

BREASTFEEDING AS A PROTECTIVE FACTOR OF CHRONIC PAIN AFTER CESAREAN. PRELIMINARY PROSPECTIVE COHORT STUDY.

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BACKGROUND AND GOAL OF STUDY

Chronic post-cesarean pain (CPCP) has an incidence around 18% of mothers. In a previous study, we observed an incidence of CPCP around 12% and that breastfeeding could be a protective factor of chronic pain. The goal of this study is to analyze if breastfeeding really has a protective effect in the incidence of CPCP.

MATERIALS AND METHODS

Preliminary prospective cohort study

1. Informed consent
2. Structural and presencial interview with mothers in the first 24 and 72h after cesarean
3. Telephone interview 4 months after surgery

Main variable: CPCP(NSV \geq 5)

Main independent variable: Breastfeeding

Others variables

72h

- Demographic and sociocultural data
- Surgical technique and number of previous cesareans
- Pain in the first 24-72h

4 MONTHS

- Pain in the surgical wound
- About breastfeeding:
 - Duration of breastfeeding
 - Mixed breastfeeding?
 - Anxiety during breastfeeding?

U de Mannwhitney and Chi-cuadrado
Significant P value (<0,05)

RESULTS

185 MOTHERS

CPCP 11,4%

- 94,1% Pfannestiel technique
- 70,1% skin-to-skin contact with their newborns
- 49,7% working out of home
- 38,4% University studies

87% Breastfeeding



CPCP: 11,4%
10% oral analgesics

58,4% > 2 months
31,4% Only breastfeeding
53,8% Anxiety

	Analgesia	NVE
24h	93,4% iv	7*
72h	41% iv	5

p = 0,0001
OR = 2
CI 95% (1-2)

DCPC Breastfeeding > 2 months	DCPC Breastfeeding \leq 2 months
8,3%	22,8%

p = 0,014
OR= 3,2
CI 95% (1.260- 8.224)

DCPC Anxiety	DCPC NO Anxiety
17,3%	8,8%

p = 0,159

CONCLUSIONS

Preliminary results suggest that breastfeeding for more than 2 months protects against the CPCP in a statistically significant way with a risk three-fold increase in CPCP if breastfeeding is maintained for only 2 months or less. Further, the anxiety during breastfeeding and also mixed breastfeeding, could influence the appearance of pain in the surgical wound 4 months after cesarean.

For any information about Bibliography, e-mail me to this direction: carmenliciavb@gmail.com

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