

Abstract

Exclusive breastfeeding for the first six months of life is recommended for optimal health outcomes of both the infant and mother. However, most mother-baby dyads do not achieve this goal. Healthcare practitioner breastfeeding education is a positive contributor to breastfeeding outcomes, yet this area of content is insufficient in most professional preparatory programs. This DNP scholarly project evaluated the efficacy and satisfaction with an optional online breastfeeding education module implemented into nurse practitioner clinical courses. A pre and post survey used a Likert-scale to assess participant knowledge before and after the online module, as well as participant satisfaction with the experience of online breastfeeding education. Participants were asked to provide reflections from this experience and suggestions for future breastfeeding education in an open text format question on the post survey. In total, four participants completed the module and post survey. Therefore, results were analyzed using descriptive statistics. A three percent increase in knowledge scores was seen in the post survey. Participants provided constructive and unexpected feedback which was interesting to assess. Overall, results were somewhat unanticipated. Though statistically significant results were not achieved due to a limited sample size, implementing breastfeeding education into nurse practitioner curriculum is feasible and desired by the students. National nurse practitioner core competency requirements and knowledge of current breastfeeding education in nurse practitioner programs is outdated and in need of innovation. A call exists to higher education and breastfeeding experts to continue breastfeeding education research and quality improvement efforts. These results will contribute to the establishment of breastfeeding education best practices to improve patient outcomes.

Keywords: Breastfeeding, Breastfeeding knowledge, Nurse practitioner students, Health professional education, Curriculum, Breastfeeding education, Lactation education, Online education