Personal Factors, First Feeding Time and Nurse Support in Predicting Successful Exclusive Breastfeeding at Discharge in Mothers with Cesarean Section *

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Abstract

**Purpose:** The objective of this study was to investigate the predictive power of personal factors (age, previous breastfeeding experience, attitude toward breastfeeding and self-efficacy), first feeding time and nurse support on successful exclusive breastfeeding at discharge in mothers with cesarean section.

**Design:** Predictive research design.

**Methods:** The subject consisted of 110 mothers with cesarean section in postpartum units at Siriraj Hospital. Data were collected by the personal data Interviewing form, the pregnancy and delivery data records, the Iowa Infant Feeding Attitude Scale, the Breastfeeding Self-Efficacy Scale-Short Form, the Nurse Support Questionnaire and the Baby-Feeding Records. Percentage, mean, standard deviation, median, and logistic regression were used in data analysis.

**Main findings:** The findings revealed that maternal age \([\text{Exp } (B) = 1.102, \text{95%CI } = 1.009-1.203]\), nurse support \([\text{Exp } (B) = 1.089, \text{95%CI } = 1.021-1.161]\) and first feeding time \([\text{Exp } (B) = 0.890, \text{95%CI } = 0.821-0.965]\) could explain 36.5% \((R^2 = 0.365, p < 0.05)\) of the variance in successful breastfeeding at discharge in mothers with cesarean section.

**Conclusion and recommendations:** The results suggest that nurses should protect, promote and support breastfeeding in mothers with cesarean section by providing assistance and support with early breastfeeding especially in young mothers.

**Keywords:** attitude, exclusive breastfeeding, first feeding time, nurse support, self-efficacy

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