

Comparison 2: Cold cabbage leaves applied directly to the breast compared with usual care

Source: Zakarija-Grkovic I, Stewart F. Treatments for breast engorgement during lactation. Cochrane Database Syst Rev. 2020;(9):CD006946.

Certainty assessment							No of patients		Effect		Certainty (GRADE)	Importance
No of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Cold cabbage leaves	Usual care	Relative (95% CI)	Absolute (95% CI)		
Breast pain (0–10 VAS; higher score = more pain)												
1	randomized trials	not serious	not serious	not serious	serious ^a	none	76	76	-	MD 1.03 lower (1.53 lower to 0.53 lower)	⊕⊕⊕○ MODERATE	CRITICAL
Breast hardness (higher score = more hardness)												
1	randomized trials	not serious	not serious	not serious	serious ^a	none	76	76	-	MD 0.58 lower (0.82 lower to 0.34 lower)	⊕⊕⊕○ MODERATE	CRITICAL
Maternal opinion of treatment — women satisfied or very satisfied												
1	randomized trials	not serious	not serious	not serious	serious ^a	none	75/76 (98.7%)	53/76 (69.7%)	RR 1.42 (1.22 to 1.64)	293 more per 1000 (from 153 more to 446 more)	⊕⊕⊕○ MODERATE	CRITICAL
Cessation of breastfeeding before 6 months												
1	randomized trials	not serious	not serious	not serious	very serious ^{a, b}	none	20/55 (36.4%)	11/53 (20.8%)	RR 1.75 (0.93 to 3.30)	156 more per 1000 (from 15 fewer to 477 more)	⊕⊕○○ LOW	CRITICAL

CI: confidence interval; MD: mean difference; RR: risk ratio.

a. Small sample size and/or few events.

b. Wide confidence interval crossing the line of no effect.