Effects of a Lactation Telesimulation on Labor and Delivery and Postpartum Nurse Self-Efficacy

Abstract

Objective: The purpose of this DNP scholarly project was to implement a lactation telesimulation to further train the nurses on the labor and delivery (L&D) and postpartum units. This quality improvement project aimed to increase utilization of breastfeeding knowledge in practice, measure learning satisfaction with the telesimulation, increase breastfeeding exclusivity rates at discharge, and increase nurse self-efficacy in providing lactation support.

Methods: This quality improvement project utilized a pre-/post-intervention study design and addressed the need for lactation support training by implementing an online, on-demand breastfeeding telesimulation for the nurses working on the L&D and postpartum units at a large urban teaching hospital in the Mid-Atlantic.

Results: A total of ten L&D and postpartum nurses completed the pre-survey, and five participants completed the telesimulation, phone interview, and remaining surveys. There was no significant difference in self-efficacy ($p = 0.623$) or utilization of knowledge in practice (per week $p = 0.5$; per month $p = 0.492$).

Conclusions: Although the telesimulation did not have a statistically significant impact on L&D and postpartum nurse self-efficacy or utilization of knowledge in practice, all participants stated that the telesimulation was a valuable experience, revealed their clinical weaknesses, and allowed them to reflect on their clinical ability. Future projects involving a larger sample size and a telesimulation tailored to inpatient nursing would be helpful to determine if this training method could lead to a significant increase in nurse self-efficacy in providing lactation support.

Key words: Telesimulation, lactation, breastfeeding, staff training, self-efficacy, labor and delivery (L&D), postpartum, nurse