

Abstract English

Title

Clinical guideline for use of nipple shield during breastfeeding establishment

Background

There is a high rate of breastfeeding in Denmark, 96-99% initiate breastfeeding regardless of the infant's gestational age. The attitudes in clinical practice to the effect of nipple shield use on breastfeeding are diverging. Nipple shield use in Denmark is high; 28% and 54%, respectively for term and preterm infants.

Objectives

To give recommendations for nipple shield use during breastfeeding establishment of term and preterm infants to reduce barriers for exclusive breastfeeding in six months and partial breastfeeding in 12 months or longer according to the recommendations from the Danish Health Board.

Participants

- Mothers who want to breastfeed
- Primiparous and multiparous mothers
- Newborn term and preterm infants from birth to breastfeeding is established

Types of interventions

Use of nipple shield during breastfeeding establishment.

Types of studies

Two cohort studies.

Types of outcomes

- Exclusive breastfeeding at discharge
- Exclusive breastfeeding at four months
- Postmenstrual age at establishment of breastfeeding
- Adequate weight gain
- Weight loss >10%

Search strategy

No existing clinical guideline where found in relevant databases (Tripdatabase, JBI Best practice sheets, NICE UK, SIGN, HTA database, RNAO, SBU, Social styrelsen Sverige, Kunnskapscenteret Norge, Helsedirektoratet Norge, Sundhedsstyrelsen Danmark, Academy of Breastfeeding Medicine). Systematic literature search was performed in PubMed, CINAHL, EMBASE and Cochrane. Manual search from reference lists in relevant literature and grey literature among members of Danish Association for Certified Lactation Consultants (DACLC).

Methodological quality

The articles were assessed with check lists from "Sekretariatet for referenceprogrammer".

Data synthesis

Data was synthesized into meta analyses and shown in Summary of finding tables where possible.

Recommendations for clinical practice

↓↓ **Avoid use of nipple shield as a first choice for solving breastfeeding problems during breastfeeding establishment, as the use of nipple shield may shorten the period of exclusive breastfeeding for both term and preterm infants and does not promote earlier establishment of exclusive breastfeeding in preterm infants (⊕⊕⊕○).**