

Fenugreek seed poultice versus cold cabbage leaves compresses for relieving breast engorgement: An interventional comparative study

Background: Breast engorgement is an uncomfortable and painful condition affecting a large slid of mothers in their early postpartum period. Several approaches have been explored for pharmacological or non-pharmacological interventions applied to the treatment of breast engorgement. Some of the non-medical interventions include Fenugreek seed poultice and cold cabbage leaves compresses. **Aim:** Study the impact of nursing intervention on relieves of breast engorgement among puerperal breastfeeding women and compare Fenugreek seed poultice versus could cabbage leaves compresses as two different nursing care approaches of on relieving of breast-engorgement.

Methods: Setting: Postnatal unit and outpatient clinic of Beni-Suef and El-Fayoum University Hospital. Design: A quasi- experimental comparative study. Subjects: A purposive sample of a total of 100 puerperal mothers; 50 in the Fenugreek group & 50 in the cold Cabbage group. Tools: A specialized designed structured interview schedule and Breast Engorgement Assessment Scale (Numerical rating scale, Modified Reeda Scale, Six-points engorgement scale, Fever Chart, and LATCH breastfeeding charting scale).

Results: A significant improvement of breast condition after intervention for both groups regardless of the applied measure was found; however, the improvement was better and shorter time among Fenugreek group than Cabbage group ($p < .05$).

Conclusions: For the management of breast engorgement, both Fenugreek seed poultice and cold Cabbage leaves were effective. However, Fenugreek seed was more highly effective where breast engorgement was alleviated in a shorter time than cold Cabbage leaves. **Recommendations:** Further randomized controlled trials with possible placebo treatment should be carried out to elucidate the non-specific effects of Fenugreek seed poultice and cold Cabbage leaves application.

Keywords: Breast-engorgement, Nursing intervention, Fenugreek seed poultice, Cabbage leaves compresses