

# THE RISK FACTORS OF BREAST MILK DAMS IN POSTPARTUM MOTHERS

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## ABSTRACT

**Background:** One of the problems during the postpartum period is breast milk dams. Breast milk dam is breast milk that is not immediately released, causing the breast to swell. This study aimed to determine the risk factors of breast milk dams in postpartum mothers.

**Subjects and Method:** This was a cross-sectional study conducted in Ngetos Community Health Center, Nganjuk, East Java, from May to July 2022. A random sample of 36 postpartum mothers were selected for this study. The independent variables study were breast care, poor attachment at the breast, and frequency of breast-feeding. The dependent variable was breast milk dam. The data were collected by questionnaire and analyzed using multiple logistic regression with odds ratio (OR).

**Results:** The risk of breast milk dams increased with poor breast care (OR= 1.34; 95% CI = 0.36 to 9.54;  $p < 0.001$ ), poor attachment at the breast (OR= 8.16; 95% CI = 4.94 to 11.66;  $p = 0.010$ ), and low frequency of breast-feeding (OR= 4.79; 95% CI = 2.18 to 7.28;  $p = 0.002$ ).

**Conclusion:** The risk of breast milk dam increases with poor breast care, poor attachment at the breast, and low frequency of breast-feeding.

**Keywords:** breast milk, care, attachment, frequency, dam, lactating mothers.

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