

Expressing Breast Milk for Preterm Infants – a Perspective on Mothers' Coping Strategies

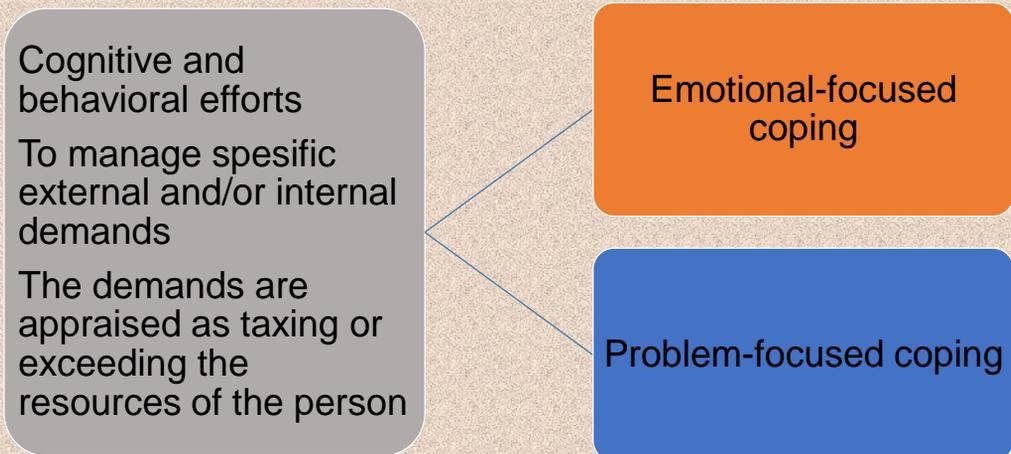
Riikka Ikonen, RN, MNSc, doctoral candidate
Eija Paavilainen, PhD, professor
Marja Kaunonen, PhD, professor
University of Tampere, Finland
Riikka.e.ikonen@uta.fi

Outline

- Coping in Transactional Theory of Stress and Coping (TTSC)¹
- Our data and analysis
- Hypothetical model of mothers' coping strategies
- Clinical implications

¹Lazarus R & Folkman S. 1984. *Stress, Appraisal, and Coping*. Springer, New York.

Coping¹



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Data and analysis

- The results of two studies served as a data:
 - Systematic review (n=22)
 - Qualitative data, gathered with Internet-based thematic questionnaire (n=130)
- Secondary analysis:
 - Compounding the data
 - Identifying the coping strategies
 - Naming the categories
 - Classifying emotional- and problem-focused coping strategies

Results

- Five emotional-focused and six problem-focused coping strategies were identified
- The mothers used emotional-focused coping strategies when they thought expressing as a beneficial action for infant, to achieve at-breastfeeding and to confirm motherhood, when they reassured themselves of their succeeding and emphasized advantages of expressing. The mothers also emphasized disadvantages, gave up and escaped from the situation.
- The mothers used problem-focused coping strategies when they sought social support, were tenacious, learnt new skills, arranged favourable circumstances for expressing, and controlled their milk amount. Furthermore, some mothers used ceasing as a coping strategy.

Implications

- Lactation counseling
 - Coping strategies are vital for the individuals to manage with taxing demand
 - Identifying the coping strategies and supporting them might be beneficial for breastfeeding and maternal well-being
 - Hindering strategies are also important
- Research
 - Development of a scale
 - Gather evidence to support our hypothetical model