1. [Vol 24 No 1 (2561): มกราคม-เมษายน 2561](https://www.tci-thaijo.org/index.php/RNJ/issue/view/10887)

Effect of Expressed Breast Milk With Oral Stimulation On Feeding Efficiency in Preterm Infants



**Published** Jul 16, 2018

Chailangka W, Daramas T, Kongsaktrakul C. Effect of Expressed Breast Milk With Oral Stimulation On Feeding Efficiency in Preterm Infants. *Ramathibodi Nursing Journal [Internet].* 16Jul.2018 [cited 28May2019];24(1):25-6. Available from: https://www.tci-thaijo.org/index.php/RNJ/article/view/94749

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Abstract

The present study was quasi-experimental research to investigate the effect of expressed breast milk with oral stimulation on feeding efficiency in preterm infants. The study sample 30 preterm infants who gestational age (GA) range from 31-34 weeks and who admitted into the newborn ward at the tertiary Hospital between March and September 2016. The 30 preterm infants were recruited based on the inclusion criteria, and each preterm infant was randomly assigned, using generated random numbers, to the control group or experimental group. The preterm infants in the experimental group received expressed breast milk with oral stimulation and the control group received **only oral stimulation as developed by Lessen**. The oral stimulation provided assisted movement for the cheeks, lips, gum, tongue and palate. The intervention was given once a day, for 5 minutes, totaling 7 consecutive days. Feeding efficiency refered to the average percentage of the amount of milk the infants could suck and swallow for first 5 minutes and average amount was measured during 2 consecutive meals on 1, 3, and 5 days. Difference in the feeding efficiency between the subjects in the experimental and the control group were determined with the repeated measure ANOVA. The result showed that the feeding efficiency on 1, 3 and 5 days of the preterm babies who received expressed breast milk with oral stimulation had better feeding efficiency than the infants who received only oral stimulation with a statistical significance. This study could be used as a guideline to promote the feeding efficiency in preterm infants.

Keywords

Expressed breast milk, Oral stimulation, Feeding efficiency, Premature infants