

Effects of an Educational Intervention on Baccalaureate Nursing Students' Knowledge and Attitude in Providing Breastfeeding Support to Mothers

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Sigma Theta Tau 43rd Biennial Convention
November 9, 2015

Objectives

- * The learner will be able to describe educational interventions that can be used in breastfeeding education.
- * The learner will be able to discuss the impact an educational intervention had on baccalaureate nursing students' breastfeeding knowledge and attitude.

Breastfeeding

Benefits for baby

- * Develop an effective immune system
- * Fewer illness (diarrhea, respiratory, and ear infections)
 - * Fewer allergies
 - * Fewer stomach problems

Benefits for mother

- * Emotional satisfaction
- * Fast weight loss
- * Decreased risk of breast, ovarian, and endometrial cancer
- * Decreased risk of hip fractures and osteoporosis
- * Psychosocial- bonding and attachment

Breastfeeding Support

- * National Initiatives

- * Michelle Obama (2010)

- * Childhood Obesity and Breastfeeding



US Surgeon General Dr. Regina Benjamin (2011)

The Call to Action to Support Breastfeeding



Breastfeeding Stats

- * Breastfeeding Initiation Rates- 2020 Goals

US-81.9%

Year **2012**- US- 80.2%, AL- 66.6%

- * Exclusive Breastfeeding at 3 Months

US- 46.2%

Year **2012**- US- 43.3%, AL- 25.2%



Improving Breastfeeding Outcomes

🔗 Healthcare providers and students are inadequately prepared to provide breastfeeding support (Ahmed, Bantz & Richardson, 2011; Bozette & Posner, 2012; Spatz & Pugh, 2007)

- * Educational preparation needed for those who provide support to breastfeeding mothers
 - * Nursing students need a thorough evidenced-based breastfeeding education foundation to provide breastfeeding support to new mothers (Dodgson & Tarrant, 2007)
- * Educational interventions to assist in improving knowledge and skill

Problem Statement

There is a lack of adequate evidence-based breastfeeding education in nursing programs today. Because of this lack of education, nursing students are not as confident, knowledgeable, or engaged in breastfeeding education or the breastfeeding needs of their patients which adds to their discomfort when assisting a breastfeeding mother with technique or information.

Purpose

To determine if an evidence-based educational intervention will have an effect on baccalaureate nursing students' knowledge and attitude in regards to breastfeeding support that is provided for mothers.

Significance

- * Reforms in nursing education are needed to provide nursing students with learning experiences that can help prepare them for professional practice.
- * NLN Research Priority: Leading Reform in Nursing Education- Development and evaluation of teaching-learning approaches that relate knowledge acquisition and evidence-based practice to the patient's actual care experience (NLN, 2012)

Significance (continued)

- * Add to the body of knowledge on an effective teaching strategy for breastfeeding education that can affect student knowledge and attitude
- * Need to integrate standardized patients (SPs) as a teaching strategy

What is a Standardized Patient?



Theoretical Framework

Theory of Reasoned Action

A person's attitudes and beliefs about a particular behavior are developed based on prior knowledge and experience relative to the behavior, and their social pressures to perform or not perform a behavior.

Methodology

- * Design Type
 - * Quantitative
 - * Randomized pretest/posttest design with a comparison group
- * Data Collection- before and after intervention via Qualtrics©

Sample

- * Traditional BSN students enrolled in MCN 348 course
- * N= 128 students
- * **Recruitment-** Invitation during Maternal Child orientation



Setting

- * The University of South Alabama
 - * Mobile, Alabama
 - * Health Sciences Building
 - * Simulation Lab and Classroom



Interventions

- * Evidence-based Breastfeeding Lecture (1 hour)
 - * Experimental Group- Simulation role-play with SP
 - * Debrief
 - * Control Group- Breastfeeding Video, *In Our Hands*
 - * Debrief





Research Questions

- * Will an evidence-based educational intervention improve baccalaureate nursing student's breastfeeding knowledge?
- * Will an evidence-based educational intervention improve baccalaureate nursing student's breastfeeding attitude?
- * Are there differences in breastfeeding knowledge between the experimental (simulation role play) and control (educational breastfeeding video) groups?
- * Are there differences in breastfeeding attitude between the experimental (simulation role play) and control (educational breastfeeding video) groups?

Results

- * Evidence based educational interventions improved nursing students' breastfeeding knowledge and attitudes toward breastfeeding
- * No difference in breastfeeding knowledge and attitudes between the groups



BREASTFEEDING

It Rocks!

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