

EFFECT OF EXCLUSIVE BREASTFEEDING ON PREVENTION AND SHORTENED DURATION OF DIARRHEA AMONG CHILDREN UNDER FIVE: A SYSTEMATIC REVIEW

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ABSTRACT

Background: In developing countries breastfeeding reduces the incidence and severity of diarrhea in infants, although this effect may be less pronounced in areas with better water supply and sanitation facilities. This study aimed to review systematically the effects of exclusive breastfeeding on prevention and shortened duration of diarrhea among children under five.

Subjects and Method: This was a systematic review. The study population were children under five years of age. The dependent variable was diarrhea. The independent variable was breastfeeding. Systematic review was conducted through six steps: (1) Framed a question (based on a theory); (2) Ran a search (on Pubmed/Medline, Google Scholar, other sources); (3) Read the abstract and title of the individual papers; (4) Abstract information from the selected set of final articles; (5) Determined the quality of the information in these articles. This was done using a judgment of their internal validity but also using the GRADE criteria; (6) Determined the extent to which these articles were heterogeneous. Sources of literature were PubMed and BMC, which published articles from January 2008 to July 2018.

Results: After screening, eight abstracts and their full papers were obtained for analysis. Exclusive breastfeeding and provision of colostrum prevented diarrhea and shortened its duration.

Conclusion: Exclusive breastfeeding and provision of colostrum prevent diarrhea and shortened its duration.

Keywords: diarrhea, exclusive breastfeeding, children under five

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