Lactation Support in Pediatric Primary Care
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Purpose
The purpose of the project is to:
- Provide all breastfeeding mothers with education and contact information for local lactation services.
- Promote breastfeeding rates within a pediatric primary care clinic.

Identifying the Problem
- US rates for breastfeeding are below the recommendations set by Healthy People 2020.
- Mississippi rates of breastfeeding are well below the national average.
- Mississippi has the lowest initiation and duration rates of the surrounding states.

Recommended vs. Reported Breastfeeding Rates

<table>
<thead>
<tr>
<th>Age of Infants</th>
<th>Recommended</th>
<th>Reported</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-3 months</td>
<td>63.2%</td>
<td>81.9%</td>
</tr>
<tr>
<td>3-6 months</td>
<td>35.4%</td>
<td>60.8%</td>
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<tr>
<td>6-9 months</td>
<td>34.1%</td>
<td>57.6%</td>
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<tr>
<td>9-12 months</td>
<td>18.9%</td>
<td>35.9%</td>
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Methodology
- Population and sampling procedures:
  - Convenience sampling
  - Inclusion criteria:
    - Mother is breastfeeding
    - Infant is 12 months of younger
    - 17 total participants
  - All mothers given pre implementation questionnaire followed by breastfeeding education, contact information for lactation services, and content specific to the issues they had (latch, supply, etc.)
  - 4-6 weeks after initial contact, mothers contacted again for post implementation questionnaire

Results

Encouraged to Breastfeed by Provider

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
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<tbody>
<tr>
<td>49%</td>
<td>51%</td>
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Conclusion
- Local and national breastfeeding rates below Healthy People 2020 goals.
- Age of infants included 2 weeks to 12 months.
- Discussed benefits of breastfeeding and addressed any specific issues the mother was experiencing.
- Contact information for local lactation services and local chapter of La Leche League provided to each participant.
- 88% of mothers still breastfeeding at follow up.

Implications for Practice
- 41% of participants report not being encouraged to breastfeed by a provider, breastfeeding should be encouraged at each visit.
- 35% of mothers reported not being familiar with lactation services or local support groups, information should be provided to all mothers who choose to breastfeed.

Recommendations
- Implement a similar project beginning during prenatal period to determine if project improves initiation rates.
- Implement a similar project over a longer time frame to determine if duration rates improve.

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