

Kontakt koža na kožu medzi matkou a dieťaťom po pôrode v kontexte dojčenia

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Cieľom štúdie bolo zistiť skúsenosti žien s podporou kontaktu koža na kožu (skin to skin contact; SSC) po pôrode a vnímanie jej súvislosti s dojčením. Výskumný súbor tvorilo 212 žien po prirodzenom pôrode. Na zber výskumných údajov bol použitý dotazník. Zistili sme podporu SSC po pôrode podľa odporúčaných postupov u 41,03 % žien a čiastočnú podporu SSC (menej ako 45 min) u 37,73 % žien. Pozitívnu súvislosť podpory SSC po pôrode na priebeh dojčenia uviedlo 89,65 % žien s podporeným SSC podľa odporúčaných postupov a 77,5 % žien s čiastočne podporeným SSC. Po odchode z nemocnice došlo viac žien s podporeným SSC podľa odporúčaných postupov oproti ženám s čiastočne podporeným SSC a oproti ženám s nepodporeným SSC (89,65 % vs. 86,25 % vs. 59,99 %). Lepšie hodnotenie skúsenosti s dojčením sme zaznamenali u žien, ktoré mali SSC podľa odporúčaných postupov ako u tých, ktoré mali SSC čiastočne a ako u tých, ktoré SSC nemali podporený (94,28 % vs. 86,25 % vs. 24,43 %). Zistili sme, že ženy vnímajú SSC ako prospešný v kontexte dojčenia. Sestry/ pôrodné asistentky podporou SSC po pôrode podľa odporúčaných postupov môžu významne prispieť k úspešnému dojčeniu.

Kľúčové slová: kontakt koža na kožu, skin to skin contact (SSC), bonding, dojčenie, matka, dieťa.

Skin-to-skin contact between mother and baby after birth in the context of breastfeeding

The aim of the study was to explore women's experiences with skin-to-skin contact (SSC) support after childbirth and how they perceive its connection to breastfeeding. The research sample consisted of 212 women who had a natural childbirth. A questionnaire was used to collect research data. We found postpartum SSC support according to recommended practices in 41.03% of women and partial SSC support (less than 45 min) in 37.73% of women. Positive association of postpartum SSC support on breastfeeding progress was reported by 89.65% of women with supported SSC as per recommended practices and 77.5% of women with partially supported SSC. After leaving the hospital, a higher percentage of women who received supported SSC according to recommended practices breastfed compared to those with partially supported SSC and those with unsupported SSC (89.65% vs. 86.25% vs. 59.99%). We observed a better rating of the breastfeeding experience among women who had SSC in line with recommended practices compared to those with partially supported SSC and those without supported SSC (94.28% vs. 86.25% vs. 24.43%). We found that women perceive SSC as beneficial in the context of breastfeeding. Nurses/midwives can significantly contribute to successful breastfeeding by providing SSC support according to recommended procedures.

Key words: skin-to-skin contact (SSC), bonding, breastfeeding, mother, child.

DECLARATIONS:

Declaration of originality:

The manuscript is original and has not been published or submitted elsewhere.

Ethical principles compliance:

The authors attest that their study was approved by the local Ethical Committee and is in compliance with human studies and animal welfare regulations of the authors' institutions as well as with the World Medical Association Declaration of Helsinki on Ethical Principles for Medical Research Involving Human Subjects adopted by the 18th WMA General Assembly in Helsinki, Finland, in June 1964, with subsequent amendments, as well as with the ICMJE Recommendations for the Conduct, Reporting, Editing, and Publication of Scholarly Work in Medical Journals, updated in December 2018, including patient consent where appropriate.

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