THE EFFECTIVENESS OF BREASTFEEDING EDUCATION IN MATERNAL BREASTFEEDING SELF EFFICACY AND BREASTFEEDING DURATION: A SYSTEMATIC REVIEW PROTOCOL
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Abstract

Background
The benefits of breastfeeding for infant and maternal health and for society as a whole are well documented. Nevertheless, breastfeeding rates do not meet World Health Organization recommendations in either developing or developed countries. Maternal self-efficacy has been identified as necessary for success in breastfeeding. Several breastfeeding education programs have been introduced to enhance maternal self-efficacy and increase the duration of breastfeeding. Some have been successful, whereas others have failed. The effectiveness of breastfeeding education remains unclear; therefore, it is important to evaluate the interventions currently used and capture the heterogeneous nature of the programs in a systematic review.

Purpose
This study aims to review systematically the evidence for the effectiveness of breastfeeding education in boosting maternal self-efficacy and breastfeeding duration.

Method
The search strategy was designed to identify published and unpublished material in English or Chinese from inception to May 2011. First, electronic databases were searched using key words contained in the titles and abstracts. Two reviewers independently reviewed the articles and chose those to be included based on the inclusion and exclusion criteria. The methodological quality of included studies will be assessed and details of all included studies will be extracted and summarized independently by the reviewers.

Conclusion
This systematic review protocol provides detailed steps for conducting a systematic review. The significance of this review is to identify types of breastfeeding education that are more likely to enhance maternal self-efficacy and increase the duration of breastfeeding. The review can provide useful information for health care professionals to develop appropriate interventions and improve breastfeeding rates.