Breast Feeding Education for Nurses: The Front Line Resource for the Breast Feeding Mom in The JHH Children’s Center

authors: Melissa MORENO, MSN CANDIDATE, fuld FELLOW, JOHNS HOPKINS UNIVERSITY SCHOOL OF NURSING; JULIE MURPHY rn, bsn, IBCLC, pediatric specialty nurse, JOHNS HOPKINS HOSPITAL

Background
The Department of Health and Mental Hygiene recognizes The Johns Hopkins Hospital (JHH) as a "Maryland Best Practices Hospital" following its certification through the Baby-Friendly Hospital Initiative (BFHI) (DHMH, 2012). JHH was designated as a Baby-Friendly designated facility on December 29, 2015 by the BFHI, a global program launched by the World Health Organization and the United Nations Children’s Fund to recognize hospitals that offer optimal mother-baby bonding and infant feeding through the promotion of initiation and continuation of breastfeeding or feeding formula safely. The American Academy of Pediatrics (AAP) recommends exclusive breastfeeding for 6 months, with continuation of breastfeeding for 1 year or longer as mutually desired by mother and baby to achieve optimal growth (2012, AAP). Support for this recommendation is found in the positive health outcomes achieved by infants who had a significant decrease in respiratory tract illnesses, otitis media, asthma, diabetes, leukemia, SIDS, NEC in preterm infants, obesity, inflammatory bowel disease and diarrheal diseases as well as an improvement in maternal outcomes of delayed menses, postpartum weight loss, decreased risk for ovarian and breast cancer, an association between increased cumulative duration of breastfeeding and decreased risk of rheumatoid arthritis and cardiovascular disease (AAP, 2012). Moreover, infants fed human milk have better neurodevelopmental and cognitive outcomes (Spatz et al., 2015).

However, for mothers of hospitalized infants, direct breastfeeding may not always be an option. Therefore, mothers must begin their lactation experience by mechanically expressing milk using a combination of a hospital-grade electric breast pump and ‘hands-on pumping’ in order to promote, establish and sustain a sufficient milk supply (Spatz et al., 2015). Although mothers may initiate pumping for their infants, few infants receive human milk through discharge because mothers are unable to maintain an adequate supply or experience difficulties in initiating a milk supply (Spatz et al., 2015).

Method
The Plan-Do-Study-Act (PDSA) process was used for this quality improvement project.

1. Objective
Develop evidenced-based breastfeeding education tools for staff and patients in the Johns Hopkins Children’s Center and Outpatient Pediatric Clinics regarding breastfeeding/pumping initiation, skin to skin (kangaroo care) and the benefits of human milk so mothers can make an informed decision about breastfeeding to help them reach their personal breastfeeding/pumping goals and optimize health outcomes for their infants.

2. Plan

a. Review and analyze current patient education resources purchased
b. Identify 5 types of mothers that would benefit from additional breastfeeding education:
   - The mother initiating a supply primarily with a breast pump
   - The mother who wants to decrease her milk supply
   - The mother who wants to increase her milk supply
   - The mother whose baby is hospitalized and wants to maintain breastmilk without barriers created by hospitalization, hospital practices, lack of maternal education etc. Providing and utilizing consistent evidenced-based patient education tools within the JHHS will ensure collaborative efforts are maintained and delivered effectively to patients
   - The mother initiating a supply primarily with breast pump

b. Develop evidenced-based breastfeeding education tools for mothers and staff by identifying current breastfeeding resources and practices that promote breastfeeding and improve health outcomes for infants and their mothers in the Children’s Center.

3. Do

a. Identify 5 types of mothers that would benefit from additional breastfeeding education:
   - The mother who is both pumping and breastfeeding
   - The mother whose baby is hospitalized and wants to maintain her milk supply
   - The mother who wants to increase her milk supply
   - The mother who wants to decrease her milk supply
   - The mother initiating a supply primarily with a breast pump

b. Review and analyze current patient education resources purchased by Johns Hopkins Hospital:
   - Kids Health Library
   - Krames
   - Conduct a literature review of current breastfeeding policies, protocols and evidence-based resources:
     - American Academy of Pediatrics
     - The Academy of Breastfeeding Medicine

4. Study

a. Nurses can utilize the breastfeeding/pumping log and the patient information sheet when educating patients in order to maximize the mother’s milk production and reach their breastfeeding goals.

5. Act

a. This will help you maintain your milk supply schedule to feed your baby. If you are a mother in breastfeeding and pumping, record the amounts of milk pumped from your breasts. Add the amount pumped per day and compare your numbers with the Baby Milk Goal chart on the next page.

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