

Breastfeeding Education Knowledge

Danielle Sees, BSN, RN, IBCLC

Background

Mother Baby Unit (MBU) nurses are in a unique position to influence parents' decisions about breastfeeding. MBU nurses care for postpartum patients who are lactating and have ample opportunities to provide breastfeeding education. Incorrect or incomplete information could impact achievement of breastfeeding goals.

- 92% of patients want to breastfeed
- 58% are breastfeeding at discharge

Purpose

This project aims to increase MBU nurses breastfeeding knowledge to support parents breastfeeding goals and ultimately increase hospital breastfeeding rates.

Methods

Nurse knowledge was assessed by survey. After data collection and knowledge gaps identified, nurses were provided with targeted micro-education sessions. Post-survey measured outcomes.

Results

There was an increase in breastfeeding knowledge of MBU nurses by 64% after the education. The impact on breastfeeding rates was not able to be measured.

Discussion

There was difficulty with micro-education delivery. Health Stream recording was used instead, and the final survey was not able to be administered in the allotted time frame.

Implications for Practice

Ongoing periodic breastfeeding education would better support nurses and patients, possibly increasing breastfeeding rates.

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