

THE NETWORK: TOWARDS UNITY  
FOR HEALTH & FACULTAD DE MEDICINA,  
UNAM, PRESENT



THE NETWORK  
TOWARDS UNITY FOR HEALTH



Facultad de Medicina



# TUFH2020 MEXICO

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"PRIMARY HEALTH CARE: A PATH  
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SYSTEMS AND COMMUNITY BASED  
RESPONSES TO COVID-19

SEPTEMBER 23-25, 2020

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## TUFH 2020 Abstracts

<b>Title</b>	<b>Evaluation of an educational intervention on breastfeeding in medical students</b>
<b>Type</b>	Oral Presentation <i>Measuring Progress towards the Sustainable Development Goals</i>
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<b>Country</b>	Mexico
<b>Abstract N°</b>	TUFH292
<b>Content</b>	<p>The purpose of the current study was to examine the knowledge and attitudes achieved after an educational intervention (workshop) on breastfeeding in medical students. Design: Quasi-experimental pre-test post-test research. A breastfeeding questionnaire on knowledge (15 items) and attitudes (15 items) towards breastfeeding was developed and completed in a pre and post evaluation. 154 second year undergraduate students of Medicine, UNAM, were studied. 104 women (67.5%) and 50 (32.5%) men, ages from 19 to 24 years. They participated in a 4-hour workshop on breastfeeding, which addressed: epidemiology, WHO guidelines, benefits, nutritive value, lactation physiology, breastfeeding techniques, common problems, positive and negative attitudes, role of fathers and more, through diverse educational resources. Measurements and findings: Descriptive statistics and inferential tests (Wilcoxon test for differences in pre and post workshop evaluations) revealed there were statistically significant differences between pre and post workshop knowledge and attitudes towards breastfeeding. The median for men and women in pre and post knowledge test was 10/15 vs 13/15, <math>p &lt; 0.000</math>. The median for the attitudes pre and posttest was 59/75 vs 66/75, <math>p &lt; 0.000</math> for male and 59/75 vs 68/75, <math>p &lt; 0.000</math> for female students. The areas of potential deficits identified were nutritional value of breastmilk, breastfeeding techniques and the role of fathers in the process. Conclusions: It has been documented that the prevalence of breastfeeding initiation and duration can increase by improving the knowledge and attitudes towards breastfeeding of the health care staff and this workshop achieved a significant increase in both areas.</p>