

**Original Article**

## The Effect of Music on Comfort, Anxiety and Pain in the Intensive Care Unit: A Case in Turkey

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**E-mail:** gurseloztunc@gmail.com**Abstract**

**Background:** The WHO recommends that infants be exclusively breastfed for the first six months. Sometimes breastfeeding may not be achievable, and then alternative methods must be used. The alternative method recommended by WHO/UNICEF is cup feeding. Cup feeding is increasingly being used in developing nations.

**Objectives:** The study was conducted to assess the cup feeding practices of caregivers feeding neonates at a neonatal intensive care unit.

**Methods:** A quantitative descriptive design was adopted. Respondents were mothers of 45 neonates selected by purposive sampling. The study instrument comprised a self-administered structured questionnaire and an observation check-list developed from the WHO guidelines on cup feeding. This was used in assessing 36 cup feeding sessions of care givers.

**Results:** Majority (93%) of the neonates were cup fed according to the hospital's policy. Observation of the care givers on cup feeding practice revealed that very few (16.7%) of them performed hand washing accurately, 55.6% positioned the neonate correctly, just 30.6% positioned the cup properly on the neonates' lips, and only 41.7% assessed the new born properly to determine its health status prior to initiating cup feeding. All the caregivers ensured that the expressed milk or milk formula was poured at the right temperature into the cup but only 2.8% burped the neonate during feeding while 19.4% burped after feeding. A significant difference was found in the practice of cup feeding between the nurses and other caregivers who are non-medical practitioners. ( $\chi^2=6.703$ , df= 2 and P=0.035).

**Conclusion:** This study revealed that though nurses exhibited better practice of cup feeding than other care givers, there was still a general poor practice by all care givers. This is not expected in a baby friendly facility as the one used for the study where cup feeding is used as the alternative to breastfeeding. Hence, there is a need to retrain nurses and educate mothers on cup feeding practices.

**Key words:** Cup feeding practices, Neonates, Care givers.