

Investigating and implementing best health practices in women health nursing 2020: Lactation nursing



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Abstract

Statement of the problem: Research has pointed out that breastfeeding is one of the best approaches that can be used in boosting nutrition and overall health for infants. Breastfeeding has also been determined to be beneficial to the mothers as attributed to the overall improvement of health. Notably, breastfeeding is linked to a reduced risk of the mother contracting ovarian as well as breast cancer. This phenomenon is attributed to the fact that the breastfeeding process allows for the shedding of breast tissues and subsequently eliminating the cells with potential DNA damage. A similar trend is reflected in the case of the ovaries where there is delayed ovulation, an aspect which is attributed to breastfeeding. Ostensibly, ovarian and breast cancer have been the major health concerns for women today, and as such, being able to prevent the occurrences of such diseases can be a significant step towards the improvement of their health. Besides the alleviation of cancer risks, breastfeeding has also been determined to be beneficial to the women, given the fact that it enables for the reduction of postpartum bleeding. This aspect is often a significant challenge for women during birth. Methodology: The study objectives were achieved through implementing a quantitative review of various articles on lactation nursing. The review of various studies, in this case, was integral towards determining the trends and the overall impact of lactation nursing on the mortality rates during childbirth. Findings: The women in this study experienced improved quality of health as a result of better understanding the importance of breastfeeding and care during lactation. Conclusion: lactation nursing provides for improved understanding of breastfeeding and how it can serve to enhance a mother's quality of health.

Biography

Marion Johnson is a Nurse Supervisor, Educator, and a Clinician with a Doctor of Nursing Practice Degree (DNP) and a Master of Science in Nursing Degree (MSN) both from Walden University. She has worked as a nurse in the healthcare industry for over 15 years, and presently, she has joined the teaching industry, working as an online nurse instructor at various colleges and universities. As an instructor for both BSN and graduate students, she believes in learning, educating, creating and implementing positive input into the nursing industry.

