

Breast Engorgement among Women with Caesarean Section: Impact of Nursing Intervention

Background: Breast engorgement is defined as enlarged & filling of breast with milk. It is one of the most significant problems confronting nursing women, especially primiparous, in the first week of motherhood.

The aim of the study was to investigate the impact of nursing intervention on relieve of breast engorgement among women with caesarean section. **Design and setting** an interventional study was conducted in postnatal unit of Beni-Suef University hospital. **Sample** was simple random sample comprised a total of 90 Primiparae's cesarean section mothers; 45 in the interventional group & 45 in the control group.

Tools of Data Collection were interview questionnaire sheet, knowledge assessment sheet and observational & Engorgement assessment scale.

The study revealed that, the nursing intervention was more effective and contributed rapid recovery from breast engorgement especially among the older, educated, housewives, high social class's women and those who were rural dwellers. **The study recommended that** Prevention is a key element in reducing breast engorgement potentially among nursing mothers. So, primiparous mothers should learn about preventive measures for breast engorgement. Teaching mother how to express both breasts simultaneously to yield the most volume and to decrease time spend pumping each consecutively is the responsibility of health care providers.

Keywords: breast engorgement, primiparous, caesarian section, nursing intervention