

**BREASTFEEDING PROMOTION STRATEGIES BY PRIMARY HEALTH CARE
NURSES: A BIBLIOMETRIC STUDY****ESTRATÉGIAS DE PROMOÇÃO DO ALEITAMENTO MATERNO PELO
ENFERMEIRO DA ATENÇÃO PRIMÁRIA À SAÚDE: ESTUDO BIBLIOMÉTRICO****ESTRATEGIAS DE PROMOCIÓN DE LA LACTANCIA MATERNA POR
ENFERMERAS DE ATENCIÓN PRIMARIA: UN ESTUDIO BIBLIOMÉTRICO**

Letícia Mio Ferreira¹, Vitória Domingues Correia de Souza Caproni², Emily Rezende Avelar³,
Ranile Santos Silva⁴, Talita Prado Simão Miranda⁵, Monica La-Salette da Costa Godinho⁶,
Simone Albino Silva⁷

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ABSTRACT

Objective: To carry out a bibliometric analysis of the scientific production on breastfeeding promotion strategies by primary health care nurses. **Method:** Bibliometric study that used research in databases. **Results:** A total of 1,380 publications were found on virtual platforms and only 48 were considered eligible for this study and included in the final sample after evaluation. Studies from Brazil were identified, in Portuguese, with a qualitative, descriptive and exploratory method, published in journals without classification in the Brazilian ranking, government manuals, dissertations and theses. **Conclusion:** In the time frame analyzed, a trend towards an increase in publications on the subject can be seen, scientific production is mostly Brazilian and produced by nurses in public universities, but it is not extensive. The results help expand existing knowledge in the area and guide future actions aimed at promoting breastfeeding to improve care and improve maternal and child health.

Descriptors: breastfeeding; nursing; primary health care.

¹ Nursing student at the Federal University of Alfenas UNIFAL. School of Nursing, Federal University of Alfenas UNIFAL-MG, Minas Gerais, Brazil. <https://orcid.org/0000-0001-6135-3852>

² Nursing student at the Federal University of Alfenas UNIFAL. School of Nursing, Federal University of Alfenas UNIFAL-MG, Minas Gerais, Brazil. <https://orcid.org/0009-0003-9555-1250>

³ Master's student in Nursing from the Postgraduate Program in Nursing at the Federal University of Alfenas UNIFAL-MG. School of Nursing, Federal University of Alfenas UNIFAL-MG, Minas Gerais, Brazil. <https://orcid.org/0009-0007-7336-8219>

⁴ RN. PhD student in Nursing at the Postgraduate Program in Nursing at the Federal University of Alfenas UNIFAL-MG. School of Nursing, Federal University of Alfenas UNIFAL-MG, Minas Gerais, Brazil. <https://orcid.org/0000-0002-5844-4224>

⁵ RN, PhD in Nursing, Professor at the Federal University of Viçosa. School of Nursing, Federal University of Alfenas UNIFAL-MG, Minas Gerais, Brazil. <https://orcid.org/0000-0001-8852-7402>

⁶ RN. PhD in Sciences. Associate Professor at the School of Nursing of the Federal University of Alfenas. School of Nursing, Federal University of Alfenas, UNIFAL-MG, Minas Gerais, Brazil. <https://orcid.org/0000-0003-3332-547X>

⁷ Assistant Professor at the School of Nursing of the Federal University of Alfenas UNIFAL-MG. <https://orcid.org/0000-0002-2725-8832>

RESUMO

Objetivo: Realizar uma análise bibliométrica da produção científica sobre as estratégias de promoção do aleitamento materno pelo enfermeiro da atenção primária à saúde. **Método:** Estudo do tipo bibliométrico em base de dados. **Resultados:** Foi encontrado um total de 1.380 publicações pelas plataformas virtuais e somente 48 foram consideradas elegíveis para este estudo e inseridas na amostra final após avaliação. Identificou-se estudos originários do Brasil, em português, de método qualitativo, descritivo e exploratório, publicados em periódicos sem classificação, manuais governamentais, dissertações e teses. **Conclusão:** No recorte temporal analisado, pode-se constatar uma tendência no aumento de publicações sobre a temática, a produção científica é majoritariamente brasileira e produzida por enfermeiros nas universidades públicas, porém não é extensa. Os resultados ajudam a ampliar o conhecimento existente na área e orientam futuras ações voltadas à promoção do aleitamento materno para melhoria da assistência e melhoria da saúde materno-infantil.

Descritores: aleitamento materno; enfermagem; atenção primária à saúde.

RESUMÉN

Objetivo: Realizar un análisis bibliométrico de la producción científica sobre estrategias de promoción de la lactancia materna por parte de enfermeras de atención primaria de salud. **Método:** Se trata de un estudio bibliométrico in bases de datos. **Resultados:** Se encontraron un total de 1.380 publicaciones en plataformas virtuales y solo 48 se consideraron elegibles para este estudio y se incluyeron en la muestra final luego de su evaluación. Se identificaron estudios de Brasil, en portugués, con método cualitativo, descriptivo y exploratorio, publicados en revistas sin clasificación en el ranking brasileño, manuales gubernamentales, disertaciones y tesis. **Conclusión:** En el marco temporal analizado, se aprecia una tendencia al aumento de las publicaciones sobre el tema, la producción científica es mayoritariamente brasileña y producida por enfermeros de universidades públicas, pero no es extensa. Los resultados ayudan a ampliar el conocimiento existente en el área y orientar futuras acciones encaminadas a promover la lactancia materna para mejorar la atención y mejorar la salud maternoinfantil.

Descriptor: lactancia materna; enfermería; primeros auxilios.

INTRODUCTION

Breastfeeding (BF) is the breastfeeding of an infant at the mother's breast. It is eminent that breastfeeding has been an important agent in the nutrition of the human species since the beginning of time, since breast milk guarantees the necessary quantities of water, carbohydrates, lipids and proteins for the adequate development of infants, thus being an ideal source of nutrition, allowing their full inherent genetic potential to be reached.¹

To encourage and enhance the maintenance of BF, support networks were established at the national level, such as: National Health Promotion Policy (PNPS); Rede Cegonha; National Strategy for the Promotion of Breastfeeding and Healthy Complementary Feeding in the SUS – Breastfeed and Feed Brazil Strategy; National Program for Comprehensive Assistance to Children's Health (PAISC); Breastfeeding Counseling Program.² All of these initiatives have had a positive impact

on breastfeeding rates over the last few decades.

Nurses working in Primary Health Care (PHC) play an essential role in promoting BF, as they provide prenatal consultations and guidance throughout the pregnancy process. They are the professionals who will create the strongest bond with the future mother, establishing a relationship of support and trust. In this situation, the pregnant woman trusts the guidance received by the nurse and this favors the acceptance of the same regarding Exclusive Breastfeeding (EBF) and its practice.³

In the daily routine of PHC services, nurses must rely on Evidence-Based Practice (EBP) to support strategies for promoting BF, thus qualifying their care and improving the quality of life of the population. In view of this, we sought to map the scientific production through bibliometrics on the evidence available in the literature regarding the strategies used by nurses working in PHC to promote breastfeeding. Therefore, this study aims to perform a bibliometric analysis regarding the scientific production on strategies for promoting breastfeeding by primary health care nurses.

METHOD

This is a bibliometric study of quantitative analysis that used database

research on how much was produced on the subject in question.

The mnemonic strategy PCC = (P) population, (C) concept and (C) context was used to construct the research question, as it delves deeper into the evidence that will be mapped, justifying and benefiting the elaboration of the research question that must incorporate the elements of PCC.⁴ In this sense, the mnemonic was elaborated with the following structure: P = Nurses, C = Strategies used for the promotion, prevalence and duration of breastfeeding and C = Primary Health Care. Based on this, the following question was elaborated: What evidence is available in the literature on strategies used by nurses working in primary health care for the promotion, prevalence and duration of breastfeeding?

The literature search was limited to publications in English, Portuguese and Spanish. The time limit used for the search corresponds to the period from 01/01/2002 to 06/10/22, with the initial period corresponding to the creation of the Global Strategy for the Promotion of Breastfeeding for Young Children by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF) in 2002 and the final period representing the date on which the search was conducted in the databases.

The types of evidence sources included were primary, quantitative and

qualitative studies, case studies, experience reports, including all possible forms of study designs and also any type of review, published in indexed journals and gray literature, including lato-sensu postgraduate monographs, undergraduate course completion work, dissertations and theses.

A three-stage search strategy was used for this review. In the first stage, an initial limited search was conducted in PubMed, in which the main indexing terms with MeSH (Medical Subject Headings) descriptors were identified. The search strategy used in the PubMed database was as follows: ((((((Nurses[MeSH Terms]) OR (Nurses)) OR (Nurse)) OR ("Nursing Personnel"))) OR ("Registered Nurses")) OR ("Registered Nurse")) AND (((((((("Breast Feeding"[MeSH Terms]) OR ("Breast Feeding")) OR (Breastfed)) OR (Breastfeeding)) OR ("Breast Fed")) OR ("Milk Sharing")) OR ("Exclusive Breast Feeding")) OR ("Exclusive Breastfeeding"))) AND (((("Primary Health Care"[MeSH Terms]) OR ("Primary Health Care")) OR ("Primary Healthcare")) OR ("Primary Care")).

The second stage consisted of searching the following databases, adapting the strategy according to the particularities of each database: CINAHL; EMBASE; Science Direct; WOS - Web of Science; Scopus; Nursing Database (BDENF), via the Virtual Health Library - VHL; Latin

American and Caribbean Literature in Health Sciences (LILACS), via VHL; Brazilian Digital Library of Theses and Dissertations (BDTD) and Google Scholar (gray literature), as shown in Figure 1. The third stage was carried out by searching the references of the studies included in the review for additional studies.⁵

The references of the publications identified in each database were exported to the EndnoteWeb® reference manager, which was used to remove duplicates. From this, a new file was created and exported to the Rayyan - Intelligent Systematic Review web application, which was used to remove new possible duplicates and to select studies according to the criteria.⁶

The study selection was performed in two phases, by two blind reviewers independently. In the first phase, the studies were selected based on the reading of the title, abstract and suitability to the inclusion criteria. In the second phase, the full text was read, still blindly between the two reviewers, applying the selection criteria. In both phases, conflicts were resolved through consensus.

Data were extracted from the selected studies using a form that followed the following study characteristics: title, author(s); year of publication; country; language of publication; institution where the publication was conducted; objective of the study; research question; area of

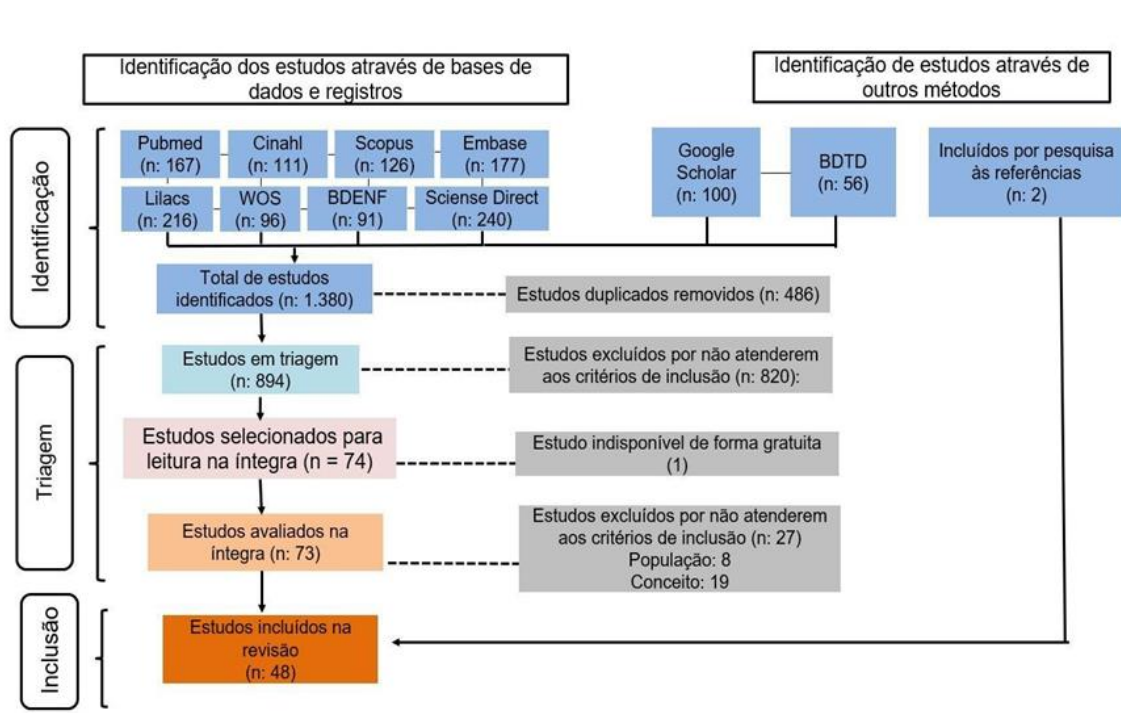
publication of journals; type of evidence source; professional training of authors; research methods; population; publication descriptors; type of intervention; data collection technique.⁴ Data analysis was performed descriptively using tables and

graphs that show the distribution of data collected during the extraction stage.

RESULTS

A total of 1,380 articles were found selected by virtual platforms, only 48 were considered eligible for this study.

Figure 1- Study selection flowchart. Alfenas - MG, Brazil, 2023.



Source: Prepared by the authors⁷

Regarding the bibliometric analysis, the data are presented in tables 1 to 4, meeting the propositions described in the objective. In the time interval researched, Table 1 highlights that the country with the

largest number of studies on the subject was Brazil, and the role of Public Universities (Federal, State and Regional) as institutions hosting research on breastfeeding is highlighted.

Table 1– Geographical origin and research host institution of the selected studies that address Breastfeeding Promotion Strategies from 2002 to 2022. Alfenas-MG.

COUNTRY OF PUBLICATION	N	%
Brazil	34	71%
United Kingdom	2	4%
United States	6	13%
Spain	1	2%
Colombia	1	2%
Australia	1	2%
New Zealand	1	2%
Nicaragua	1	2%
Peru	1	2%
Total	48	100%

HEADQUARTERS RESEARCH INSTITUTE	N	%
1	3	6%
1.2	1	2%
1.3	1	2%
2.1	1	2%
2.2	1	2%
3.1	1	2%
3.3	1	2%
3.4	2	4%
3.5	1	2%
3.6	2	4%
3.7	1	2%
3.8	1	2%
3.11	2	4%
3.12	1	2%
3.13	1	2%
3.15	1	2%
3.16	2	4%
3.17	1	2%
3.18	1	2%
3.19	1	2%
3.20	1	2%
3.21	1	2%
3.22	2	4%
3.23	1	2%
3.24	1	2%
3.25	1	2%
3.26	1	2%
3.33	1	2%
3.34	1	2%

3.35	1	2%
Total	48	100%

Source: From the authors

Legend: 1- Ministry of Health (MS) 1.1- MS of Brazil; 1.2- MS Peru; 1.3- MS Nicaragua; 2- State Health Department (SES); 2.1- SES RJ 2.2- State Health Department of São Paulo 3- University; 3.1 Federal University of Alfenas – UNIFAL-MG 3.2- University Center of Brasília – CEUB; 3.3- University of Bristol – School of Medicine 3.4- Federal University of São Carlos – UFSCAR; 3.5- Federal University of Minas Gerais – UFMG; 3.6 - University of São Paulo – USP 3.7 - Federal University of Santa Maria – UFSM; 3.8- State University of Western Paraná – UNIOESTE; 3.9- Higher Institute of Applied Theology – INTA; 3.10- State University of Ceará – UECE; 3.11- University of Taquari Valley – UNIVATES; 3.12- São Paulo Health Institute; 3.13- National Association of Pediatric Nurses – NAPNAP; 3.14- PURDUE UNIVERSITY; 3.15- Federal University of Paraná – UFPR; 3.16- State University of Campinas – UNICAMP; 3.17- Federal University of Paraíba – UFPB; 3.18- Regional University of Cariri – URCA; 3.19- State University of Montes Claros – UNIMONTES; 3.20- University Center of Southern Minas – UNIS/MG; 3.21- Federal University of Rio de Janeiro– UFRJ; 3.22- Federal University of Santa Catarina - UFSC; 3.23- INTA + UECE; 3.24- University of Wisconsin; 3.25- University of Nottingham + Sheffield Hallam University; 3.26- October 12 University Hospital - Madrid, Spain + University of Valencia; 3.27- Duke University, United States + University of North Carolina; 3.28- Institute of Public Health - Fluminense Federal University; 3.29- Volta Redonda University Center (UniFOA); 3.30- Santo Agostinho University Center + State University of Piauí + Pontifical Catholic University of Goiás + Institute of Higher Education of Paraíba + Federal University of Piauí + UNIFACID University Center; 3.31- Aparício Carvalho Integrated Colleges (FIMCA), Porto Velho - RO; 3.32- Faculty of Medicine of the Pontifical Catholic University of Chile; 3.33- State University of Southwest Bahia; 3.34- Ribeirão Preto School of Nursing of the University of São Paulo; 3.35- Federal University of Bahia + Jorge Amado University Center; 4- Not applicable.

Table 2 shows that the predominant area of publication of studies is Nursing and highlights the studies produced.

Table 2– Research publication area for eligible articles that address Breastfeeding Promotion Strategies from 2002 to 2022. Alfenas-MG, Brazil, 2023.

STUDY PUBLICATION AREA	N	%
Not applicable	15	31%
Nursing	15	31%
Primary Care	1	2%
Pediatrics	4	8%
Health Sciences	3	6%
Biological and Health Sciences	1	2%
Multidisciplinary	6	13%
Epidemiology	1	2%
Public Health	2	4%
Total	48	100%

Source: From the authors.

In Table 3, it can be seen that the type of methodology used most frequently in the included studies was a qualitative,

descriptive and exploratory study and the most prevalent ranking index in the studies was Qualis A3.

Table 3– Research methods used in eligible articles and ranking index of studies that address Breastfeeding Promotion Strategies from 2002 to 2022. Alfenas-MG, Brazil, 2023.

M/D	N	%
Narrative literature review	3	6%
Bibliographic review	1	2%
Integrative literature review	7	15%
Systematic review	1	2%
Analysis based on the social phenomenology of Alfred Schütz	1	2%
Qualitative, descriptive and exploratory study	10	21%
Before-and-after experimental study	1	2%
Opinion article	2	4%
Opinion article with bibliographic review	1	2%
Promotional article	1	2%
Descriptive, exploratory, quantitative, cross-sectional study	6	13%
Descriptive analytical study with a quantitative-qualitative approach.	1	2%
Exploratory-descriptive study of a quantitative-qualitative nature	1	2%
Evaluative research	2	4%
National Association of Pediatric Nurse Practitioners (NAPNAP) Guideline on the Tri-Core Breastfeeding Model	1	2%
Randomized controlled trial	1	2%
Cross-sectional observational study	1	2%
Theoretical case study	1	2%
Thiollent Action Research	1	2%
Not applicable	5	10%
Total	48	100%

RANKING INDEX	N	%
Qualis A1	1	2%
Qualis A3	8	17%
Qualis A4	4	8%
Qualis B1	4	8%
Qualis B2	3	6%
Qualis B3	5	10%
Qualis B4	1	2%
Qualis C	1	2%
No qualis	6	13%
Not applicable	15	31%
Total	48	100%

Table 4– Distribution of professional training of the first and second authors of eligible articles that address Breastfeeding Promotion Strategies from 2002 to 2022. Alfenas-MG, Brazil, 2023.

TRAINING OF THE FIRST AUTHOR		
AUTHOR	N	%
Nurse	6	13%
Specialist Nurse	8	17%
Master in Nursing	6	13%
PhD in Nursing	11	23%
Nursing Student	2	4%
Postgraduate in Nursing	1	2%
Nutritionist	2	4%
Nutrition Specialist	3	6%
Master in Nutrition	1	2%
PhD in Nutrition	3	6%
Medical Specialist	2	4%
Doctor of Medicine	1	2%
Biological Sciences	1	2%
Doctor of Pharmacy	1	2%
Total	48	100%
Training of the second author		
	N	%
Nurse	1	2%
Nursing Specialist	6	13%
Master in Nursing	3	6%
PhD in Nursing	11	23%
Nursing Student	3	6%
Master in Nutrition	2	4%
PhD in Nutrition	1	2%
Medical Specialist	1	2%
Master in Medicine	1	2%
Doctor of Medicine	2	4%
Biological Sciences	1	2%
Master in Psychology	1	2%
Statistical	1	2%
PhD in Speech Therapy	1	2%
Veterinary Medicine Specialist	1	2%
Doctor of Physiotherapy	1	2%
Does not have	11	23%
Total	48	100%

DISCUSSION

Studies on strategies for promoting exclusive breastfeeding by primary health care nurses are needed to identify the most effective approaches and adapt them to different cultures and contexts. They allow us to understand the main challenges faced by mothers and develop targeted interventions to overcome these obstacles.

The implementation of public policies aimed at promoting and supporting breastfeeding in many countries has also played an important role in this context, with an emphasis on the role of PHC, which plays a fundamental role in promoting, protecting and supporting breastfeeding, providing adequate information and guidance to mothers, as well as helping them to overcome possible challenges encountered.⁸

In the analysis carried out between 2002 and 2022, the selected studies that address the topic of breastfeeding promotion strategies indicate that 71% of the articles originated in Brazil. This percentage can be verified by the history of research and actions aimed at promoting breastfeeding. The country has implemented important initiatives, such as the Baby-Friendly Hospital Initiative and the National Breastfeeding Program, which have contributed to the promotion of breastfeeding.² It was also shown that public universities have maintained the

quality standards of teaching and research in Brazil, which have the majority of professors with doctorates, offering almost all of the country's master's and doctorate courses in the area of nursing.⁹

In the list of publication areas of the selected articles, Nursing stands out, totaling (n=15; 31%). The nursing professional is a manager of the health team, playing a fundamental role in the care and education of the population. Prenatal and postpartum nursing consultations allow the nurse to act as an educator, providing important information, aiming at the promotion, protection and recovery of health, thus obtaining positive results in stimulating breastfeeding.¹⁰ Table 3 reveals that the majority of the first and second authors of scientific publications about breastfeeding have a PhD in Nursing (n=11; 23%), which suggests the active participation of nurses who have stricto sensu postgraduate studies in studies developed in this area of breastfeeding.

The most common type of methodology used in the selected studies is the qualitative, descriptive and exploratory study. The choice of this methodology can be attributed to the complex and multifaceted nature of breastfeeding, which involves not only biological aspects, but also emotional, cultural, social and economic ones. It was also evident that approximately 45% of the eligible articles

do not have Brazilian ranking indicators for the journals in which they were published. The journal ranking index is a measure that assesses the reputation and quality of scientific publications and has indicators based on criteria such as the journal's impact factor, which measures the frequency with which articles are cited in other academic works. This absence is noteworthy because the geographical origin of the studies is predominantly in Brazil, where the main ranking used for journals is Qualis Periódicos.

The descriptors "Breastfeeding", "Aleitamento Materno" and "Lactancia Materna" were also predominant in English, Portuguese and Spanish, respectively. When submitting articles, editors of scientific journals ask authors to include keywords in their texts, which usually refer to the scope of a subject and its main concepts.¹¹ We also investigated the words with the greatest emphasis in the abstracts of the articles. Among these words, the one that stood out the most was "Aleitamento Materno". The prevalence of this word in the abstracts of the studies indicates that breastfeeding is the central point of the research and promotion strategies addressed in the selected articles.

CONCLUSION

This study on breastfeeding promotion strategies by PHC nurses

provided an overview of scientific production on this topic over the last 20 years. Through quantitative analysis of the data obtained from virtual databases, it was possible to observe an increasing trend in the number of publications on the topic over time.

The results revealed that scientific production is not extensive, indicating the need for development from a quantitative point of view. Public universities, which are pillars of scientific, technological and social development in Brazil, were also highlighted. The information presented indicated that scientific production on the subject also needs to be qualified, thus reaching publications in high-profile journals for greater visibility in the global scientific community.

This bibliometric study provides a comprehensive overview of the scientific results on breastfeeding promotion strategies by primary care nurses. The results obtained help to expand existing knowledge in the area and can guide future actions aimed at promoting breastfeeding to improve care and maternal and child health.

The limitation of this study is that one study was excluded because it was not freely available on the internet. The library was asked for help in obtaining it for free, but without success. The authors of the article were contacted by email, but there was no response, and the project did not

provide a budget for the acquisition of manuscripts from journals.

It is suggested that future research be conducted, considering other sources of information, such as unpublished studies and reports from government agencies. In addition, qualitative investigations and intervention studies can complement this bibliometric analysis, allowing a broader understanding of the breastfeeding promotion strategies implemented by nurses in primary health care.

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