when the interview was conducted were from 20 days to 24 months.
- Out of 23 women undergoing induced lactation procedure, 6 women were housewives (26% unemployed) and 17 women were employed in multi-sector (74% employed). The duration of marriage (year) among couple was 4 to 15 years.

THE CHALLENGES DURING INDUCED LACTATION PROCESS



HEALTH CONDITION

Polycystic ovary syndrome, kidney failure, hepatitis B, ovary cyst, cancer, heart problem, declining health status

WORK COMMITMENT

Time constraint, tight schedule at work place, high responsibility at work place, nature of working/ shift work

WOMEN OVEREXERTION

Not enough sleep, worried, fatigue, stress, lack of confident

NOT ELIGIBLE TO TAKE LEAVE

No maternity leaves, have a lot of commitment at work place, employers are not allowed, could not apply for leave early as the baby was received unexpectedly

INABILITY TO FOLLOW THE TREATMENT PLAN

Less breast stimulation, doubt about milk supply, physical difficulties/ nipple condition, worry about baby not getting enough breast milk

DIFFICULTY IN GETTING THE ADOPTED BABY TO INITIATE BREASTFEEDING

No previous breastfeeding experiences, baby refuse to get the breast, age of baby at time of induced lactation, baby has been introduced to bottle feeding from the start, inadequate attachment of the baby to the breast

TAKE HOME MESSAGE!

- As you think about inducing lactation, keep in mind that everyone is different.
- No two mothers are the same; no two children the same; no two situations the same.
- The road to breastfeeding is different for everyone.
- You will approach this in your own way with the resources you have and what suits you.
- It is important to keep in mind that breastfeeding is not just about the milk. It's also about the close contact between a mother and her baby which is important for a baby's brain, emotional and social development.

CONCLUSION

The findings of this research will be able to help other women and their spouses/partners in understanding the challenges, obstacles and support that are needed for induced lactation. However, the challenges that need to be faced by adoptive women in induced lactation is not easy. They need full support from all parties to succeed in inducing lactation.

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ACKNOWLEDGEMENT

The authors would like to thank Director General of Health Malaysia for the permission to present this study.

Research University Grant
304/PPSP/61313098

