

## **CHAPTER 5**

### **RECOMMENDATION**

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1. The implementation of postpartum maternal care service should be conducted continuously especially with first time pregnant mothers as they may be confused of self-care and infant care due to lack of experience. To promote the continuous care at home, there should be the coordination among public health personnel in the area of their responsibilities for monitoring, particularly in breastfeeding. Postpartum mothers may face several problems; such as, breast milk doesn't flow, their breasts are sore or flat and public health personnel should give them advice, help solve their problems and assist them so that they can breastfeed their infant in the longer period.

2. Although nurses provide knowledge to the mothers during their stay in the hospital, when these mothers return home, the elderly have influence over their behaviors in self-care and infant care; such as, the use of drug release lochia discharge and the use of supplement food with the infants aged less than four months. These are needed to be educated so that the elderly will have correct understandings of maternal and infant care.

3. Economic problem leaves mothers no choice but to leave their house to work. If there is any policy allowing mothers to take maternity leave for four months, this would help them breastfeed their infant for the longer period of time.

4. Knowledge of mothers, relatives and babysitters about supplement food is not extensive. The supplement food with which they are familiar are only banana and rice. So, it is necessary to recommend daily supplement food in the health guidebook so that the infant will receive all essential nutrients. Mothers are usually familiar with supplement food from advertisement and they tend not to eat vegetable and fruit.

5. Cervical cancer related services and education should be available in the health center so that mothers can have cervical cancer screening and so do other groups of people including females of childbearing age or women at any age to check and prevent the cancer in severe phases.

6. Breast feeding is decrease in the present because of economic status, social situation and jobs. The study future will be to study the effect of group activity and supportive from husband, family in promotion of breast feeding .The group activity and supportive from husband may be better knowledge, attitude and practice about breast feeding.

7. Evaluation of the knowledge for nurses post training .It purpose to evaluation quality of assessment of knowledge of the trainees to compare proficiency of knowledge .An evaluation of course have agreed on the course quality in term of giving appropriate.