LIST OF CONTENTS

	Chapter	Page
•	Introduction.	1
•	Aim of the study.	4
•	Literature Review. Chapter I: Anatomy of breast and physiology of breast milk production" physiology of lactation".	5
	Chapter II: Preparation of breast feeding.	28
	Chapter III: Breast engorgement.	47
	Chapter IV: Management of breast engorgement.	57
	Chapter V: Role of the nurse midwifes in promoting successful lactation and overcome breast engorgement	86
•	Subjects and Methods	94
•	Results.	104
•	Discussion.	134
•	Conclusion	169
•	Recommendations.	170
•	Summary.	172
•	References.	175
•	Appendices.	
•	Arabic Summary.	

LIST OF TABLES

No	Title	Page
1.	Distribution of the samples according to their general characteristics.	106
2.	Distribution of the samples according to their family history.	107
3.	Distribution of the samples according to their follow up antenatal care.	108
4.	Distribution of the samples according to their knowledge about the important of breast feeding.	109
5.	Distribution of the samples according to their knowledge about the component, technique of breast feeding & infant hunger & satiety cues.	110
6.	Distribution of the samples according to their knowledge about the breasts engorgement	112
7.	Comparison between study group and control group regarding score of knowledge about breast feeding and breast engorgement.	114
8.	Distribution of the samples according to their practices regarding the breasts feeding	116
9.	Distribution of the sample according to scoring of redness in the breasts engorgement throughout follow up visits (by using Reeda scale).	120
10.	Distribution of the sample according to scoring of pain in the breasts engorgement (by using Analog scale)	121
11.	Distribution of the sample according to scoring of edema in the breasts engorge by using (Newton's scale)	122

12.	Distribution of the sample according to degree of measuring temperature (pyrexia)	123
13.	Comparison between study group and control group regarding complete recovery from signs & symptoms of breast engorgement throughout follow up visits.	125
14.	Relationship between degree of breast engorgement of the studied women in the two groups and their general characteristics.	126
15.	Relationship between degree of breast engorgement of the studied women in the two groups and their antenatal follow up.	127
16.	Relationship between degree of breast engorgement of the studied women in the two groups and their practices (technique) of breast feeding.	128
17.	Relationship between recovery level of breast engorgement of the studied women in the two groups throughout follow up visits and their age.	129
18.	Relationship between recovery level of breast engorgement of the studied women in the two groups throughout follow up visits and their education.	130
19.	Relationship between recovery level of breast engorgement of the studied women in the two groups throughout follow up visits and their occupation.	131
20.	Relationship between recovery level of breast engorgement of the studied women in the two groups throughout follow up visits and their age of marriage.	132
21.	Relationship between recovery level of breast engorgement of the studied women in the two groups throughout follow up visits and their residence.	133

LIST OF FIGURES

In the review

No	Title	Page
1-1 to 1-5	Anatomy and physiology of the breasts.	5,6,7,9
2-1 to 2-4	Physiology of breast milk production "physiology of lactation".	9,10,11
3-1 to 3-9	Breast feeding position and latching.	31 -35
3-10 to 3-18	Technique of breast feeding.	36-39
4-1 to 4-3	Anatomical variations of breasts & its management.	46, 58
5-1 to 5-2	Breast engorgement.	49, 53
6-1 to 6-2	Management of breast engorgement.	63, 69
7-1 to 7-7	Nipples massage (reverse pressure softening).	67
8-1 to 8-3	Breast expression "manual hand expression".	70,71
9-1 to 9-3	Types of pumps	76,77
10-1 to 10-4	Manual breast pumps.	77
11-1 to 11-2	Battery breast pump.	77
12-1 to 12-17	Hands-free pumping.	81, 82
13-1	Using cabbage leaves.	85

In the result

No	Title	Page
1.	Distribution of the samples according to source of their knowledge	115
2.	Distribution of the samples according to severity of breast engorgement before application of nursing measures.	118
3.	Distribution of the samples according to severity of signs and symptoms of breast engorgement before nursing measures.	119
4.	Comparison between study and control group regarding their complete recovery from breast engorgement through follow up visits.	124

LIST OF APPENDICES

No	Title
Appendix 1	Interview questionnaire and observational & follow up
	signs & symptoms of breast engorgement check list.
Appendix 2	Booklet for mothers about Nursing measures for Relief
	Breast Engorgement.
Appendix 3	Protocol.

LIST OF ABBREVIATIONS

Abbreviation	Mean of Abbreviation
WFPHA	World Federation of Public Health Association.
AAP	American Academy Of Pediatrics.
NAPNAP	National Association of Pediatric Nurse Associates and Practitioners.
ADA	American Dietetic Association.
BMR	The Basal Metabolic Rate.
DHA	Docosahexaenoic Acid.
ARA	Arachidonic Acid.
ATP	Adenosine Triphosphate.
DNA	Deoxyribonucleic Acid.
RNA	Ribonucleic Acid.
WHO	World Health Organization.
IGA	Immunoglobulin A.
GIT	Gastrointestinal Tract.
SIDS	Sudden Infant Death Syndrome
IQ	Intelligence Quotient.
LAM	Lactational Amenorrhea Method.

WIC	Women, Infants, and Children
FIL	Feedback Inhibitor Of Lactation.
RPS	Reverse Pressure Softening.
НСР	Health Care Provider.
ANA	Antenatal Care.
TBAs	Traditional Birth Attendances.
ILCA	The International Lactation Consultant Association
ACTH	Adrenocorticotropic Hormone.
TSH	Thyroid Stimulating Hormone.
HMBANA	Human Milk Banking Association of North America.
МОНР	Ministry of Health and Population.
ILLI	La Lech League.
NHSCMD	National Health Service Center for Midwifes and Dissemination.
NAS	National Academy of Sciences.
CGHFBCB	Collaborative Group of Hormonal Factors in Breas Cancer and Breastfeeding.
PBWRC	Princess Basma Women's Resource Center.
RS	Reeda Scale.
VAS	Visual Analog Scale.
ACOG	American College of Obstetricians and Gynecologists.
JAMA	Journal of American Medical Association.