Lactation Support in Pediatric Primary Care

Krista Tucker, DNP, RN

Structured Abstract

LOCAL PROBLEM
As a whole, the US rates for breastfeeding are below the recommendations set by Healthy People 2020. For 2015, the US rates for infants ever breastfed was 83.2%, breastfed at 6 months 57.6%, and breastfed at 12 months 35.9%. Mississippi is below each goal by nearly half the recommended percentages. The goal for the number of infants who are breastfeed at six months is 60.6%; the reported number of infants breastfed at six months in Mississippi in 2015 was 35.4%. The number of infants ever breastfeed in Mississippi was 63.2% meaning nearly 20% of mothers who decided to breastfed stopped before the six months recommended by AAP. Per the CDC, regional analysis proves Mississippi has the lowest initiation and duration rates of the surrounding states.

PROJECT PURPOSE
The purpose of this project is to provide breastfeeding education, support and contact information for local lactation services including support groups such as the local La Leche League to improve the rates of breastfeeding duration in a pediatric primary care clinic.

METHODOLOGY
The ACE Star Model of Knowledge Transformation was used to guide this project by providing a comprehensive method to translate evidence into practice. Participants were sought out through convenience sampling. Pre-implementation surveys were administered to determine awareness of lactation services and breastfeeding goals. The encounter was followed by a follow up phone call one week later. Post-implementation questionnaires were administered 4-6 weeks after the initial encounter to determine percent of participants still breastfeeding, support factors, and awareness of lactation services.

RESULTS
A total of 17 participants were included in the project. Prior to implementation only 65% of participants were aware of local lactation services and post-implementation 100% of participants aware of how to contact local services. Eighty-eight percent of participants were still breastfeeding four weeks post-implementation.

IMPLICATIONS FOR PRACTICE
The education and contact information should be provided to all mothers who choose to breastfeed to promote breastfeeding rates. At the point of contact, most participants had a goal to breastfeed at least six months and the project would better improve initiation rates if implemented during prenatal period. The project was well received by the nurse
practitioner and nurse and the printed handouts were left for continued use within the clinic.

*Keywords: breastfeeding, pediatrics, lactation, breastfeeding support*

Team Leader: Dr. Amy Bigham

Team Member(s): Mrs. Amy Robertson, CRNP