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# Breastfeeding Assessment and Education in Pediatric Nurses



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## PICO QUESTION

In pediatric staff nurses, does education regarding breastfeeding techniques, in comparison to no education, improve comfort level of staff providing breastfeeding education to families.

## BACKGROUND

- A gap in education of teaching breastfeeding techniques was identified for Pediatric Nurses.
- On the pediatric unit a high volume of consults to lactation specialist were noted due to lack of comfort by nursing on how to educate breastfeeding mothers.

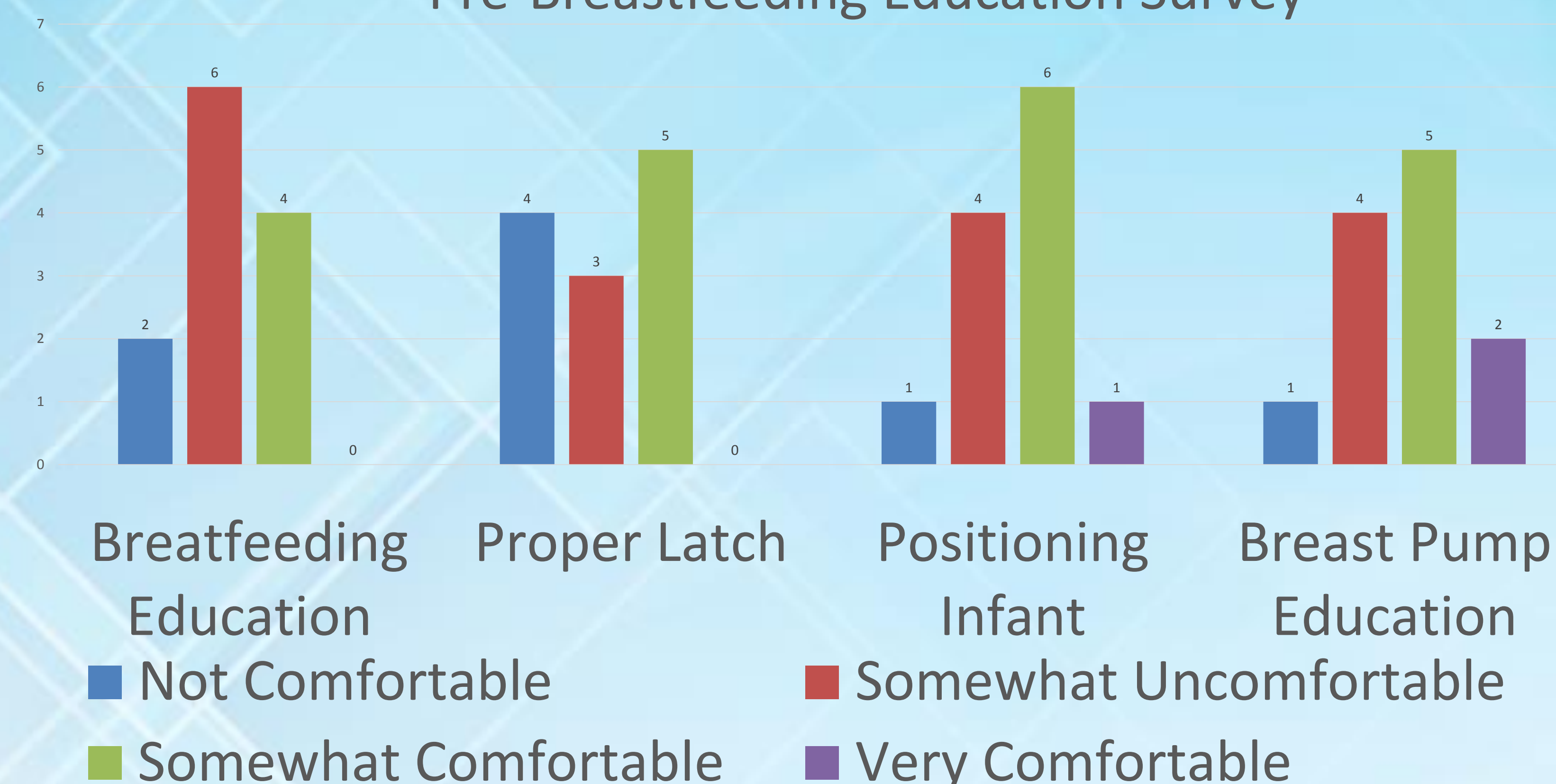
## EVIDENCE

- Breastfeeding is recommended by WHO for at least the first six months of newborn's life (Pados et al. 2016).
- Breast milk provides natural immunity against infections (Pados et al. 2016).
- Research concludes better breastfeeding outcomes when women receive proper education (Leurer et al. 2015).
- Pediatric nurses need to be comfortable and confident in their breastfeeding education to parents (Radzyminski et al. 2015).
- Leurer et al. (2015) found information gaps with education given to breastfeeding mothers, which include: perceived insufficient milk supply, latching difficulties and nipple discomfort. Emphasis was needed in lactation support for women in this study.
- Radzyminski et al. (2015) suggested inconsistencies between breastfeeding mothers and the healthcare providers perceived support and behaviors, lack of knowledge, and significant lack of skill in assessment and management of breastfeeding mother.
- Pados et al. (2016) determined that an assessment tool would be helpful in evaluating oral feeding in infants younger than six months. The authors indicated this tool should be used from time of discharge up through the introduction of solid foods, which would allow doctors to follow up.

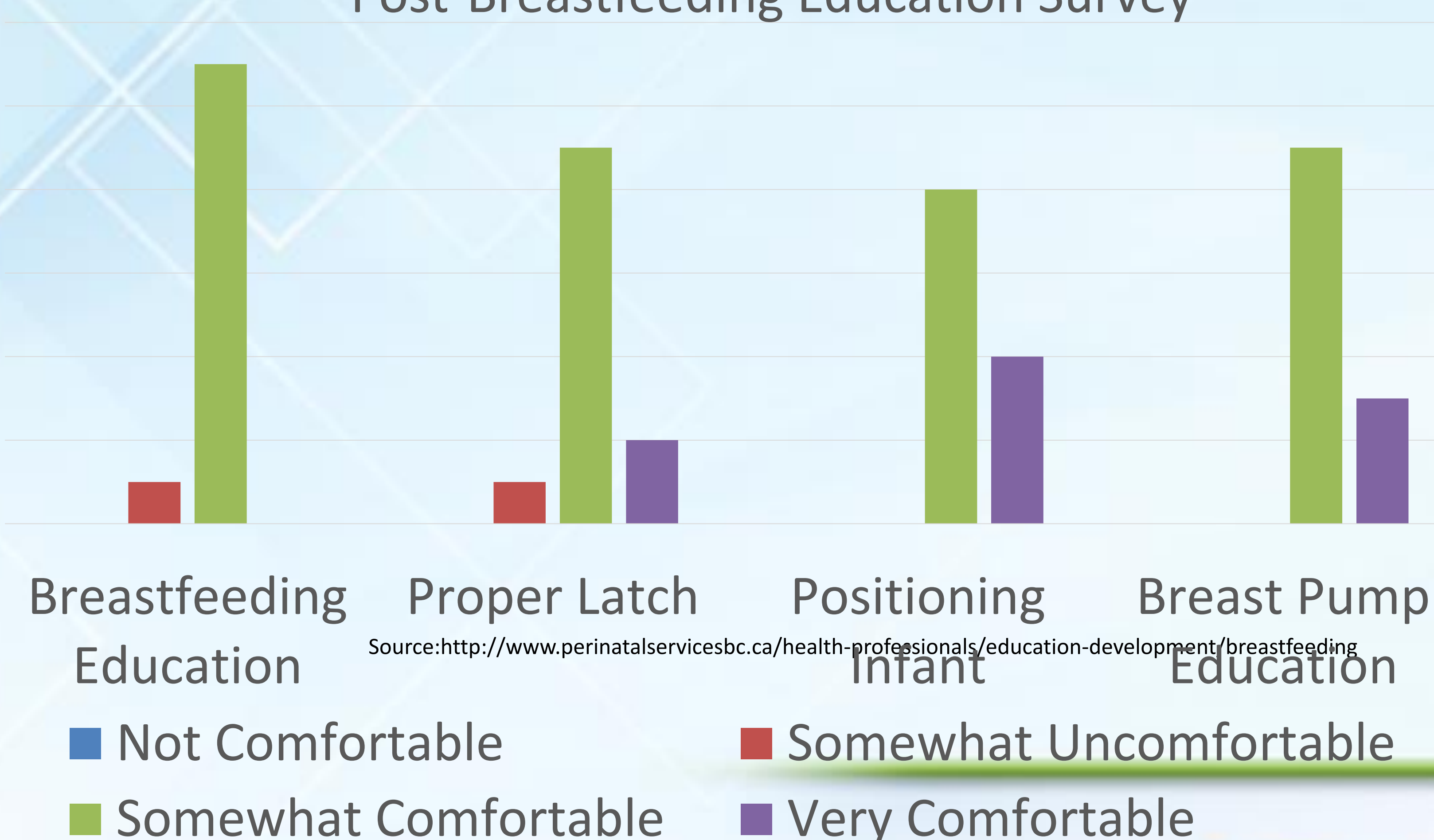
## OUTCOMES

- 28 nurses responded to pre- and post-education surveys. Results indicated providing pediatric nurses with breastfeeding education increases their comfort level when performing assessments and providing education to breastfeeding mothers.
  - Years of experience ranged from < 1 year to 14 years. 8 nurses stated they had personal experience with breastfeeding.

Pre-Breastfeeding Education Survey



Post-Breastfeeding Education Survey



## METHODS

- Administered a pre-education survey for pediatric nurses to determine their baseline knowledge of breastfeeding techniques and comfort/confidence in providing breastfeeding education.
- Provided pediatric nurses with verbal presentation and educational materials on breastfeeding assessment, education, and techniques, including the use of the breast pump.
- Administered a post-test for pediatric nurses to determine if their comfort level regarding addressed topics, including breastfeeding assessment, education and techniques, improved.

## NEXT STEPS

- Consideration of breastfeeding assessment, technique, and education for all newly hired pediatric nurses.
- Yearly TLC breastfeeding education for pediatric nurses.

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