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ABSTRACT BOOK

“Harmony of Caring and Healing Inquiry for Holistic Nursing Practice; Enhancing Quality of Care”

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Implementation of exclusive breastfeeding in nurses who working in Hospital

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Exclusive breastfeeding is only breastfeeding immediately after birth until the age of 6 months without food or other liquid, including water, except medicines and vitamins. But along with the progress of time and economic demands are also higher, cause a woman to choose to work in order to improve the socio-economic families. Many of the problems found in working mothers. The success rate of exclusive breastfeeding in the nurses who work in hospital is still relatively low. This research aims to gain experience from nurses who work in hospital about implementing of exclusive breastfeeding. This study used qualitative methods with phenomenological approach. Sample size of 5 people with the criteria nurses working 2-3 shift and has baby age 2-6 month. Dairy milk has been prepared since the period of leave and was given by caregiver when the mother work. At the working place, nurses challenged on expressing milk among other activities because of lacking of time and place that provided by the hospital. The rule on breastfeeding work force is not socialized, so the employees feel less support from hospital. The other result was that the facilities were limited in breastfeeding room. Dairy milk preparation was done pretty well since the period of leave but after working support hospital is still less than the maximum good of facilities as well as policies and regulations on exclusive breastfeeding.

Keywords: Exclusive breastfeeding, Dairy milk preparation, Facilities in breastfeeding, working mother

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