Impact of Staff Education on Breastfeeding among Hispanic Women.

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ABSTRACT

Background: A woman’s decision to breastfeed may be influenced by the knowledge of her healthcare practitioner. Inconsistency with clinical practice, staff knowledge, and the application of resources have been considered important factors in the initiation and continued adherence with breastfeeding. The need for an interdisciplinary team was determined to improve low breastfeeding rates.

Purpose: The purpose of this study was to determine if education of staff and collaboration with public institutions will affect breastfeeding initiation and exclusivity rates in the hospital. Evidence revealed that antenatal breastfeeding education, professional lactation support, and peer lay support are necessary and effective in increasing breastfeeding duration and exclusivity, particularly in low-income settings (Nabulsi et al., 2014).

Methods: Between July 15, 2015, and May 25, 2016, we in-service 88 staff members that practice in a hospital with variances in breastfeeding rates. Prior to the training nursing staff were surveyed to identify existing barriers of knowledge and practice. A Breastfeeding Champions Team was form to implement and assist with continuous training. A quality improvement partnership was established with the Texas WIC Department, the National Institute for Children’s Health Quality (NICHQ), and the Texas Department of State Health Services

Results: Combining data results for 11 months, breastfeeding initiation increased post education by 50% from 14.29% to 21.43%. The exclusive breastfeeding remained without significant changes. Participation of practitioners in the pre-natal phase, community involvement and awareness most likely helped with the compliance.

Conclusions: Continue active participation on the Texas 10 Steps Star Achiever Collaborative Learning Program to reinforce education and awareness of health care providers and increase breastfeeding initiation rates. Develop guidelines and interventions to help exclusive initiation and duration of breastfeeding among of the Hispanic women, including the provision of a bilingual education and mentor to support the traditional cultural beliefs of the clients.