

Comparison 4: Warm herbal compresses compared with usual care (including warm compresses without herbs)

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	Warm herbal compress	Usual care	Relative (95% CI)	Absolute (95% CI)		
Breast pain (higher score = more pain) – herbal compress vs hot compress												
1	randomized trials	serious ^a	not serious	not serious	not serious	none	250	250	-	MD 1.8 lower (2.07 lower to 1.53 lower)	⊕⊕⊕○ MODERATE	CRITICAL
Breast engorgement (higher score = more pain) – hollyhock leaf compress vs warm compress												
1	randomized trials	very serious ^b	not serious	not serious	serious ^d	none	20	20	-	MD 2.82 lower (4.6 lower to 1.04 lower)	⊕○○○ VERY LOW	CRITICAL
Number of women with adverse effects – herbal compress vs hot compress												
1	randomized trials	serious ^a	not serious	not serious	very serious ^{c,d}	none	2/250 (0.8%)	0/250 (0.0%)	RR 5.00 (0.24 to 103.62)	0 fewer per 1000 (from 0 fewer to 0 fewer)	⊕○○○ VERY LOW	CRITICAL

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

a. The pooled effect provided by study "B".

b. The pooled effect provided by study "C".

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

d. Small sample size and/or few events.