

Background

- The World Health Organization recommends exclusive breastfeeding for the first six months of life for optimal nutrition, decreased incidence of morbidities and increased immune support.
- Only 25% of infants in the United States are meeting that standard, which leads to 3 billion dollars in preventable healthcare costs annually.
- Nurses are on the front line of assisting new mothers and infants with breastfeeding, and are vital to setting the stage for a healthy breastfeeding relationship.
- Providing nurses with a breastfeeding quick reference sheet will better equip them to assist new mothers with breastfeeding and help establish effective feeding patterns for the infant.

Practice Change

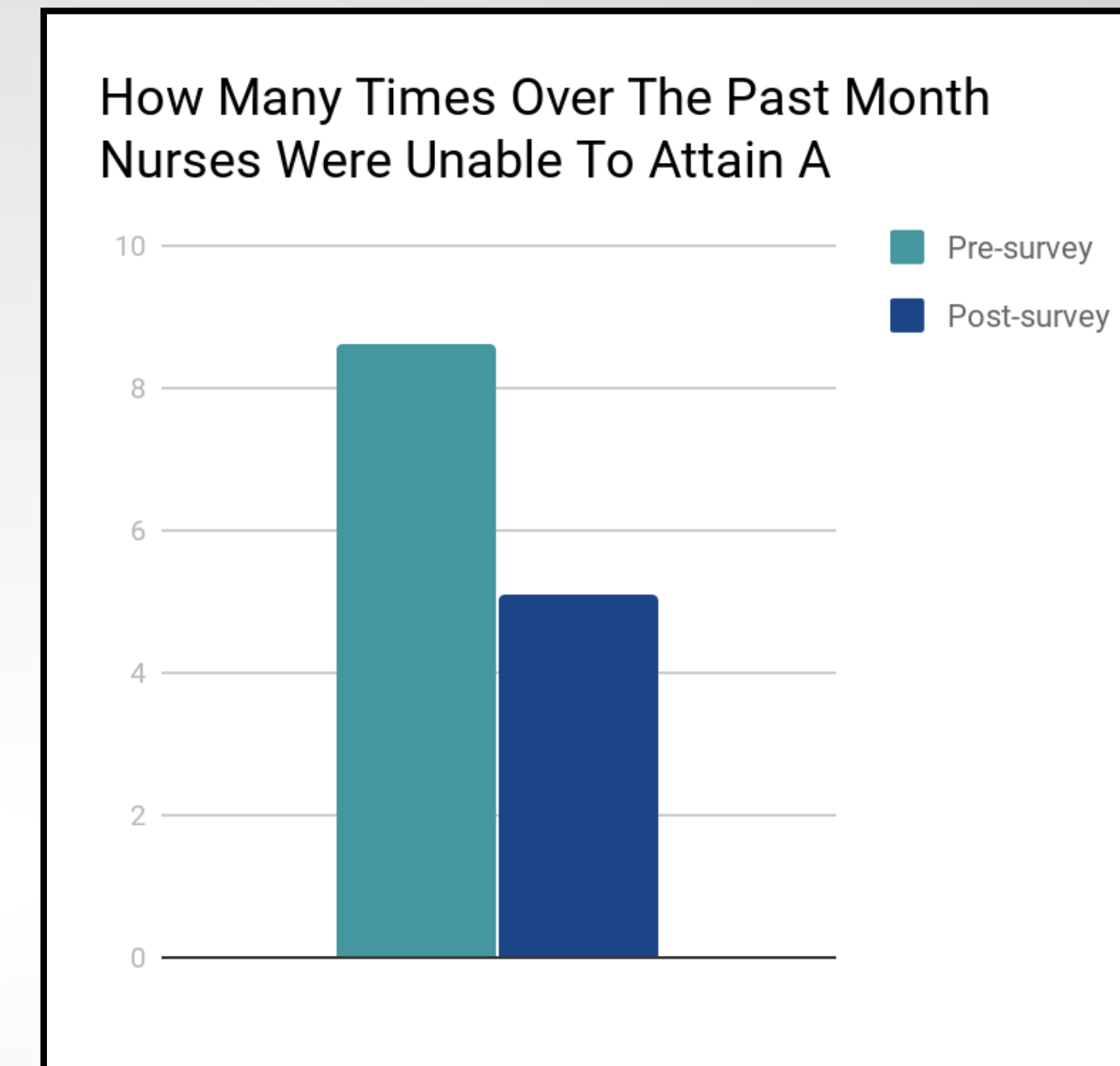
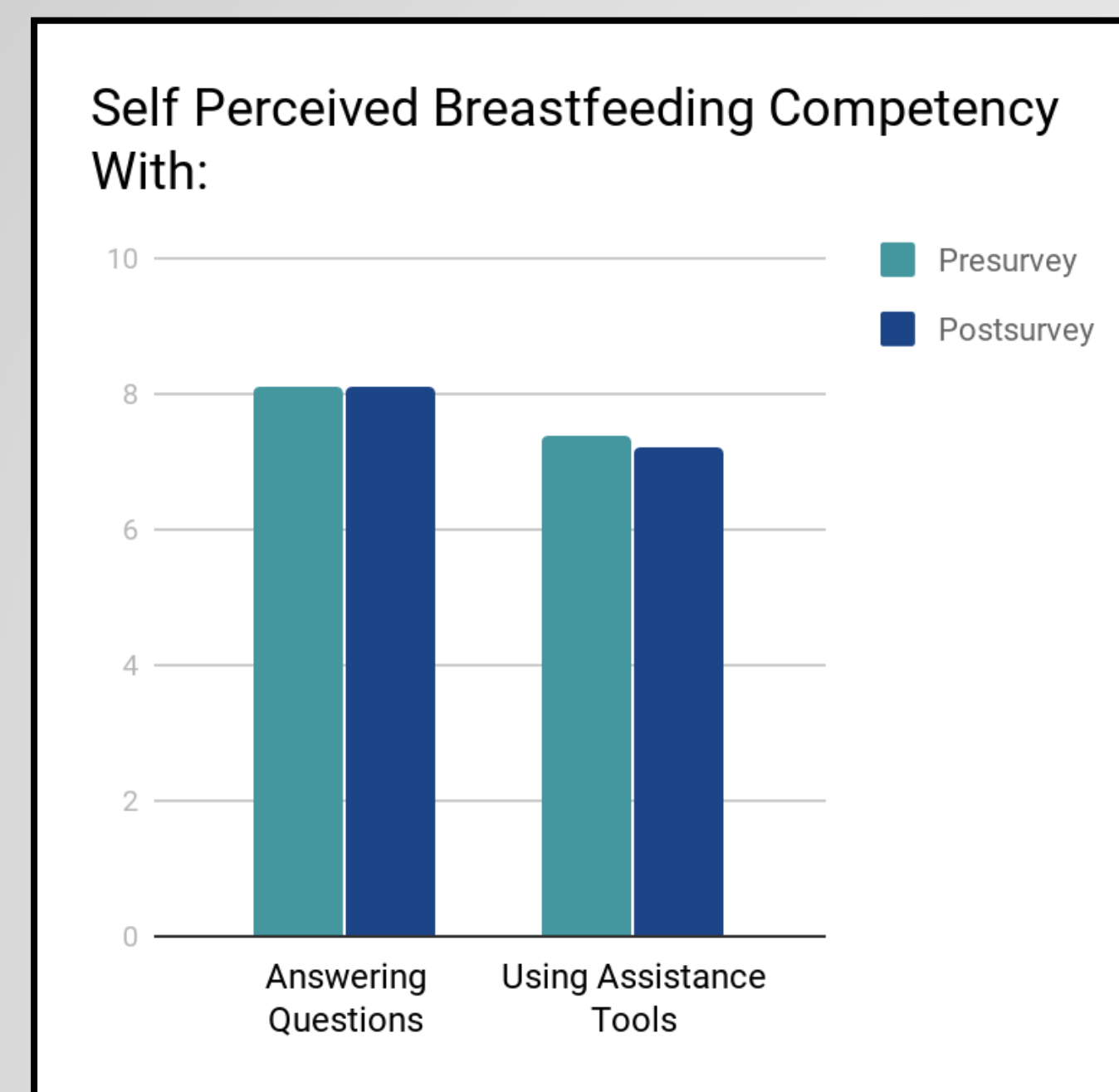
Increase registered nurse's (RN's) self perceived competency of assisting and educating moms regarding breastfeeding to increase the effectiveness of early breastfeeding attempts.

Methods

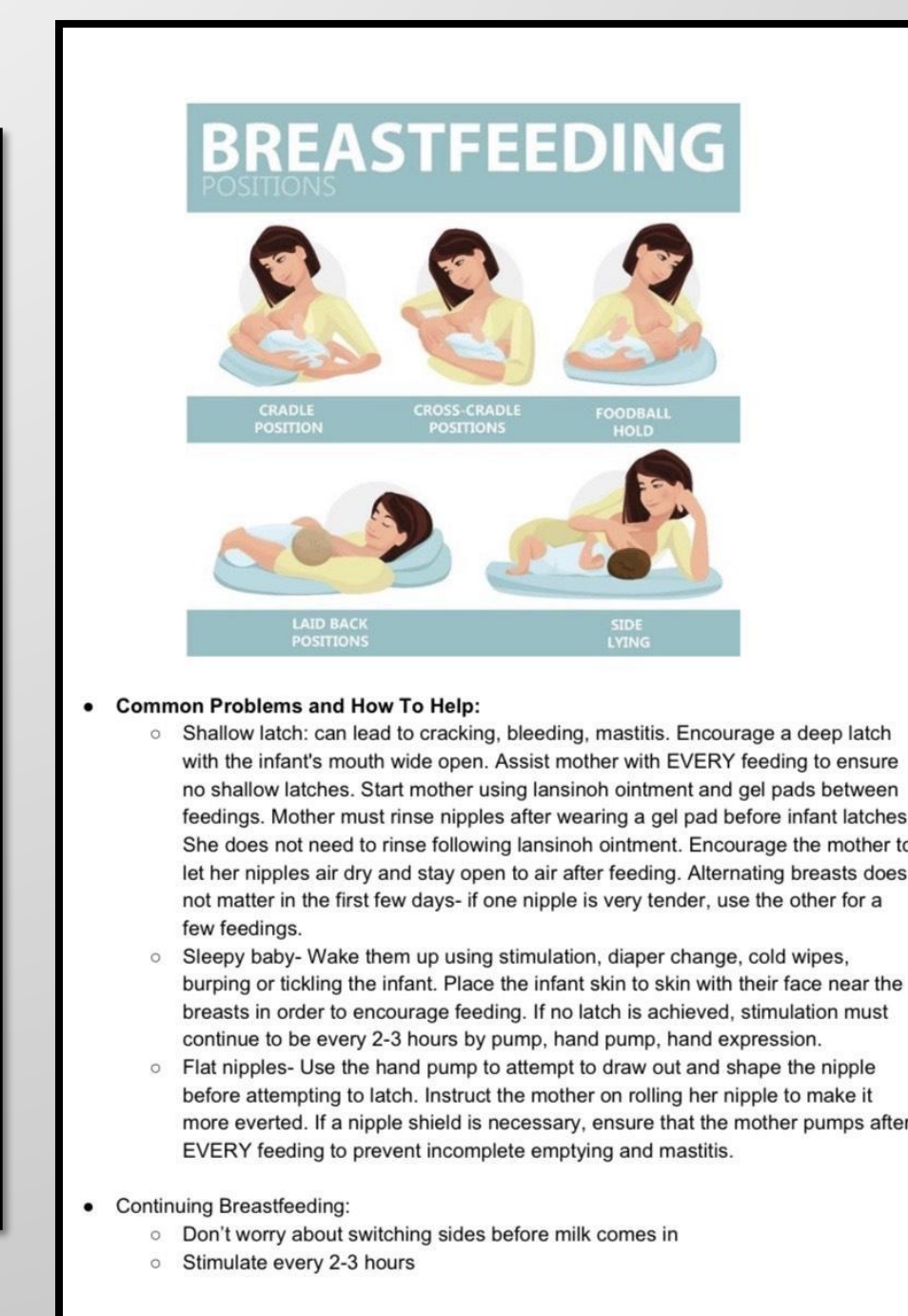
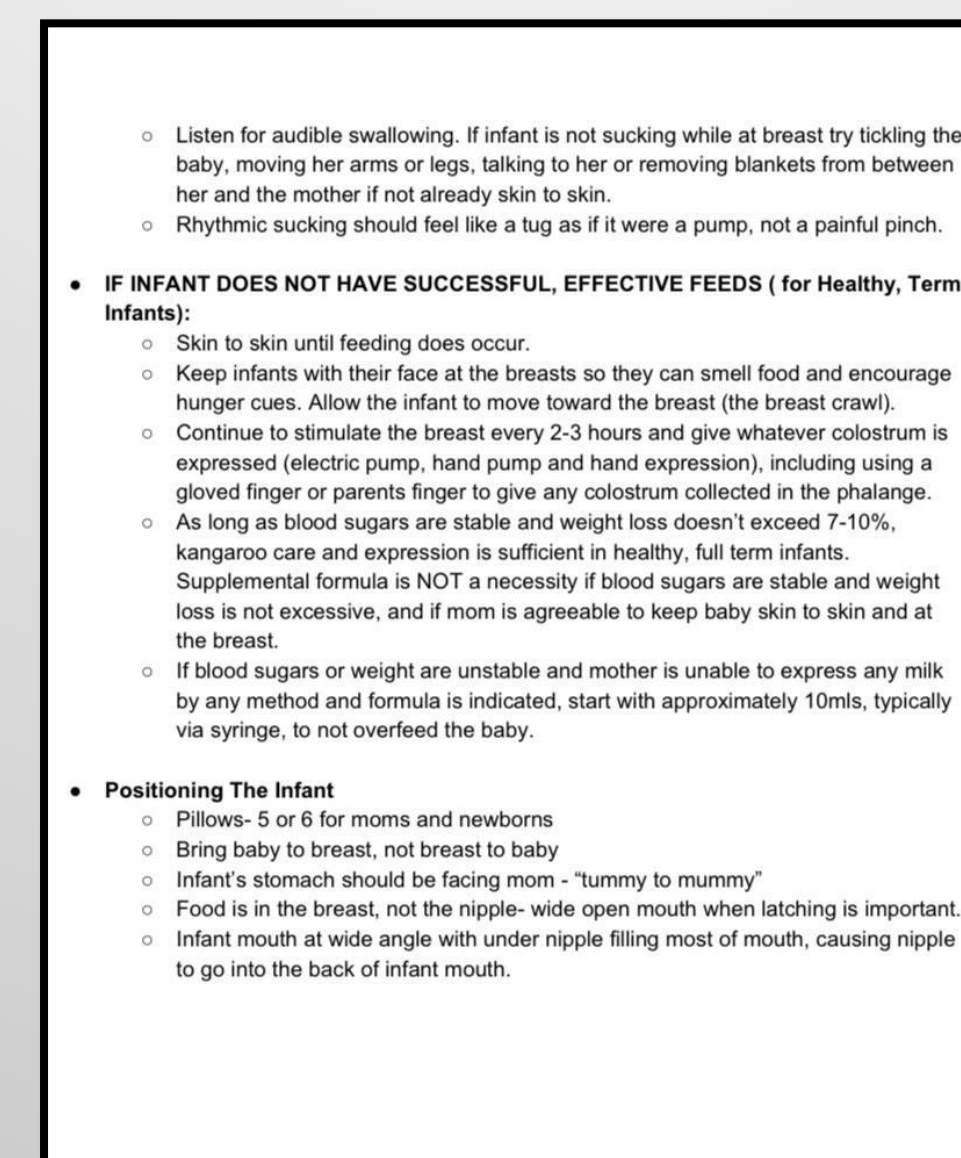
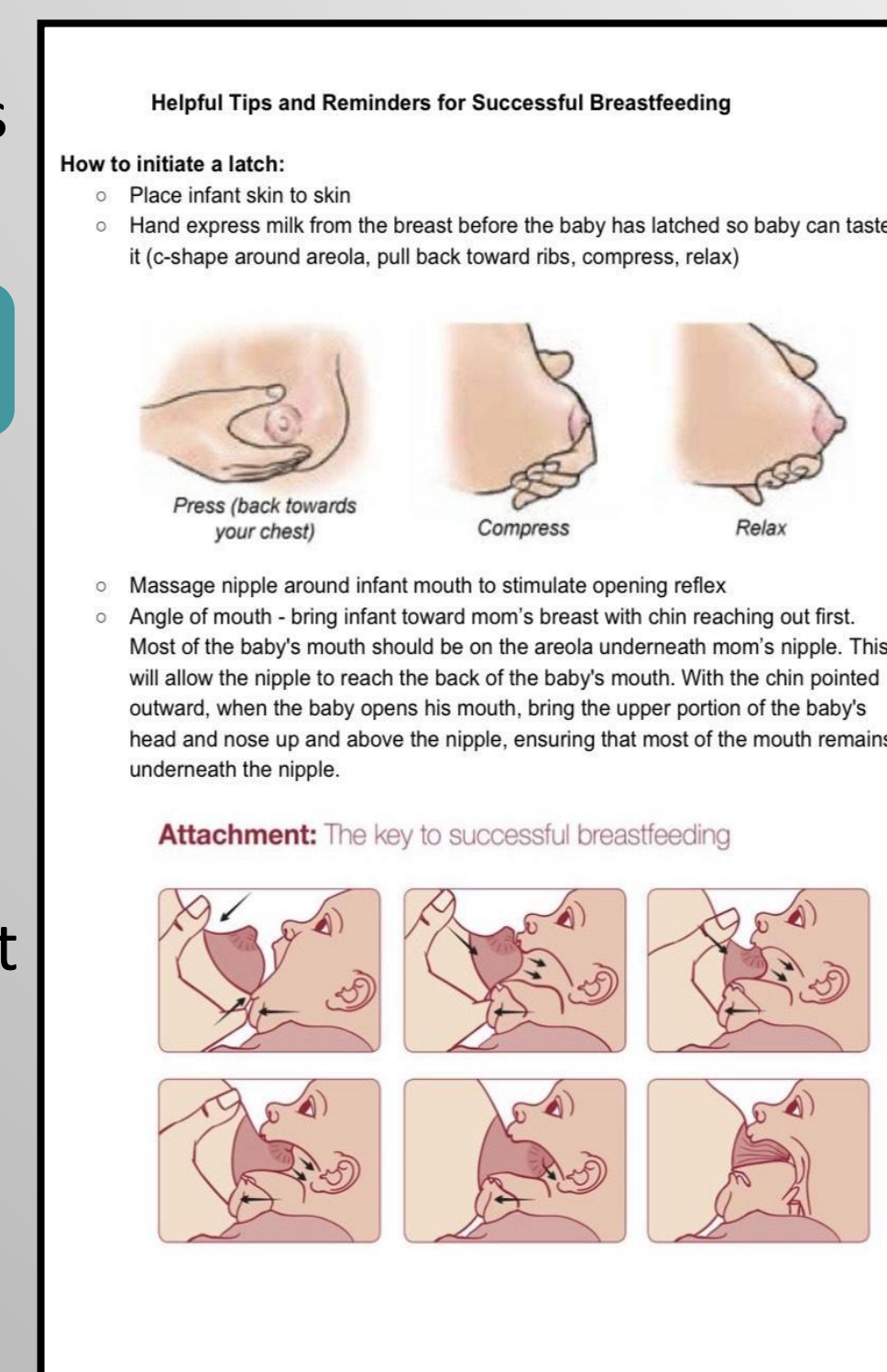
- Distribute the pre-breastfeeding reference sheet survey to registered nurses on Grant 7 and the NICU
- Dispense the Breastfeeding Quick Reference Sheet to each unit
- Distribute the post-breastfeeding reference sheet survey approximately one month following implementation of the reference sheet
- Determine the difference in perceived breastfeeding competency before and after the implementation of a breastfeeding reference sheet.

Measures and Results

Survey Results



Breastfeeding Reference Sheets



Summary/Discussion

- **Next Steps:**
 - Create and implement a breastfeeding protocol
 - Follow and track patient who stopped breastfeeding and determine if beneficial breastfeeding education was provided to them
 - Continue to provide education to RNs working in the clinical setting
- **Barriers of this Study:**
 - People unwilling to learn, change their practice or utilize the reference sheet
 - Staff giving conflicting information regarding topics and guidelines on the reference sheet to patients
 - Nurses not participating in pre and post surveys
 - Time constraints of the study that limited the use of the resource sheet

Conclusion

- Our research showed that a breastfeeding resource sheet did not have significant benefits in regard to nurse's ability to educate mothers on breastfeeding assistance tools and answering common questions.
- However, our data shows a decrease in the amount of times that a nurse was unable to help a mother successfully latch her infant, leading them to use an alternative method of feeding.
- We suggest that further training take a more hands on approach to educate RNs on breastfeeding assistance.

References

- Center For Disease Control. (2019, November). CDC's work to support & promote breastfeeding in hospitals, worksites & communities.
- Williams, S. (2018). The use of personal, quick-reference lanyard cards to reduce transition shock in New Graduate emergency nurses. . *CENA*.
- World Health Organization. Infant and young child feeding. (2018, February 16). Retrieved from <https://www.who.int/en/news-room/factsheets/detail/infant-and-young-child-feeding>