



ADAPTIVE BREASTFEEDING SUPPORT TECHNIQUES FOR MOTHERS WITH DISABILITIES

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ABSTRACT

Breastfeeding is recommended because of its many benefits for both mother and baby. For mothers who have breastfeeding limitations, it is difficult but not impossible. The purpose of this study is to explain the various breastfeeding techniques carried out by mothers who have physical limitations based on the existing literature. The literature search method using PRISMA method the search results obtained 234 articles but only 7 articles were used and explained breastfeeding techniques for mothers with disabilities, while other articles were eliminated on the grounds of not answering the variables studied. This article presents a literature review with a wide range of relevant studies and research analyzed to identify the challenges, needs, as well as solutions that have been developed to support mothers with disabilities in breastfeeding techniques. The main focus of this review is on specific techniques that can make it easier for mothers with physical or cognitive disabilities to breastfeed, including the use of assistive devices, modification of breastfeeding positions, and the role of social and medical support. These findings highlight the importance of an inclusive and personalised approach to providing support to mothers with disabilities, the need for more responsive health policies to ensure equal access to maternal health services, and the need for further research to develop practical guidelines that can be applied in a variety of contexts.

Keywords: Breastfeeding, Disability, Techniques

Introduction

(Pendahuluan)

Breastfeeding is an important practice that provides various health benefits for both mother and baby, which also plays an important role in strengthening the emotional bond between mother and baby¹. Breast milk contains nutrients that are necessary for the baby's physical and mental development and protect against infections and diseases². Although the benefits of breastfeeding are enormous, for some mothers, especially mothers with disabilities, breastfeeding can be a challenging process³. Mothers with physical, sensory, cognitive and psychological disabilities often face barriers that affect their ability to breastfeed optimally⁴.

Mothers with physical disabilities may have difficulty holding the baby or finding a stable breastfeeding position⁵. Mothers with physical disabilities, for example, may have difficulty positioning their bodies or correctly positioning their babies⁶. Despite these challenges, mothers with disabilities can still breastfeed successfully if they are given the right support and appropriate techniques⁷, while mothers with sensory disabilities, such as visual or hearing impairments, may have difficulty recognizing the baby's hunger cues or receiving appropriate educational information⁸. In addition, mothers with cognitive disabilities may face difficulties in understanding proper breastfeeding techniques or managing structured breastfeeding needs and require more intensive and repetitive guidance⁹. For mothers with psychological disabilities, breastfeeding can be a challenging process because their psychological state can affect emotional balance, calmness, and the ability to focus on the baby's needs¹⁰. These challenges are often exacerbated by a lack of access to inclusive health facilities, limited access to appropriate breastfeeding aids, and a lack of empathetic social and professional support¹¹. All of these factors show the need for an adaptive and inclusive approach to supporting breastfeeding for mothers with disabilities¹².

Various studies show that with a tailored approach, mothers with physical, sensory,

knowledge and psychological disabilities can still breastfeed well¹³. Effective breastfeeding techniques for mothers with disabilities include modification of breastfeeding positions, the use of assistive devices such as pillows or body supports, and more intensive social and medical support¹⁴.

An inclusive and individual-based approach can increase the confidence of mothers with disabilities to breastfeed their babies¹⁵. With adequate support, mothers with disabilities can overcome the challenges of breastfeeding, although they may require more tailored techniques and the right tools¹⁶.

Research shows that with tailored breastfeeding techniques and the use of certain assistive devices, mothers with disabilities can still breastfeed their babies effectively¹⁷. Some techniques, such as modification of breastfeeding positions, the use of pillows or other assistive devices, as well as medical and social support approaches, have been shown to help mothers with disabilities in the breastfeeding process¹⁸. In many cases, support from medical personnel, lactation counsellors, and families or partners is essential to ensure that mothers with disabilities can breastfeed successfully¹⁹.

However, although several studies have examined the challenges and techniques of breastfeeding for mothers with disabilities, there is still little literature that addresses this topic in depth²⁰. Most existing research is still limited to case studies or based on specific groups of mothers with disabilities, while more comprehensive research covering different types of disabilities and relevant breastfeeding techniques is still very limited²¹. In addition, the social stigma attached to mothers with disabilities is often an obstacle to getting adequate support, both from family, community, and medical personnel²².

Therefore, this article aims to identify and analyze various breastfeeding techniques that have been carried out by mothers with disabilities, which are sourced from various available literature sources²³. This literature review will include a review that discusses

challenges, solutions, and effective breastfeeding techniques for mothers with disabilities, to raise awareness and understanding of the importance of support for mothers with disabilities in breastfeeding²⁴. With clearer and evidence-based information, it is hoped that mothers with disabilities can receive better support, as well as greater access to breastfeeding successfully²⁵.

This research also aims to encourage the development of health policies that are more inclusive and responsive to the needs of mothers with disabilities, as well as strengthen the role of medical personnel, especially in providing information about the physical and psychological conditions of mothers²⁶. With a more holistic approach, it is hoped that a more supportive environment can be created for mothers with disabilities to have a positive and meaningful breastfeeding experience²⁷.

In addition, this study also aims to encourage the development of more inclusive health policies, with a focus on providing better support for mothers with disabilities²⁸. Through a more responsive approach to the needs of mothers with disabilities, it is hoped that equal access can be created for all mothers to experience the benefits of breastfeeding, without being limited by their physical or mental limitations²⁹.

Methods

(Metode Penelitian)

This research uses PRISMA through the process of identification, selection and finally assessment of articles following inclusion and exclusion criteria. This study uses a literature review approach to identify and analyze various breastfeeding techniques used by mothers with disabilities, based on previously published studies. This review aims to provide a comprehensive overview of the challenges, techniques, and solutions that have been found in supporting mothers with disabilities to breastfeed effectively.

The criteria for selecting literature in this study include the following eligible articles focusing on breastfeeding techniques used by mothers with disabilities, whether physical,

sensory, or cognitive, research published in indexed scientific journals or other relevant and publicly accessible articles at the time of publication. Articles published in the last five years to ensure the relevance and up-to-date information, the language of the articles published in English and the types of qualitative, quantitative, case studies, and systematic reviews that address the topic of breastfeeding techniques in mothers with disabilities.

The literature search process is carried out through several academic databases and scientific resources that can be accessed online, including ScienceDirect, PubMed, Elsevier, NCBI, DOAJ, ProQuest, Microsoft Academic, Sage Journals, Oxford Academic, LIPI, ResearchGate, JSTOR and Scrib.id. The keywords used in literature searches are "breastfeeding and disability," "breastfeeding techniques for mothers with disabilities," "breastfeeding support for disabled mothers," and "assisted breastfeeding techniques for mothers with disabilities." The search is carried out by combining these keywords to produce more relevant search results.

The selection process of articles through literature search is evaluated based on their relevance and quality. The selection process is carried out in two stages. The first stage is to select articles based on titles and abstracts to ensure relevance to the research topic. Articles that are irrelevant or do not meet the selection criteria are excluded from the review. The second stage thoroughly reads and assesses the content of the article, including the methodology used in the study, the results obtained, and the discussion related to breastfeeding techniques in mothers with disabilities. Articles that do not describe in detail breastfeeding techniques in mothers with eliminated disabilities. From this selection process, the articles used in this literature review totalled 7 articles, while other irrelevant articles were eliminated. Initial search results showed 234 articles, but

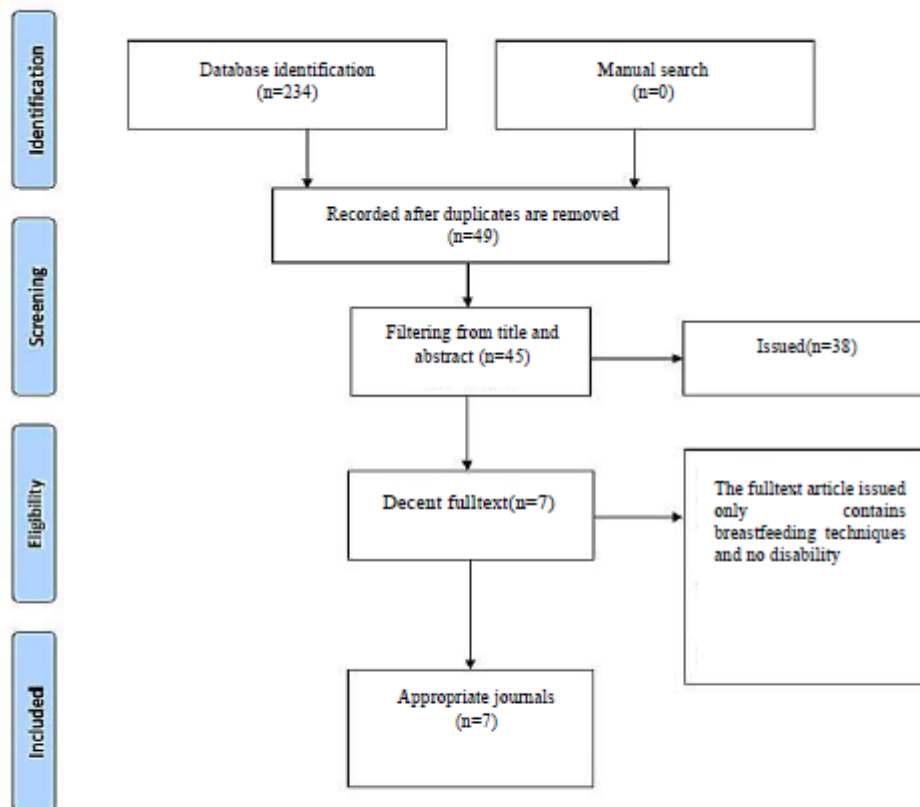
only articles that specifically discussed breastfeeding techniques for mothers with disabilities were selected.

Data collection and analysis techniques are in the form of information from selected articles about breastfeeding techniques, challenges faced by mothers with disabilities, and solutions or interventions applied to help them breastfeed. The analysis process is carried out by thematic analysis identifying the main themes in the article related to breastfeeding techniques for mothers with disabilities. These themes can include the use of assistive devices, modification of breastfeeding positions, as well as medical and social support roles.

The results were synthesized from various articles to compile a comprehensive overview of effective breastfeeding techniques, challenges faced, and recommendations to support mothers with disabilities in the breastfeeding process. The validity and reliability of the literature review, the articles used in this study were selected from reliable sources and indexed in recognized academic databases. In addition, only articles that have a clear methodology and trustworthy results are considered in the analysis. The selection and analysis process is carried out objectively and systematically to ensure that the conclusions drawn are based on strong evidence.

The ethics of this literature review research does not involve the collection of primary data from human participants, so there are no ethical issues associated with this study. All articles used in this review are obtained from legitimate and publicly accessible sources. All citations and references are made following the applicable citation guidelines. This research method aims to provide a deeper understanding of effective breastfeeding techniques for mothers with disabilities, as well as the challenges they face. This review is expected to provide practical recommendations and suggest more

inclusive policies in supporting mothers with disabilities in the breastfeeding process.



Results and Discussion (Hasil dan Pembahasan)

Table 1. Breastfeeding Techniques for Mothers with Disabilities

Title	Author	Year	Method	Sample	Breastfeeding Techniques	Result
Effect of breastfeeding pillow use on musculoskeletal disorders (MSDs) in breastfeeding mothers at Sidomulyo Inpatient Health Center, Pekanbaru ²³	Yanti, Ani Laila, Yupita Tri Rezeki	2019	Experimental with pretest-posttest design	Breastfeeding mothers with musculoskeletal disorders	Breastfeeding pillow	The use of pillows and body support devices can help mothers with mobility disorders to breastfeed more comfortably.

Title	Author	Year	Method	Sample	Breastfeeding Techniques	Result
Analysis of lactation counsellor behaviour in supporting the success of exclusive breastfeeding at Bina Kasih Pekanbaru hospital ³⁰	Sri Rentina, Siti Sindi Lailam Barokah, Sri Rahayu, Sri Wahyuni, Sufiarni Saputri	2023	Descriptive qualitative	Breastfeeding mothers with physical disabilities	Breastfeeding with the assistance of a counsellor	The support of lactation counsellors who are trained in dealing with mothers with disabilities can significantly improve breastfeeding success.
Bandura Social Cognitive Model in Breastfeeding Education ³¹	Nyimas Sri Wahyuni, Yeni Rustina	2020	Literatur Review	Breastfeeding mothers with cognitive disabilities	Breastfeeding with education on the correct way to breastfeed	Mothers with cognitive disabilities can be empowered by providing clear information and structured support that allows them to better understand breastfeeding techniques
Maternal disability and initiation and duration of breastfeeding: analysis of Canadian cross-sectional survey ¹⁰	Hilary K. Brown, Lesley Pablo, Natalie V. Scime, Amira M. Aker and Cindy-Lee Dennis	2023	Cohort	Breastfeeding mothers with physical disabilities	Breastfeeding with the assistance of a counsellor	Women with disabilities, particularly those with moderate/severe and multiple disabilities, can benefit from tailored and accessible breastfeeding support, which takes into account the social determinants of health.
Breastfeeding strategies used by women with physical disabilities ³²	Tiahna Warkentin, Sue Hermann, Jo Watson, Anne Berndt	2019	Descriptive Studi	Breastfeeding mothers with psychological disabilities	This is the first known study to assess breastfeeding techniques used by WWPDP.	This is the first known study to assess breastfeeding techniques used by WWPDP. WWPDP have breastfeeding challenges specific to the disabled community and utilizes specific positions and

Title	Author	Year	Method	Sample	Breastfeeding Techniques	Result
						aids to achieve breastfeeding goals. It is hoped that by understanding these experiences healthcare providers can better support WWPD who are breastfeeding.
Experiences of Breastfeeding among Disabled Women	Erin E. Andrews, PsyD, Robyn M. Powell, Kara B. Ayers	2020	Descriptive content analysis	Breastfeeding among 24 disabled women	Communication difficulties with lactation consultants,	Disabled women should be better supported in their breastfeeding decisions and require greater access to disability-affirmative and informative clinical resources and accessible communication.
Disability and in-hospital breastfeeding practices and supports in Ontario, Canada: a population-based study ¹¹	Hilary K Brown, Clare Taylor, Simone N Vigod, Cindy-Lee Dennis, Kinwah Fung, Simon Chen, Astrid Guttmann, Susan M Haverkamp, Susan L Parish, Joel G Ray.	2022	Cohort study	Breastfeeding mothers with disabilities aged 15-49 years	Provision of breastfeeding assistance	Differences in breastfeeding outcomes between breastfeeding mothers in people with intellectual or developmental disabilities and multiple disabilities are especially in breastfeeding decision-making.

The results of the study on breastfeeding techniques in mothers with disabilities provide an overview of the importance of support that is tailored to the physical, cognitive, and emotional conditions of the mothers²⁵. Each type of disability requires a different approach for mothers to breastfeed successfully²⁶.

Use of Breastfeeding Pillows in Mothers with Musculoskeletal Disorder

This study shows that breastfeeding pillows can help mothers with musculoskeletal disorders (MSDs)²³. The pillow functions as a body support that can reduce muscle tension and comfort mothers with mobility difficulties. With better body position and reduced pain, mothers become more

comfortable while breastfeeding, which has a positive impact on breastfeeding success. This shows that physical aids can greatly help mothers with physical disabilities to breastfeed more effectively²³.

The Role of Lactation Counselors in Mothers with Physical Disabilities

This study highlights the importance of support from trained lactation counsellors for mothers with physical disabilities. Counsellors help mothers by providing information that is appropriate to their physical condition and guiding proper breastfeeding techniques. The support provided by counsellors is proven to increase breastfeeding success and support mothers in undergoing the exclusive breastfeeding process. This suggests that the involvement of trained lactation counsellors is essential for mothers with physical disabilities, as they need an approach tailored to their condition³⁰.

Breastfeeding Education for Mothers with Cognitive Disabilities

For mothers with cognitive disabilities, structured and clear education on how to breastfeed is essential. This study uses the Bandura social cognitive model to empower mothers by providing information that is easy to understand. With a clear and directed educational approach, mothers with cognitive disabilities can understand breastfeeding techniques and apply them well. This shows that providing information that is appropriate to the mother's cognitive ability can help them breastfeed more effectively and independently²⁶.

Breastfeeding Strategies for Mothers with Psychological Disabilities

Mothers with psychic disabilities face special challenges in breastfeeding, such as difficulty in focus or anxiety. The study found that mothers with psychic disabilities used certain strategies, such as choosing a more

comfortable breastfeeding position or using additional aids to support the breastfeeding process. This indicates that mothers with psychic disabilities need to be encouraged to find techniques that suit their condition, and the use of assistive devices can be very helpful in achieving breastfeeding goals.

Communication and Support to Breastfeeding Mothers with Disabilities

This study reveals that mothers with disabilities often have difficulty communicating with lactation counsellors, which can be an obstacle to breastfeeding success. Therefore, effective communication and access to inclusive resources are essential. Mothers with disabilities need more support in terms of information that is easy to understand and tailored to their needs. The study shows that with more inclusive communication and more accessible resources, mothers with disabilities can feel more supported in their breastfeeding journey¹⁰.

Intellectual Disability and Breastfeeding Decision-Making

This study shows that mothers with intellectual or developmental disabilities, as well as multiple disabilities, have challenges in making breastfeeding decisions. Factors such as cognitive limitations or other disorders can affect their ability to make informed decisions about breastfeeding. Therefore, more structured and tailored support is needed, so that mothers with intellectual or developmental disabilities can have better access to support their breastfeeding success²⁷.

Overall, these studies show that mothers with disabilities, be they physical, cognitive, or psychic disabilities, need a tailored approach to address the challenges of breastfeeding²⁸. Support provided through physical aids, trained lactation counsellors, structured education, and inclusive communication can

help mothers with disabilities breastfeed more effectively and comfortably²⁹. The success of breastfeeding in mothers with disabilities is highly dependent on the involvement of various parties who can provide the right support according to the needs of the mother³³.

Challenges of Breastfeeding for Mothers with Disabilities

Some mothers with disabilities may experience difficulties in body position or mobility that affect their ability to breastfeed efficiently²⁵. For example, mothers with mobility disorders (such as disorders in the legs or hands) may find it difficult to hold the baby in a comfortable position or even to breastfeed for long periods of time³³. Some research suggests that mothers with physical disabilities may need more physical support and aids to breastfeed comfortably³¹.

Cognitive Impairment Mothers with cognitive or intellectual impairments may have difficulty remembering the correct breastfeeding steps or techniques³⁴. Assistance from medical personnel, including lactation counsellors, is very important to provide repeated education so that mothers can breastfeed confidently and effectively³⁵.

Social Factors and Stigma In addition to physical factors, mothers with disabilities also often face social challenges that can affect their breastfeeding experience³⁶. Social stigma against mothers with disabilities can add to the emotional burden, which can interfere with the breastfeeding process³⁷. Some studies show that many mothers with disabilities feel isolated or do not receive adequate social support in their breastfeeding efforts³⁸.

Recommended Breastfeeding Techniques for Mothers with Disabilities

Finding a comfortable position is key in breastfeeding for mothers with disabilities³⁹.

Some mothers with mobility disorders may feel more comfortable breastfeeding in a lying position or using a special breastfeeding chair that can better support their posture⁴⁰. The "football hold" technique or breastfeeding position with the baby at the mother's side (with the baby's head under the mother's arm) is an alternative that is often recommended for mothers with certain physical disorders⁴¹.

Breastfeeding aids, such as special nursing pillows or grippers that can help mothers position their babies more easily, can also play an important role⁴². Several studies reveal that the use of these aids helps improve the comfort of mothers and babies while breastfeeding⁴³.

Education and Assistance by Lactation Counselors For mothers with disabilities, intervention and support from lactation counsellors or other health workers are essential⁴⁴. Lactation counsellors can provide training on breastfeeding techniques that are tailored to the mother's individual needs, as well as help identify solutions that can reduce pain or discomfort during breastfeeding⁴⁵.

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Conclusion (Conclusion)

Being a mother with a disability should not be a barrier to breastfeeding success. With the right support, whether it's through the use of appropriate positions, helpful aids, or assistance from health professionals, mothers with disabilities can overcome the obstacles they face. Therefore, medical personnel needs to provide holistic support, including education, aids, and emotional support, to ensure that every mother, regardless of their physical or cognitive condition, can breastfeed their child.

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