


Digital technologies to support breastfeeding in postpartum women who breastfeed: a *Scoping Review*

Filipa Ruivo¹

 orcid.org/0009-0003-0060-8454

Maria Teresa Félix²

 orcid.org/0000-0003-0745-0648

¹Affiliation (Mestranda em Enfermagem de Saúde Materna e Obstétrica, Escola Superior de Enfermagem de Lisboa (ESEL), Lisboa, Portugal).

²Affiliation (Doutoranda em Enfermagem de Saúde Materna e Obstétrica, Escola Superior de Enfermagem de Lisboa (ESEL)/Centro de Investigação, Inovação e Desenvolvimento em Enfermagem (CIDNUR), Lisboa, Portugal).

Introduction

According to WHO and UNICEF (2018), breastfeeding is recommended from birth to the first six months of life, and as a complement to the child's diet up to 2 years or more. Thus, support for breastfeeding is essential for the mothers who breastfeed. Currently, digital technologies make a valuable contribution, as they allow interaction between puerperal women and specialized health professionals, promoting the acquisition of knowledge and a change in behavior.

Objective

Mapping the scientific evidence that reveals the contribution of digital technologies to support breastfeeding in postpartum women who breastfeed.

Methods

There was a *scoping review* according to the guidelines of *Joanna Briggs Institute*. in the CINALH databases, MEDLINE, Academic Search Complete and gray literature, including studies with a qualitative and quantitative approach, published in the last 5 years (2018-2023), in English, in full text, with a focus on digital technologies to support breastfeeding in postpartum women who breastfeed. Search question: What is the contribution of digital technologies to supporting breastfeeding (Concept), in postpartum women, who breastfeed (Population) (Context - Not Applied).

Results

The synthesis of evidence from eleven articles revealed that digital technologies, whether used by specialized health professionals and/or peer support groups, are a positive resource to support breastfeeding in postpartum women, promoting success and continued breastfeeding, but they didn't highlighting specific themes. The online support provided by the nurse midwife increases the confidence of mothers who breastfeed in the use of digital technologies.

Conclusion

The contribution of digital technologies makes it easier to overcome challenges, regain control and achieve breastfeeding goals. They make health professionals aware of the need to develop strategies that promote behavior change in puerperal women and increase their confidence.

Keywords

Digital Technology; Counseling; Breastfeeding; Women; Puerperium.

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Corresponding author:

Filipa Ruivo

E-mail: ruivo1@campus.essel.pt

