

Comparison 3: Specialist breastfeeding education compared with usual care

Source: Crepinsek MA, Taylor EA, Michener K, Stewart F. Interventions for preventing mastitis after childbirth. Cochrane Database Syst Rev. 2020;(9):CD007239.

Certainty assessment							No of patients		Effect		Certainty (GRADE)	Importance
No of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Specialist breastfeeding education	Usual care	Relative (95% CI)	Absolute (95% CI)		
Breast pain (sore nipples) – at hospital discharge												
1	randomized trials	serious ^a	not serious	not serious	very serious ^{b,e}	none	32/74 (43.2%)	60/137 (43.8%)	RR 0.99 (0.72 to 1.36)	4 fewer per 1000 (from 123 fewer to 158 more)	⊕○○○ VERY LOW	CRITICAL
Breast pain (sore nipples) – at 7 days												
1	randomized trials	serious ^a	not serious	not serious	very serious ^{b,e}	none	32/73 (43.8%)	67/137 (48.9%)	RR 0.90 (0.66 to 1.22)	49 fewer per 1000 (from 166 fewer to 108 more)	⊕○○○ VERY LOW	CRITICAL
Breast pain (sore nipples) – at 30 days												
1	randomized trials	serious ^a	not serious	not serious	very serious ^b	none	6/71 (8.5%)	12/132 (9.1%)	RR 0.93 (0.36 to 2.37)	6 fewer per 1000 (from 58 fewer to 125 more)	⊕○○○ VERY LOW	CRITICAL
Breast engorgement – at hospital discharge												
1	randomized trials	serious ^a	not serious	not serious	very serious ^{b,e}	none	0/74 (0.0%)	1/137 (0.7%)	RR 0.61 (0.03 to 14.87)	3 fewer per 1000 (from 7 fewer to 101 more)	⊕○○○ VERY LOW	CRITICAL
Breast engorgement – at 7 days												
1	randomized trials	serious ^a	not serious	not serious	very serious ^{b,e}	none	26/73 (35.6%)	47/137 (34.3%)	RR 1.04 (0.71 to 1.53)	14 more per 1000 (from 99 fewer to 182 more)	⊕○○○ VERY LOW	CRITICAL
Breast engorgement – at 30 days												
1	randomized trials	serious ^a	not serious	not serious	very serious ^{b,e}	none	28/71 (39.4%)	50/132 (37.9%)	RR 1.04 (0.73 to 1.49)	15 more per 1000 (from 102 fewer to 186 more)	⊕○○○ VERY LOW	CRITICAL

Certainty assessment							№ of patients		Effect		Certainty (GRADE)	Importance
№ of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Specialist breastfeeding education	Usual care	Relative (95% CI)	Absolute (95% CI)		

Incidence of mastitis within 6 months postpartum – at hospital discharge

1	randomized trials	serious ^a	not serious	not serious	very serious ^{d,e}	none	0/74 (0.0%)	0/137 (0.0%)	not estimable	-	⊕○○○ VERY LOW	CRITICAL
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Incidence of mastitis within 6 months postpartum – at 7 days

1	randomized trials	serious ^a	not serious	not serious	very serious ^{b,c}	none	2/73 (2.7%)	1/137 (0.7%)	RR 3.75 (0.35 to 40.70)	20 more per 1000 (from 5 fewer to 290 more)	⊕○○○ VERY LOW	CRITICAL
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Incidence of mastitis within 6 months postpartum – at 30 days

1	randomized trials	serious ^a	not serious	not serious	very serious ^{b,c}	none	2/71 (2.8%)	4/132 (3.0%)	RR 0.93 (0.17 to 4.95)	2 fewer per 1000 (from 25 fewer to 120 more)	⊕○○○ VERY LOW	CRITICAL
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Exclusive breastfeeding – at 7 days

1	randomized trials	serious ^a	not serious	not serious	serious ^c	none	60/73 (82.2%)	109/137 (79.6%)	RR 1.03 (0.90 to 1.18)	24 more per 1000 (from 80 fewer to 143 more)	⊕⊕○○ LOW	CRITICAL
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Exclusive breastfeeding – at 30 days

1	randomized trials	serious ^a	not serious	not serious	very serious ^{b,c}	none	38/71 (53.5%)	80/132 (60.6%)	RR 0.88 (0.68 to 1.14)	73 fewer per 1000 (from 194 fewer to 85 more)	⊕○○○ VERY LOW	CRITICAL
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CI: confidence interval; RR: risk ratio.

a. The pooled effect provided by study “B”.

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

c. Small sample size and/or few events.

d. No events.

e. Small sample size.