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CHALLENGES IN NUTRITIONAL THERAPY IN PREMATURE NEWBORN INFANTS AND THE IMPORTANCE OF BREASTFEEDING

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Abstract: INTRODUCTION: Prematurity is defined as birth that occurs before the 37th gestational week, due to the onset of labor or by medical determination. **OBJECTIVE:** To analyze the interference of nutritional therapy on preterm newborns, as well as the importance of breastfeeding and the challenges faced by healthcare professionals in Brazil in providing nutritional therapy for low birth weight preterm infants. **METHODOLOGY:** This is an Integrative Literature Review with a qualitative approach. RESULTS: Cross-referencing the descriptors resulted in 189 PubMed articles, 265 LILACS articles, and 385 SCIELO articles. Of the 839 articles found, 497 did not address the guiding question of the study, and 289 met the exclusion criteria. Of the 53 remaining, 36 did not fit the inclusion criteria of this study, resulting in a total of 17 articles for contextualization. **FINAL CONSIDERATION:** There are still few studies produced on breastfeeding in prematurity, and most of them have taken opposite paths to the subject, making it necessary to produce even more that bring to light reflections based on the importance of breastfeeding for premature infants as recommended by the WHO.

Keywords: Preterm Newborn. Nutritional Therapy. Human Milk.

INTRODUCTION

Prematurity is defined as birth that occurs before the 37th week of gestation, due to the beginning of labor or by medical determination. The risk factors associated with prematurity are: lack of prenatal care; physiological factors, such as previous premature birth; advanced age of the mother; maternal complications; placental abruption; maternal infections, among others **(MONTENEGRO, REZENDE, 2014; BRAZIL, 2010).**

The nutritional status, as well as the supply of nutrients, are determining factors for fetal growth and development. In the intrauterine period, the nutritional status and maternal nutrient intake will influence fetal growth, especially during the third gestational trimester, the period in which the highest growth rate is observed. **(AULER; DELFINO, 2008).**

Breast milk is very important for PTNBs, due to its properties in defending the body against external agents, in the formation of the gastrointestinal system and in better psychomotor development. PTNBs present problems due to their physiological and neurological immaturity, as well as difficulties in sucking, swallowing and the respiratory system, conditions that end up being a barrier to successful breastfeeding, not to mention the emotional stress and insecurity of the mother. mother can interfere with breastfeeding success **(BRAZIL, 2011; MÜLLER, SILVA, 2009).**

Newborn health conditions are directly related to maternal health conditions. Thus, some pathological changes in the mother during the gestational period, such as the presence of hypertension, urinary infection, diabetes mellitus and uterine and placental changes, can influence the clinical conditions of the newborn at birth, leading to the need for specific care in an inpatient unit. neonatal **(GONZAGA et al., 2016).**

Thus, the objective of this study was to analyze the interference in nutritional therapy for Premature Newborns as well as the importance of breastfeeding and the challenges encountered by health professionals working in Brazil in providing nutritional therapy care for low birth weight premature babies.

METHODOLOGY

This is an Integrative Literature Review (RIL) with a qualitative approach. The RIL has some steps that involve: defining the clinical problem, identifying the necessary information, conducting a search for studies in the literature, critical evaluation of the literature, identifying the applicability of data from the studies and determining their use for the patient (MENDES; SILVEIRA and GALVÃO, 2008).

Furthermore, the term integrative review originates from the integration of opinions, concepts or ideas arising from the research used in the method, a point that highlights the potential for building science. Allowing the synthesis and analysis of scientific knowledge already produced on the topic investigated **(GROUP: ``*ANIMA EDUCAÇÃO, 2014*``).**

The integrative review, when based on the scientific rigor required for other research approaches, represents another resource for the construction of knowledge in nursing and, given its nature, can support the development and accuracy of clinical practice and consequent interventions on the patient (**CROSSETTI, 2012**). The steps followed by this research were those recommended by **Sousa et al. (2017)**, as follows: In the first stage, the theme or research question was identified: the chosen theme is related to the **challenge in nutritional therapy in premature newborns and the importance of breastfeeding**, to formulate the question and because it is a non-clinical research, the PICo strategy was used (Table 1), the following research question was elaborated: "IS THERE interference in nutritional therapy for Premature Newborns and what is the importance of breastfeeding and its challenges encountered by health professionals working in Brazil in relation to nutritional therapy care for low birth weight premature babies?.

P- Population	Nutritional Therapy, Human Milk
I- Interest	Nutritional Therapy, Human Milk
Co- Context	Health professionals.

Table 1: PICo strategy for creating the research question.

Source: Author, 2024

The following descriptors were defined for the search: "Newborn", "Premature", "Nutritional Therapy", "Human Milk", interspersed with the relational operator "AND", applying the filters: year of publication, national database, full text, type of study (article) and keywords. The databases selected were: National Library of Medicine (PubMed), Latin American and Caribbean Literature in Health Sciences (LILACS) and Scientific Electronic Library Online (SciELO).

In the second stage, the sample was defined and the following inclusion criteria were established: time frame from January 2016 to May 2024, studies with healthy pregnant women, with premature newborn babies, with hospitalized premature newborns, studies that analyze breast milk and formulas used for treatment; studies developed in Brazil, publications in Portuguese languages. Comments, reviews, animal/in vitro studies, pregnant women with associated diseases, pregnancy through in vitro insemination and articles that did not address the research objective were excluded.

In the third stage, we sought to define the information to be extracted from the studies of the 12 included, thus carrying out data collection that took place between April and May 2024. The databases selected were: National Library of Medicine (PubMed), Latin Literature -American and Caribbean Health Sciences (LILACS) and Online Scientific Electronic Library (SciELO). SciELO was chosen as the place to search for primary articles due to its relevance to the topic investigated. For the PubMed database, the following

thematic descriptors were used **(Newborn", "Premature", "Nutritional Therapy", "Human Milk").** For the Lilacs database and the SciELO library, Health Science Descriptors were used (DeCS): **Newborn, Premature, Nutritional Therapy, Human Milk.** To carry out the search, these descriptors were organized with the help of the relational "OR" and both the analysis and synthesis of data extracted from the articles were carried out in a descriptive way, allowing to observe, count, describe and classify the knowledge produced about the subject explored in this review.

For a total of 17 investigations. The search used the descriptors "Newborn", "Premature", "Nutritional Therapy", "Human Milk", interspersed with the relational operator "AND", applying the filters: year of publication, national database, full text, type of study (article) and keywords. For data collection, an adaptation of Ursi (2016) was carried out in order to establish the homogenization of the information collected.

To refine the sample, the titles and abstracts of all articles were read, then the analysis and selection of potentially relevant research was carried out, then each selected item was thoroughly reviewed by the author.

A total of 15 articles listed for this review were chosen, critically analyzed to remove the relevant information contained in each article and also determine the level of evidence by evaluating the method used in each of them (MARTÍNEZ, 2018).

The fourth stage consisted of evaluating the main results and main conclusions found in the selected articles.

The selected materials were carefully and critically analyzed, with reading and re-reading in their entirety, trying to describe the authors' main results and conclusions. In addition to the texts found in the research, other relevant publications were included in the analysis to contextualize this study.

For data analysis, the Thematic Content Analysis technique was used, organized into three stages: pre-analysis, exploration of materials and data processing, inference and interpretation. In this context, the articles were initially floated, then the articles were completely read to select relevant elements, such as words and phrases with meanings for the data evaluation process. Finally, the consolidation of cadastral units, according to the analogy of meanings and abstraction of categories.

In the fifth phase, in view of the critical analysis of eligible studies, the classification of the Agency for Healthcare Research and Quality (AHRQ) of the United States of America, prepared by nursing scholars, was adopted. The quality of evidence is classified into six levels, namely: **Level 1**, meta-analysis of multiple controlled studies; **level 2**, individual study with experimental design; **level 3**, study with a quasi-experimental design such as a study without randomization with a single pre- and post-test group, time series or case-control; **level 4**, study with a non-experimental design such as correlational and qualitative descriptive research or case studies; **level 5**, case report or data obtained systematically, of verifiable quality or program evaluation data; level 6, opinion of reputable authorities based on clinical competence or opinion of expert committees, including interpretations of information not based on research (MERCÊS et al, 2019).

RESULTS AND DISCUSSIONS

When crossing the descriptors, the result was 189 PubMed, 265 articles in LILACS and 385 articles in SCIELO. Of the 839 articles found, 497 did not answer the study's guiding question, and 289 met the exclusion criteria. Of the 53 that remained, 36 did not meet the inclusion criteria of this study, ending with a total of 17 articles for contextualization **(Figure 1).**
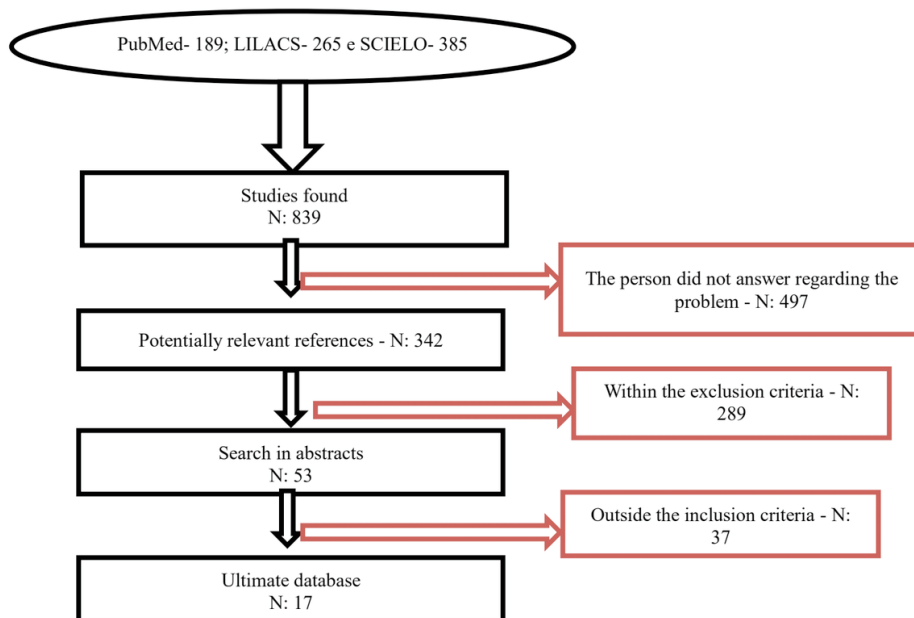
Figure 01: Flowchart of articles found.

Source: Author (2024).

Authors, periodical, year	Objectives/method	Level of evidence
L1 OLDENBURG, Luiza. Repository of UFRGS **2016**	The objective was to verify the relationship between the period of hospitalization of newborns admitted to a neonatal ICU of a federal public hospital and the frequency of distribution of LM offered in their daily diets. **Method:** This is a cross-sectional study with secondary data.	3
L2 MULLER, Karla Candido de Toledo, PALHARES, Durval Batista Repository of UFSM, **2017**	The objective was to quantify the lipids present in human milk plus supplements derived from human milk and identify the influence of the enteral feeding system on lipid concentrations. **Method:** Quantitative.	4
L3 MILANEZ, Anna Ramos. Repository of UFRGS **2018**.	The objective was to calculate the coverage of rBLH-BR in the 5 regions of Brazil in the period 2011-2016. **Method:** Cross-sectional quantitative study, with secondary data from the Live Birth Information System (SINASC/SUS) and the rBLH-BR database.	4
L4 BURGEMEISTER, Amanda Repository of USP **2018**	Investigate the opinion of professionals working in the neonatal ICU on the use of cups for feeding preterm newborns, evaluate the use of cups by professionals working in the neonatal ICU, and verify the safety and efficiency of swallowing during use of the cup in this population. **Method:** Quantitative and qualitative observation in health, with a cross-sectional nature.	2
L5 ZANELLA, Adriana. Repository of UFRGS **2019**.	To determine the differences in the fecal microbiota of premature newborns (PRN), considering the use of exclusive breast milk and formula milk, throughout the first 28 days of life **Method:** Prospective cohort study with convenience sample.	3
L6 RODRIGUES, Thalyta Magalhães. Repository of UFMG **2019**.	To verify the association between the beginning and time of exposure to the kangaroo position during hospitalization, with the prevalence of exclusive breastfeeding of preterm newborns at discharge and month by month until the sixth month of corrected gestational age. **Method:** Prospective, observational, cohort study.	2

L7 SANTIAGO, Luiza Tavares Carneiro. Repository of UNESP **2020**.	Evaluate the concentration of oxidizing and antioxidant substances in colostrum and mature milk depending on gestational age and fetal growth. **Method:** Longitudinal cross-sectional study, with postpartum women who had a full-term or pre-term birth, at the Maternity Hospital of the ``*Hospital das Clínicas*`` at: ``Faculdade de Medicina de Botucatu`` – UNESP	2
L8 DIAS, Ana Luiza Perez Olivé. *Repository of UFRGS 2021.*	***To analyze the factors associated with breastfeeding of preterm newborns upon discharge from the neonatal unit.*** ***Method: Cohort study, whose sample was composed of newborns with gestational age < 37 weeks.***	2
L9 SALGADO, Giovana Gleysse de Miranda. Repository of UFRGS **2021**.	The objective was to identify factors associated with extrauterine growth restriction in preterm newborns with a gestational age of less than 32 weeks, from birth to hospital discharge. **Method:** Cohort of preterm newborns with less than 32 weeks of gestational age who were admitted to the Neonatal Intensive Care Unit.	3
L10 SILVA, Ivanete da; Santos, Patrícia Zaberlam dos; Barnade, Renata Hypólito. **Digital Magazine: E-Scientia, 2022**	The objective of this study was to verify the time needed for premature newborns admitted to a Neonatal Center to reach 100% of the caloric and protein recommendations established in the service. **Method:** prospective observational study using data from the medical records of preterm newborns hospitalized in the months of May, June, July, August and September 2019 at a Neonatal Center located in the city of São Paulo.	4
L11 FEIH, Maria Carolina Achcar. **USP Repository; 2022**	To verify the safety and tolerability of LioNeo in comparison to the standard commercial additive FM85® (based on hydrolyzed cow's milk protein) in the nutrition of very low birth weight newborns (VLBW). **Methods:** Phase 1, randomized, controlled, double-blind clinical trial. Location: Neonatal Intensive Care Unit and Neonatal Intermediate Care Unit of the ``Hospital das Clínicas`` of the Faculty of Medicine of Ribeirão Preto.	4
L12 PINTO, Mônica Raquel Chaves. USP Repository **2022**	Investigated the impact of nutritional factors on osteopenia in preterm newborns. **Method:** case-control study, with newborns of gestational age ≤ 32 weeks in a high-risk maternity hospital, located in the city of Fortaleza, Ceará, between 2018 and 2019.	4
L13 DIAS, Ana Luiza Perez Olivé; HOFFMANN, Caroline Cezimbra; CUNHA, Maria Luzia Chollopetz da. ``*Revista Gaúcha de Enfermagem*``, **2023**.	Analyze the factors associated with breastfeeding of preterm infants at discharge. **Method:** Cross-sectional study composed of newborns with a gestational age of less than 37 weeks, admitted to a university hospital.	4
L14 CREMASCO, Bruna Reis et al. Magazine: ``*DEMETRA: Alimentação, Nutrição & Saúde*``, **2024**.	Describe the reports of experiences in the breastfeeding process of mothers of premature newborns. **Method:** Qualitative study carried out with mothers of premature newborns, admitted to a Neonatal Intensive Care Unit, of a public hospital in Guarapuava-PR, from June to July 2018,	4
L15 MACEDO, Luciana Ramos; MOREIRA, Renata Andrade de Medeiros; ARAÚJO, Tainara Pereira de; PEREIRA, Renata Junqueira. **Magazine:** ``*Cuadernos de Educación y Desarrollo*`` (CED), **2024**.	Study newborns hospitalized in neonatal units of the public reference maternity hospital in the state of Tocantins. **Method:** Retrospective cross-sectional study, carried out with newborn children who were hospitalized in the intensive care units (NICU) and conventional intermediate care units (UCINCO), at the Hospital e Maternidade Pública Dona Regina Siqueira Campos, in the city of Palmas, Tocantins.	4
L16 CABRAL, Liandra Silva. Repository of FPS, **2024**.	Identify the influence of human milk on the recovery of newborns admitted to the NICU during the pandemic at the Instituto de Medicina Integral Prof. Fernando Figueira – IMIP. **Method:** Retrospective exploratory study with a quantitative approach.	4
L17 FERNANDES, Ana Luiza Coelho. Repository of FIOCRUZ, **2024**.	To analyze the perception of health professionals regarding children with gastroschisis admitted to the clinical and surgical neonatal therapy unit in relation to the use of colostrum therapy to benefit exclusive breastfeeding. **Method:** This is an exploratory, descriptive study with a qualitative approach, using field research as a method.	4

Table 1: Identification of selected articles according to authors, periodical, year; kind of study; level of evidence; objectives and method.

Source: Authors (2024).

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For analysis and synthesis of the articles used, synoptic tables were created that included the main findings of each one. The first presents the studies regarding the first author, year of publication, title of each one and periodical of publication (Table 1).

In this sense, of the 17 articles reviewed, **two are at level three, ten at level four,** demonstrating a high percentage of qualitative articles and expert opinion. However, articles found at levels one and two that demonstrate the synthesis of cohort studies or case and control studies are insufficient on a single cohort or case and control studies.

L1 reports in his research that the benefits of breastfeeding for newborns are consolidated in the literature. Maturity and birth weight, in addition to clinical conditions resulting from prematurity, can interfere with the prescription of milk feeding for newborns, making them benefit from partial breastfeeding (PMB). In this study, the results showed that the length of stay was shorter in NBs in AMP. However, it is necessary to encourage milking by the nursing mother to maintain lactation and aim for exclusive BF at the time of hospital discharge (OLDENBURG, 2016).

L2 states that AGE concentrations were not different between the milks analyzed. The addition of fish oil to milk did not increase the concentrations of ALA, LA and ARA, only EPA and DHA, however, after using the enteral nutrition system, the concentrations of ALA, EPA and DHA decreased, leading to values similar to milk without oil, that is, the use of fish oil with the enteral nutrition system used is not effective (MULLER, PALHARES, 2017).

L3 highlights that numerical coverage rates indicate that access for recipients of Donated Human Milk (LHD) is at very significant levels for the country, allowing low birth weight babies who need LHD to have access to HMBs (MILANEZ, 2018).

L4 highlights that the food offering was carried out by nursing assistants/technicians, in most hospitals with a plastic cup, with the babies in an adequate state of consciousness and body position, but with incorrect execution of the technique, positioning the cup above the tongue, causing milk leakage and that the technique itself proved to be safe, based on the parameters evaluated, however, inefficient, with incorrect administration by professionals without the opportunity for technical training and adequate training posing a risk to PTNBs (BURGEMEISTER, 2018).

L5 reports that from the data collected, it was noted that global differences in the microbial community were found between the types of diets administered to premature newborns, showing that the greatest diversity is found in those who received exclusive or prevalent breast milk. This leads us to think that this diverse flora produces lower health risks and reduces the spread of diseases, since they have already been exposed compared to those who received some type of milk formula and who remained with a restricted flora (ZANELLA, 2019).

L6, although the results are favorable, they observed that the frequency and time of exposure to PC in our population was considered low when compared to other countries. Training teams and guiding parents regarding the importance of CP is fundamental, not only aiming to promote breastfeeding, but all neurological and affective development caused by skin-to-skin contact (RODRIGUES, 2019)

L7, through the results obtained, says that they were able to conclude that newborns exclusively breastfed in the first month of life show satisfactory growth, whether they are premature or full-term, adequate or small for their gestational age. Fetal growth had a greater influence than gestational age on early puerperal growth (SANTIAGO, 2020).

L8, the observed rates of breast milk supply during hospitalization and breastfeeding upon discharge reflect the challenge of establishing exclusive breastfeeding for hospitalized preterm newborns. The low incidence of exclusive breastfeeding at discharge reveals the need for intervention during hospitalization. It is suggested that a specific bundle be developed to promote breastfeeding (DIAS, 2021).

L9, we observed that the diagnosis of EUGR at hospital discharge was strongly related to birth weight and thus seems to reflect less postnatal growth. On the other hand, the assessment of growth related to change in score indicates changes in the growth trajectory over the period of hospitalization, being more associated with long-term outcomes. These results highlight the importance of redefining or validating a definition of altered postnatal growth that predicts adverse outcomes in preterm infants (SALGADO, 2021).

L10; the findings show that in the institution in which the research was carried out, during the study period, the Nutritional Therapy initially instituted for the most premature newborns for the first group was enteral parenteral therapy, which was predominant for late to moderate premature infants for a given group, it is worth noting that the results found in this work must not be extrapolated to other institutions, considering that this is a characterization of the patients treated in this service. Furthermore, it is necessary to highlight the non-inclusion of clinical and pre-gestational variables, such as maternal comorbidities and conditions related to childbirth, such as premature rupture of membranes, Apgar score at birth, among other clinical conditions that may be related to some of the data. obtained (SILVA, SANTOS, BARNADE, 2022).

L11, after analysis, the author stands out for being one of the few randomized clinical trials carried out with stable, very low birth weight newborns with the aim of improving the nutrition of this group of premature babies through the use of concentrated human milk with additives of human origin and consequently, keep them protected from possible adverse effects during the hospitalization period. We tested LioNeo and the findings were promising, showing that the main results were not different from the standard additive currently used, concluding that LioNeo, the new Brazilian human milk-based additive is safe and tolerable to be used in this population, the which allows us to move on to phase 2 (FEIH, 2022).

L12; the quantitative finding was an unexpected result and confirms the need for clarifying studies on calcium nutritional recommendation and supplementation, and the association between acidity and osteopenia launches a relevant theme for further studies, with the aim of updating neonatal care protocols, on the use and distribution of human milk with lower acidity at the beginning of postnatal life as a preventive measure for the disease in preterm newborns at risk of osteopenia; on the other hand, in clinical practice, compliance with the nutritional factors mentioned must be prioritized in newborns with compromised birth weight, affected during hospitalization by infectious complications, such as sepsis, and who remain for long periods of immobilization, with the use of sedation and invasive ventilatory support, situations in which the chances of developing the disease are increased (PINTO, 2022).

L13 Evaluating the use of breast milk in feeding during their stay in the neonatal unit demonstrated that 28.3% of premature babies were fed with predominantly breast milk, when compared to the use of milk formula,

already at hospital discharge, only 2.4% of newborns were on exclusive breastfeeding, on the other hand, the majority were on mixed breastfeeding, where maintaining breastfeeding at the time of discharge was associated with gestational age ≥ 33.5 weeks, higher birth weight and shorter length of stay in the unit (DIAS, HOFFMANN, CUNHA, 2023).

L14; the hospitalization and hospitalization of a PTNB in the NICU generates major conflicts in the lives of mothers, causing emotional changes, nervousness, stress, which can hinder the production and letdown of milk. Another aspect that caused frustration in the majority of those evaluated was the difficulty in breastfeeding, resulting from the physiological immature of the PTNB, which influences the ability to remain alert and latch on to the breast, and causes difficulties in latching on and sucking the breast (CREMASCO et al., 2024)

According to L15, the majority of premature infants had low birth weight directly associated with the weight at discharge. On the other hand, the supply of breast milk was prioritized for premature infants, but newborns who received infant formula were also possibly able to breastfeed, and showed greater weight gain at discharge, while premature newborns showed less growth in length, head circumference and weight and also remained hospitalized for longer due to clinical complications and factors related to the interruption of the diet (MACEDO et al. 2024).

In the study carried out by L16, they state that the hospitalization and hospitalization of a PTNB in the NICU generates major conflicts in the lives of mothers, causing emotional changes, nervousness, stress, which can hinder the production and let-down of milk. Another aspect that caused frustration in the majority of those evaluated was the difficulty in breastfeeding, resulting from the physiological immature of the PTNB, which influences

the ability to remain alert and latch on to the breast, and causes difficulties in latching on, sucking the breast, The author concludes that it is important to create public health policies to support mothers of premature babies and to raise awareness among health teams about the importance of helping them with difficulties, both technical and emotional, allowing these mothers to have autonomy to decide what is best for her and her child. (CABRAL, 2024).

L17; it was observed that colostrum therapy not only favors adherence to exclusive breastfeeding, but also facilitates the gradual introduction of the diet for newborns, promoting significant benefits to neonatal health. The perception of health professionals proved to be essential to identify barriers and facilitators in the implementation of colostrum therapy, highlighting the need for continuous training and support for mothers, as well as communication, which is a determining tool for orderly and qualified care. When the multidisciplinary team does not establish a clear dialogue, care becomes disorganized and care for the newborn ceases to be a priority, a universal language of communication and health education is necessary so that these mothers understand the use and benefits of oropharyngeal administration of maternal colostrum. Guiding them, encouraging their participation and including them in assistance are simple actions performed by professionals that benefit the entire birth process, especially for babies with congenital anomalies.

According to the World Health Organization (2023) "Poor nutrition during the early stages of the life cycle can lead to significant and irreversible damage to physical growth and brain development. Good nutrition, on the other hand, has a positive effect."

"Babies who are breastfed have a 60% lower risk of dying from sudden infant death syndrome compared to those who are not breastfed. The effect is even greater for children who are exclusively breastfed" (AMS, 2012).

"In 2012, the World Health Assembly (WHA) approved the global nutrition target of increasing the rate of exclusive breastfeeding in the first 6 months of age by at least 50% by 2025", however, it is observed that according to studies listed to achieve these objectives, we still have a long way to go, as everything indicates that we are heading in the opposite direction.

By knowing the importance of breastfeeding with an emphasis on prematurity, to achieve the economic and health benefits of breastfeeding, it is necessary to invest in its protection, promotion and support, an initiative to defend Breastfeeding led by UNICEF and the World Health Organization, in collaboration with other partners, it invites governments, donors and development partners.

Thus, there are still few studies produced focused on breastfeeding in prematurity, certain that these mostly followed opposite paths in relation to the topic discussed, making it necessary to produce even more productions that bring to light reflections based on the importance of breastfeeding for premature babies as recommended by the World Health Organization.

FINAL CONSIDERATIONS

Considering that the hospitalization of premature babies, especially in the NICU, generates major conflicts in the mothers' daily lives, causing emotional changes, despair, nervousness, stress, which tends to hinder the production of breast milk. Emphasizing that the ICU is fraught with the stigma of death and not recovery, when the mother is unable to achieve what she wanted most of the time, which is breastfeeding, she develops frustration that influences her to remain in a state of alert and grasp the breast, and causes difficulties in latching on and sucking the breast.

This way, communication between the multidisciplinary team is a determining tool for orderly care and qualifying the mother regarding the importance of milking, since when a clear and effective dialogue is not established by the multidisciplinary team, assistance becomes disorderly, inefficient and ineffective which is no longer a priority.

In light of the challenges in nutritional therapy in premature newborns and the importance of breastfeeding, it highlights the importance of colostrum therapy as this is a beneficial and essential practice, especially for newborns with complex surgical conditions, making it necessary to strengthen of integrated health and education actions, ensuring that both professionals and mothers are well informed and supported in the practice of exclusive breastfeeding through theoretical support, this is the only way to ensure a promotion that envisions a significant improvement in health and well-being of newborns cared for in neonatal units and PHC.

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