



Applicant Information

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Abstract Details

Title:

Experiences of lactating nursing students: a qualitative study among nursing training institutions in the Northeast Region, Ghana

Category:

Maternal and child health

Authors:

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Objectives:

The study aimed to assess the experiences of lactating nursing students in health training institutions in the northeastern region of Ghana.

Method:

An exploratory descriptive design with a qualitative approach was used to investigate lactating nursing students' experiences in practising breastfeeding on campus. A saturation threshold was realized after conducting 10 interviews using a purposeful sampling method. Thematic content analysis was employed to analyze the data.

Results:

Three themes emerged; experiences of lactating nursing students towards breastfeeding, intention of lactating nursing students towards breastfeeding, and feeding methods employed by lactating nursing students. There was a lack of social support and the nature of the college learning environment does not also support lactating students. Some lactating mothers employ the services of relatives or nannies when they have to attend lectures (increase their cost of living). Some lactating mothers expressed breastmilk into feeding bottles whilst others introduced complementary feeding to their babies younger than recommended. Almost all participants lamented that clinical practicum placement was a barrier to effective breastfeeding.

Conclusion:

The study showed that almost all lactating mothers had intentions of breastfeeding their babies. However, lack of support from the school and lecturers, stress emanating from the coursework, and the increased cost associated with keeping nannies have been identified as barriers to the effective breastfeeding of babies.

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