



Expression of Breast Milk in the Workplace: An Analysis among Nurses, Nurse Managers and Hospital Representatives in General Acute Care Hospitals



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Introduction

With more than half of new mothers returning to the workplace with an infant under the age of 1 (Bureau of Labor Statistics 2012), it is imperative that a workplace support expressing breast milk. In 2017, The CDC published recommendations for the use and cleaning of a breast pump.



The American Academy of Pediatrics (2017) recommends that infants be breastfed exclusively for the first six months, and then continued to be breastfed with complementary foods for the first year or longer.

Purpose

This dissertation research will examine the relationship between workplace lactation support and the duration of breastfeeding, the duration of expressing breast milk in the workplace, and the adherence to CDC guidelines for use and cleaning of a breast pump among nurse employees, nurse managers and hospital representatives at hospitals within Los Angeles County.

Methods

- Cross-sectional study
- Purposive sampling to create a representative sample of 11 hospitals in Los Angeles County
- n = 11 Hospitals (2 small, 5 medium, 4 large sized)
- n = 109 Nurse Employees
- n = 109 Nurse Managers
- n = 22 Hospital Representatives
- Informed Consent
- Participants will fill out one time questionnaires
- A designated number of participants at each hospital will be eligible for a \$10.00 gift card for participation

Measures

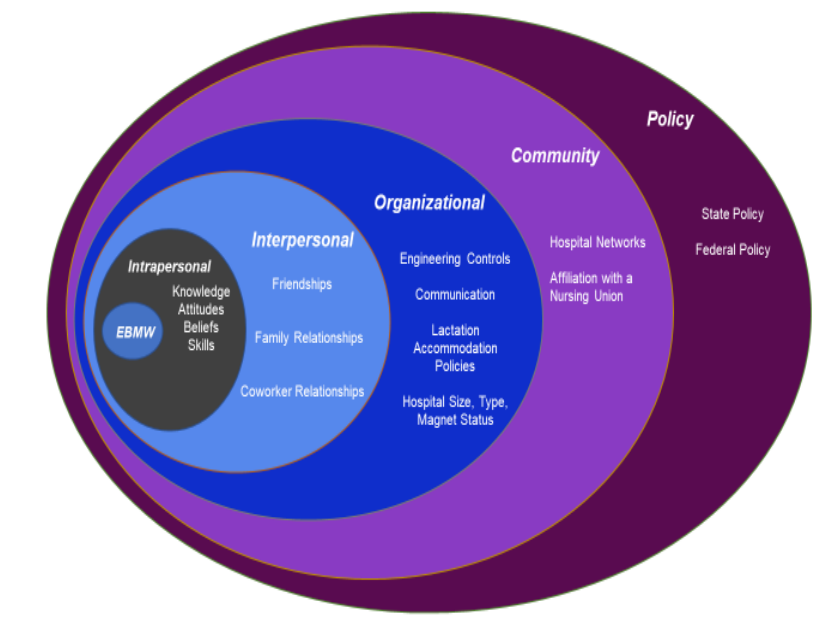
- The Breastfeeding and Employment Study (BESt) Questionnaires
- CDC Recommendations for Use and Cleaning of a Breast Pump Knowledge Questionnaire
- Nurse Employee Adherence for Use and Cleaning of a Breast Pump Questionnaire
- Duration of Breastfeeding, self report
- Duration of EBMW, self report

Data Analysis

- SPSS Software Version 25 (2017)
- Descriptive statistics for population demographics and factors of interest
- Pearson's coefficient or spearman's rho to determine associations of independent variables within each domain and within each group
- Bivariate analysis using linear regression
- Multivariate analysis using linear regression

Theoretical Framework

The Social Ecological Model (McLeroy, Bibeau, Steckler, & Glanz 1988)



Nursing Implications

Working mothers deserve to achieve their breastfeeding goals. The results of this study can be used for policy development to increase the ability for women to express breast milk in the workplace.