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## 二胎产妇住院期间纯母乳喂养现状调查及影响因素的 Logistic 回归分析\*

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**摘要 目的:**调查二胎产妇住院期间纯母乳喂养现状,并以单因素及多因素 Logistic 回归分析纯母乳喂养的影响因素。**方法:**选取 2020 年 5~10 月期间在西北妇女儿童医院妇产科住院分娩的 600 例二胎产妇,自行设计问卷调查其喂养方式和母乳喂养知识掌握情况,采用中文版母乳喂养态度量表评估产妇的母乳喂养态度。根据实际喂养方式将 600 例二胎产妇分为纯母乳喂养组和非纯母乳喂养组,以单因素及多因素 Logistic 回归分析纯母乳喂养的影响因素。**结果:**600 例二胎产妇中,纯母乳喂养组 470 例,非纯母乳喂养组 130 例,纯母乳喂养占比为 78.33%;423 例二胎产妇母乳喂养知识评分 $>20$ 分,母乳喂养知识掌握率为 70.50%;253 例为积极母乳喂养态度,积极母乳喂养态度的二胎产妇占比 42.17%。单因素分析结果显示,纯母乳喂养组新生儿每天吸吮次数 $>8$ 次、一胎主要为纯母乳喂养、大专及以上学历文化程度、家庭平均月收入 $>6000$ 元、掌握母乳喂养知识、积极母乳喂养态度的产妇比例高于非纯母乳喂养组( $P<0.05$ ),而剖宫产、乳头凹陷、乳汁分泌不足的产妇比例低于非纯母乳喂养组( $P<0.05$ )。多因素 Logistic 回归分析结果显示,剖宫产、乳头凹陷、乳汁分泌不足、新生儿每天吸吮次数 $\leq 8$ 次、一胎主要为非纯母乳喂养、中专(高中)及以下文化程度、家庭平均月收入 $\leq 6000$ 元、未掌握母乳喂养知识、非积极母乳喂养态度均是二胎产妇住院期间纯母乳喂养的不利影响因素( $P<0.05$ )。**结论:**二胎产妇住院期间纯母乳喂养现状处于中等偏上水平,其影响因素包括分娩方式、乳头凹陷、乳汁分泌情况等,临床应结合相关影响因素针对性干预以提高产妇纯母乳喂养率。

**关键词:**二胎产妇;纯母乳喂养;影响因素;母乳喂养态度

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## Investigation on the Current Situation of Exclusive Breastfeeding during the Hospitalization of Second-Child Parturients and Logistic Regression Analysis of the Influencing Factors\*

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**ABSTRACT Objective:** To investigate the current situation of exclusive breastfeeding during the hospitalization of second-child parturients, and to analyze the influencing factors of exclusive breastfeeding by Logistic regression. **Methods:** A total of 600 second birth parturient who were hospitalized in the department of Obstetrics and Gynecology of Northwest Women's and Children's Hospital from May to October 2020 were selected. A self-designed questionnaire was used to investigate their feeding methods and knowledge of breastfeeding, and the Chinese breastfeeding attitude scale was used to evaluate the maternal breastfeeding attitude. According to the actual feeding methods, 600 second-child parturients were divided into exclusive breastfeeding group and non exclusive breastfeeding group. The influencing factors of exclusive breastfeeding were analyzed by single and multivariate Logistic regression. **Results:** Among the 600 cases of second birth parturient, 470 cases were in the exclusive breastfeeding group, and 130 cases in the non exclusive breastfeeding group, the incidence of exclusive breastfeeding was 78.33%. The score of breastfeeding knowledge of 423 parturients with second child was more than 20, and the knowledge mastery rate of breastfeeding was 70.50%. 253 cases had positive breastfeeding attitude, and 42.17% of second-child parturients had positive breast-feeding attitude. The results of univariate analysis showed that the proportion of newborns with suckling times  $>8$  times per day, one child mainly with exclusive breastfeeding, college education or above, average monthly family income  $>6000$  yuan, master knowledge of breastfeeding and positive attitude towards breastfeeding in the exclusive breastfeeding group were higher than those in the non exclusive breastfeeding group ( $P<0.05$ ), while the proportion of cesarean

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section, crater nipple and insufficient milk secretion were lower than those in non exclusive breastfeeding group ( $P<0.05$ ). Multivariate Logistic regression analysis showed that cesarean section, crater nipple and insufficient milk secretion, newborns with suckling times  $\leq 8$  times per day, one child mainly with non exclusive breastfeeding, technical secondary school (high school) and the following cultural level, average monthly family income  $\leq 6000$  yuan, no master knowledge of breastfeeding, no positive attitude towards breastfeeding were adverse influence factors of exclusive breastfeeding during hospitalization of second birth parturient ( $P<0.05$ ). **Conclusion:** The current situation of exclusive breastfeeding during the hospitalization of second birth parturient is at the upper middle level. Its influencing factors include delivery mode, crater nipple, milk secretion condition and so on. Clinical targeted intervention should be carried out to improve the rate of exclusive breastfeeding.

**Key words:** Second-child parturients; Exclusive breastfeeding; Influencing factors; Breastfeeding attitude

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## 前言

母乳是婴儿喂养的首选食物,母乳营养均衡、丰富、天然配比,初乳中还含有大量婴儿所需的抗体,纯母乳喂养对于新生儿的健康成长意义重大。新生儿吸食母乳更易吸收,同时还可增进母子感情、促进产妇产后恢复,母乳喂养对于母婴双方均有益处<sup>[1-3]</sup>。非母乳喂养可能会造成新生儿营养不良并对其早期发育造成不利影响,增加新生儿发生呼吸道、胃肠道疾病的风险<sup>[45]</sup>。掌握母乳喂养现状有利于宣教工作的开展。随着我国二孩政策的开放,国内二胎孕妇、二胎比例均有所增长,在这样的时代背景下,一胎的育儿经验、产妇的母乳喂养知识掌握情况以及母乳喂养态度等因素均会影响二胎纯母乳喂养率<sup>[67]</sup>。因此本研究通过调查二胎产妇住院期间纯母乳喂养现状,并分析其影响因素,旨在为提升二胎纯母乳喂养率措施的制定提供一定参考,现报告如下。

## 1 资料与方法

### 1.1 一般资料

选取 2020 年 5~10 月期间在西北妇女儿童医院妇产科住院分娩的 600 例二胎产妇作为研究对象。年龄 21~35 岁,平均( $26.34 \pm 3.22$ )岁;分娩方式:剖宫产 206 例,顺产 394 例;新生儿男 295 例,女 305 例。纳入标准:(1)二胎产妇;(2)单胎足月妊娠;(3)无意识及语言障碍,可理解问卷内容;(4)愿意参与研究,签署知情同意书。排除标准:(1)产妇及新生儿存在母乳喂养禁忌症;(2)产妇分娩期发生后大出血、子痫等并发症;(3)新生儿口腔发育不全;(4)产妇患有梅毒、艾滋病等母乳传播性疾病;(5)产妇存在精神异常、抑郁症或者语言障碍;(6)临床资料不完整,可能影响数据完整性。本研究已通过我院医学伦理委员会审核准许(伦理批号:TJ IRB20201002)。

### 1.2 方法

(1)查阅文献并自行设计调查问卷,调查产妇分娩后住院期间新生儿喂养方式、母乳喂养知识掌握情况。喂养方式分为纯母乳喂养(除母乳外不喂养其他任何固体、液体食物)和非纯母乳喂养(包括混合喂养和人工喂养,喂养母乳期间同时喂养辅食为混合喂养,不喂养母乳并完全替换用母乳代乳品喂养为人工喂养),根据问卷调查结果将 600 例二胎产妇分为纯母乳喂养组和非纯母乳喂养组。母乳喂养知识包括母乳喂养益处、喂养技巧两个维度,共计 18 项问题,每项回答正确记 2 分,总

分为 0~36 分, $>20$  分为掌握母乳喂养知识, $\leq 20$  分则为未掌握<sup>[8]</sup>。(2)采用中文版母乳喂养态度量表评估产妇的母乳喂养态度,该量表共包括倾向母乳喂养、倾向奶粉喂养两个维度,两个维度的项目数量分别为 8 个、9 个,共计 17 个项目,均按照同意程度分为 5 个级别,依据 1~5 分的 Likert5 级评分法计分,总分为 17~85 分,母乳喂养倾向随着分值的升高而增强,17~48 分为积极奶粉喂养态度,49~69 分为中等母乳喂养态度,70~85 分为积极母乳喂养态度<sup>[9]</sup>。(3)通过查阅医院病历系统与当面询问相结合的方式收集产妇的相关临床资料,内容包括:产妇年龄、分娩方式、新生儿性别、乳头凹陷情况、乳汁分泌情况、新生儿每天吸吮次数、是否接受过孕期指导、住院期间主要照顾者、一胎的主要喂养方式、文化程度、就业状态、家庭平均月收入水平平等。

### 1.3 统计学方法

应用 SPSS 25.0 软件进行统计学分析。观测资料主要为计数资料,以[例(%)]表示,组间比较采用  $\chi^2$  检验或 Fisher 确切概率法。采用单因素及多因素 Logistic 回归分析二胎产妇住院期间纯母乳喂养的影响因素。 $P<0.05$  为差异有统计学意义。

## 2 结果

### 2.1 二胎产妇纯母乳喂养占比

600 例二胎产妇中,470 例为纯母乳喂养,占比为 78.33%,81 例为人工喂养,占比为 13.50%,49 例为混合喂养,占比为 8.17%。纯母乳喂养组 470 例,非纯母乳喂养组 130 例。

### 2.2 二胎产妇母乳喂养知识掌握情况

600 例二胎产妇母乳喂养知识掌握情况评分 12~34 分,平均( $23.23 \pm 3.23$ )分,其中 423 例二胎产妇母乳喂养知识评分 $>20$  分,母乳喂养知识掌握率为 70.50%。

### 2.3 二胎产妇母乳喂养态度调查情况

600 例二胎产妇母乳喂养态度量表评分 35~77 分,平均( $64.21 \pm 10.22$ )分,其中 123 例为积极奶粉喂养态度,224 例为中等母乳喂养态度,253 例为积极母乳喂养态度,积极母乳喂养态度的产妇占比 42.17%。见表 1。

### 2.4 影响二胎产妇纯母乳喂养的单因素分析

纯母乳喂养组新生儿每天吸吮次数 $>8$  次、一胎主要为纯母乳喂养、大专及以上学历文化程度、家庭平均月收入 $>6000$  元、掌握母乳喂养知识、积极母乳喂养态度的产妇比例高于非纯母乳喂养组( $P<0.05$ ),而剖宫产、乳头凹陷、乳汁分泌不足的产妇

比例低于非纯母乳喂养组( $P<0.05$ )。两组产妇在年龄、新生儿 差异无显著性意义( $P>0.05$ )。见表 2。  
性别、是否接受过孕期指导、住院期间主要照顾者、就业状态上

表 1 二胎产妇母乳喂养态度调查情况  
Table 1 Survey on breastfeeding attitude of second birth parturient

| Breastfeeding attitude                | Cases(n) | Proportion(%) |
|---------------------------------------|----------|---------------|
| Positive milk powder feeding attitude | 123      | 20.50         |
| Moderate breastfeeding attitude       | 224      | 37.33         |
| Positive breastfeeding attitude       | 253      | 42.17         |

表 2 影响二胎产妇纯母乳喂养的单因素分析 [n(%)]  
Table 2 Univariate analysis of exclusive breastfeeding of second birth parturient [n(%)]

| Factors                                                    | Exclusive breastfeeding<br>group(n=470) | Non exclusive breastfeeding<br>group(n=130) | $\chi^2$ | P      |
|------------------------------------------------------------|-----------------------------------------|---------------------------------------------|----------|--------|
| Age( years )                                               |                                         |                                             | 3.124    | 0.077  |
| <30                                                        | 230(48.94)                              | 75(57.69)                                   |          |        |
| $\geq 30$                                                  | 240(51.06)                              | 55(42.31)                                   |          |        |
| Mode of delivery                                           |                                         |                                             | 48.493   | <0.001 |
| Cesarean section                                           | 128(27.23)                              | 78(60.00)                                   |          |        |
| Spontaneous labor                                          | 342(72.77)                              | 52(40.00)                                   |          |        |
| Newborn sex                                                |                                         |                                             | 1.454    | 0.228  |
| Male                                                       | 225(47.87)                              | 70(53.85)                                   |          |        |
| Female                                                     | 245(52.13)                              | 60(46.15)                                   |          |        |
| Crater nipple                                              |                                         |                                             | 62.472   | <0.001 |
| Yes                                                        | 111(23.62)                              | 78(60.00)                                   |          |        |
| No                                                         | 359(76.38)                              | 52(40.00)                                   |          |        |
| Milk secretion                                             |                                         |                                             | 9.753    | 0.002  |
| Normal                                                     | 348(74.04)                              | 43(33.08)                                   |          |        |
| Insufficient                                               | 122(25.96)                              | 87(66.92)                                   |          |        |
| Newborns with suckling times per day( times )              |                                         |                                             | 53.571   | <0.001 |
| $\leq 8$                                                   | 133(28.30)                              | 82(63.08)                                   |          |        |
| $> 8$                                                      | 337(71.70)                              | 48(36.92)                                   |          |        |
| Pregnancy guidance                                         |                                         |                                             | 3.825    | 0.051  |
| Yes                                                        | 222(47.23)                              | 74(56.92)                                   |          |        |
| No                                                         | 248(52.77)                              | 56(43.08)                                   |          |        |
| Primary caregiver                                          |                                         |                                             | 5.406    | 0.067  |
| Parents                                                    | 128(27.23)                              | 45(34.62)                                   |          |        |
| Spouse                                                     | 158(33.62)                              | 48(36.92)                                   |          |        |
| Other                                                      | 184(39.15)                              | 37(28.46)                                   |          |        |
| Main feeding mode of one child                             |                                         |                                             | 60.106   | <0.001 |
| Exclusive breastfeeding                                    | 348(74.04)                              | 49(37.69)                                   |          |        |
| Non exclusive breastfeeding                                | 122(25.96)                              | 81(62.31)                                   |          |        |
| Education level                                            |                                         |                                             | 106.010  | <0.001 |
| Technical secondary school (high school) and the following | 123(26.17)                              | 98(75.38)                                   |          |        |

|                                                                 |              |              |        |        |
|-----------------------------------------------------------------|--------------|--------------|--------|--------|
| College education or above                                      | 347( 73.83 ) | 32( 24.62 )  |        |        |
| Employment status                                               |              |              | 3.337  | 0.068  |
| Unemployed                                                      | 225( 47.87 ) | 74( 56.92 )  |        |        |
| On the job                                                      | 245( 52.13 ) | 56( 43.08 )  |        |        |
| Average monthly family income( yuan )                           |              |              | 56.624 | <0.001 |
| ≤6000                                                           | 144( 30.64 ) | 87( 66.92 )  |        |        |
| >6000                                                           | 326( 69.36 ) | 43( 33.08 )  |        |        |
| Knowledge of breastfeeding                                      |              |              | 74.974 | <0.001 |
| Master                                                          | 342( 72.77 ) | 41( 31.54 )  |        |        |
| No master                                                       | 128( 27.33 ) | 89( 68.46 )  |        |        |
| Breastfeeding attitude                                          |              |              | 26.839 | <0.001 |
| Positive breastfeeding attitude                                 | 224( 47.66 ) | 29( 22.31 )  |        |        |
| Moderate breastfeeding attitude or milk powder feeding attitude | 246( 52.34 ) | 101( 77.69 ) |        |        |

### 2.5 影响二胎产妇纯母乳喂养的多因素 Logistic 回归分析

以二胎产妇住院期间实际喂养方式为因变量,以上述单因素分析(表2)中有统计学意义的因素作为自变量,代入多因素 Logistic 回归分析模型中,变量赋值见表3。最终分析结果显示:剖宫产、乳头凹陷、乳汁分泌不足、新生儿每天吸吮次数≤8

次、一胎主要为非纯母乳喂养、中专(高中)及以下文化程度、家庭平均月收入≤6000元、未掌握母乳喂养知识、非积极母乳喂养态度是二胎产妇住院期间纯母乳喂养的不利影响因素( $P<0.05$ )。见表4。

表3 变量赋值表

Table 3 Variable assignment table

| Variable             | Assignment                                                                                                                     |
|----------------------|--------------------------------------------------------------------------------------------------------------------------------|
| Dependent variable   | Actual feeding mode<br>0=exclusive breastfeeding; 1=non exclusive breastfeeding                                                |
| Independent variable | Mode of delivery<br>0=spontaneous labor, 1=cesarean section                                                                    |
|                      | Crater nipple<br>0=no, 1=yes                                                                                                   |
|                      | Milk secretion<br>0=normal, 1=insufficient                                                                                     |
|                      | Newborns with suckling times per day<br>0=>8 times, 1=≤8 times                                                                 |
|                      | Main feeding mode of one child<br>0=exclusive breastfeeding, 1=non exclusive breastfeeding                                     |
|                      | Education level<br>0=College education or above, 1=Technical secondary school (high school) and the following                  |
|                      | Average monthly family income<br>0=>6000 yuan, 1=≤6000 yuan                                                                    |
|                      | Knowledge of breastfeeding<br>0=master, 1=no master                                                                            |
|                      | Breastfeeding attitude<br>0=positive breastfeeding attitude, 1=moderate breastfeeding attitude or milk powder feeding attitude |

## 3 讨论

母乳喂养是新生儿哺育的首选方案,母乳喂养是保证新生儿健康成长的关键因素,《中国儿童发展纲要》要求我国0~6个月婴儿的纯母乳喂养率要达到50%以上<sup>[10]</sup>。因此掌握母乳喂养现状对于提升母乳喂养率具有重要意义。随着社会医疗技术不断发展以及国民健康意识的提升,越来越多的产妇认识到纯母乳喂养的益处<sup>[11]</sup>。本研究纳入的二胎产妇中纯母乳喂养率为78.33%,而母乳喂养知识的掌握率、积极母乳喂养态度的比例分别为70.50%、42.17%,说明目前二胎产妇母乳喂养意识处于

中等偏上水平,推测原因可能是部分二胎产妇在初次生产后便采取母乳喂养,具有一定的母乳喂养经验,更能体会到母乳喂养的益处,因此有效提高了母乳喂养意识<sup>[12]</sup>。

本文研究结果得出,剖宫产、乳头凹陷、乳汁分泌不足、新生儿每天吸吮次数≤8次、一胎主要为非纯母乳喂养、中专(高中)及以下文化程度、家庭平均月收入≤6000元、未掌握母乳喂养知识、非积极母乳喂养态度是二胎产妇住院期间纯母乳喂养的不利影响因素。分析原因主要为下述几点:(1)剖宫产术后的疼痛感会限制产妇催产素以及催乳素的分泌,进而使产妇的乳汁分泌减少,造成婴幼儿母乳喂养失败,另外手术后的疼痛

表 4 多因素 Logistic 回归分析二胎产妇住院期间纯母乳喂养的影响因素

Table 4 Multivariate Logistic regression analysis of influencing factors of exclusive breastfeeding during hospitalization of second birth parturient

| Factors                              | $\beta$ | SE    | Wald $\chi^2$ | P     | OR    | (95%CI)     |
|--------------------------------------|---------|-------|---------------|-------|-------|-------------|
| Constant                             | -0.078  | 0.031 | 6.167         | 0.013 | -     | -           |
| Mode of delivery                     | 0.451   | 0.199 | 5.137         | 0.023 | 1.570 | 1.063~2.319 |
| Crater nipple                        | 0.822   | 0.226 | 13.164        | 0.000 | 2.274 | 1.459~3.544 |
| Milk secretion                       | 0.201   | 0.086 | 5.469         | 0.019 | 1.223 | 1.033~1.448 |
| Newborns with suckling times per day | 0.472   | 0.181 | 6.795         | 0.009 | 1.603 | 1.124~2.286 |
| Main feeding mode of one child       | 0.574   | 0.250 | 5.292         | 0.021 | 1.776 | 1.089~2.897 |
| Education level                      | 1.102   | 0.307 | 12.843        | 0.000 | 3.009 | 1.647~5.496 |
| Average monthly family income        | 0.415   | 0.196 | 4.493         | 0.034 | 1.515 | 1.032~2.225 |
| Knowledge of breastfeeding           | 0.624   | 0.232 | 7.268         | 0.007 | 1.867 | 1.186~2.939 |
| Breastfeeding attitude               | 0.874   | 0.374 | 5.468         | 0.019 | 2.396 | 1.152~4.984 |

感会刺激产妇交感神经兴奋传导并引发抑郁焦虑等负面情绪,直接导致产妇母乳喂养的耐心、信心降低,最终导致纯母乳喂养失败<sup>[13,14]</sup>。刘月霞<sup>[15]</sup>研究指出不同的分娩方式会影响产妇的喂养选择,其中剖宫产的产妇选择非纯母乳喂养的可能性更高,这与本次研究结论一致。(2)乳头凹陷会造成婴幼儿无法正常吮吸乳汁,进而降低了纯母乳喂养成功率<sup>[16]</sup>,这在刘贤云等人<sup>[17]</sup>的研究中得到印证,其指出乳头凹陷是婴幼儿母乳喂养的独立影响因素,会降低母乳喂养率。(3)乳汁分泌不足是产妇生产后选择非纯母乳喂养的主要原因<sup>[18]</sup>。上述剖宫产是影响乳汁分泌不足的因素之一,而乳汁分泌不足又与新生儿吮吸次数互相影响,有效的吮吸以及充足的吮吸次数是促进母乳喂养的关键,母乳喂养成功率随吮吸次数的增加而提高<sup>[19]</sup>。充足的吮吸次数可以促进乳腺管通畅并降低乳腺炎以及产妇胀奶的发生风险,同时充分吮吸可以促进催乳激素的分泌,但未能充分吮吸母乳则会导致对产妇乳房的刺激减少,抑制了泌乳素以及乳汁的分泌<sup>[20]</sup>。因此提示可通过增加新生儿吸奶时吮吸次数的方式达到促进乳汁分泌的作用,有助于延长母乳喂养时间<sup>[21,22]</sup>。(4)罗焯等人<sup>[23]</sup>的研究指出一胎喂养方式为人工喂养以及混合喂养等非纯母乳喂养的二胎产妇在二胎喂养时更容易选择非纯母乳喂养。推测是因为二胎产妇的喂养经验主要来自于一胎,若是一胎喂养便采用非全母乳喂养方案会导致二胎产妇母乳喂养经验以及母乳喂养信心缺失,进而使二胎产妇更倾向于非纯母乳喂养方案,导致纯母乳喂养率降低<sup>[24,25]</sup>。提示产妇要及早树立正确的新生儿喂养观念,可以对二胎的喂养理念产生一定的积极影响。(5)丘桂芳等<sup>[26]</sup>研究指出文化程度会影响产妇的纯母乳喂养率,文化程度越低的产妇采取纯母乳喂养的比例越低。文化程度较高的二胎产妇在产前会进行自我系统管理并积极主动接受医护人员的母乳喂养健康教育培养技巧培训,由此说明不断学习提升自身的学识认知对后代的健康成长与培养上也有一定的指导价值<sup>[27]</sup>。(6)家庭收入较高的家庭可以为二胎产妇产褥期提供更多的经济帮助,进而为二胎产妇纯母乳喂养奠定物质基础,因此收入水平也是探究母乳喂养时需要

参考的一项影响因素<sup>[28]</sup>。(7)产妇在住院期间经由健康孕期指导后获取大量的母乳喂养知识,在提升二胎产妇母乳喂养技巧的同时使其树立母乳喂养信心,进而使其端正积极的母乳喂养态度并大大提升纯母乳喂养的积极性<sup>[29,30]</sup>,因此掌握母乳喂养知识以及积极的母乳喂养态度至关重要。

综上所述,二胎产妇的纯母乳喂养意识以及母乳喂养知识掌握情况均处于中等偏上水平,二胎产妇住院期间具有较为明显的纯母乳喂养倾向,影响二胎产妇住院期间纯母乳喂养的因素众多,应通过对二胎产妇进行纯母乳喂养健康宣教提升其母乳喂养意识以及技巧,同时通过孕期指导促进产妇乳汁分泌,改善产妇的纯母乳喂养率。本研究仍存在一定的不足之处,例如选取的样本均来自同一医疗机构,单中心临床研究可能会影响研究的参考价值,后续应进行多中心深入研究分析。

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