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Abstract

Grant Number: 5R01NR004994-02

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PI Title:

Project Title: MILK AVAILABILITY & LACTATION STATUS IN MOTHERS

Abstract: *The birth of an infant can be a stressful event. Little study of the effects of stress on lactation hormones or milk availability outcome has been done with lactating mothers of preterm & term infants. Using a repeated measures comparative design, the overall purpose of this study is to: 1) determine the relationships between stress and early breastmilk availability as facilitate by the major lactation hormones non-nursing & term nursing infants. Therefore, in lactation mothers, the specific primary aims are to: (1) Determine whether the variables of a) stress manifestations (psychological distress, disturbed sleep, fatigue & physiological stress arousal), b) lactation hormone levels (prolactin & oxytocin) in response to breast pumping & nursing, c) infant care elements (Kangaroo care & frequency of lactation via pumping or nursing), & d) group (mothers of preterm & term infants) predict milk availability, (2) Determine whether the same variables as Aim 1 (a, b, c, d) employment status, perceived sufficiency of maternal milk supply, & whether or not the infant is still hospitalized will be explored as predictive variables. The secondary aims are to: (3) Determine whether there is a differences in the variables specified in aim 1 (stress manifestations; between and among salivary cortisol, plasma cortisol, plasma epinephrine, plasma norepinephrine, prolactin, oxytocin and measures of psychological distress, disturbed sleep, & fatigue. The convenience samples will consist of 190 mothers, 95 mothers of preterm infants & 95 mothers of term infants. Psychologic distress will be measured via the Perceived Stress & Fatigue Scales & sleep items the first 28 days postpartum, and the Multiple Affect Adjective days 7,14, 21, & 28 and plasma cortisol, epinephrine, and norepinephrine days 14 & 28. Physiologic stress arousal will be measured via salivary cortisol measured on days 14 and 28 postpartum. Telephone follow-up will occur on days 42 and 70 to inquire about employment, infant*

hospitalization and perceived maternal milk sufficiency. Evidence that any of the proposed elements were predictors of milk availability would lead to the testing of interventions.

Thesaurus Terms:

breast feeding, human milk, lactation, nutrient bioavailability, physiologic stressor, psychological stressor

fatigue, hormone regulation /control mechanism, longitudinal human study, prognosis, sleep deprivation

behavioral /social science research tag, blood chemistry, clinical research, human subject, nutrition related tag, questionnaire, statistics /biometry

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Fiscal Year: 2001

Department: MATERNAL-CHILD NURSING

Project Start: 01-AUG-2000

Project End: 30-APR-2004

ICD: NATIONAL INSTITUTE OF NURSING RESEARCH

IRG: NURS

