

Comparison 3: Cold gel packs 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 gel packs	Usual care	Relative (95% CI)	Absolute (95% CI)		
Breast pain (higher score = more pain)												
1	randomized trials	not serious	not serious	not serious	very serious ^{a,b}	none	75	76	-	MD 0.4 lower (0.91 lower to 0.11 higher)	⊕⊕○○ LOW	CRITICAL
Breast hardness (higher score = more hardness)												
1	randomized trials	not serious	not serious	not serious	serious ^b	none	75	76	-	MD 0.34 lower (0.6 lower to 0.08 lower)	⊕⊕⊕○ MODERATE	CRITICAL
Maternal opinion of treatment – women satisfied or very satisfied												
1	randomized trials	not serious	not serious	not serious	very serious ^{a,b}	none	61/75 (81.3%)	53/76 (69.7%)	RR 1.17 (0.97 to 1.40)	119 more per 1000 (from 21 fewer to 279 more)	⊕⊕○○ LOW	CRITICAL
Cessation of breastfeeding before 6 months												
1	randomized trials	not serious	not serious	not serious	very serious ^{a,b}	none	12/56 (21.4%)	11/53 (20.8%)	RR 1.03 (0.50 to 2.14)	6 more per 1000 (from 104 fewer to 237 more)	⊕⊕○○ LOW	CRITICAL

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

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

b. Small sample size and/or few events.