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## Background

- Breastmilk ideal nutrition for premature infants.
- Mother's breastmilk via breastfeeding or pumping milk promotes premature infants immunological, gastrointestinal, developmental, psychological health, and mother-baby emotional bonding
- Mothers and premature infants may be separated due to baby's confinement in NICU to incubators, radiant warmers, respiratory or intravenous support requirements.
- Goal: Remove obstacles to babies in NICU receiving mother's breastmilk.

## Purpose

Increase the consumption of mother's breastmilk by babies in the NICU.

## Methods

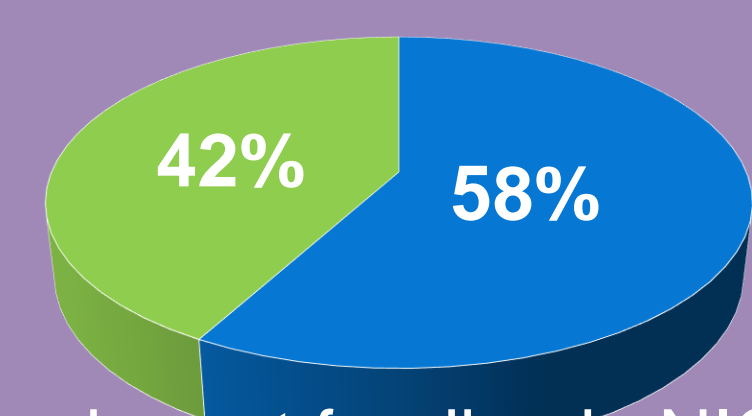
- Quality Improvement Project
- Participants RNs in NICU (N = 87) .
- Pre/post Questionnaire: 10 item NICU Mothers Breastfeeding Survey (Rubarth, 2013) via Survey monkey (anonymous)
- Intervention: Inservice conducted by Breastfeeding Champions.
- Pre/Post Chart Review: (n = 30)

## Data Analysis

- Descriptive statistics
- T-test: Pre/Post

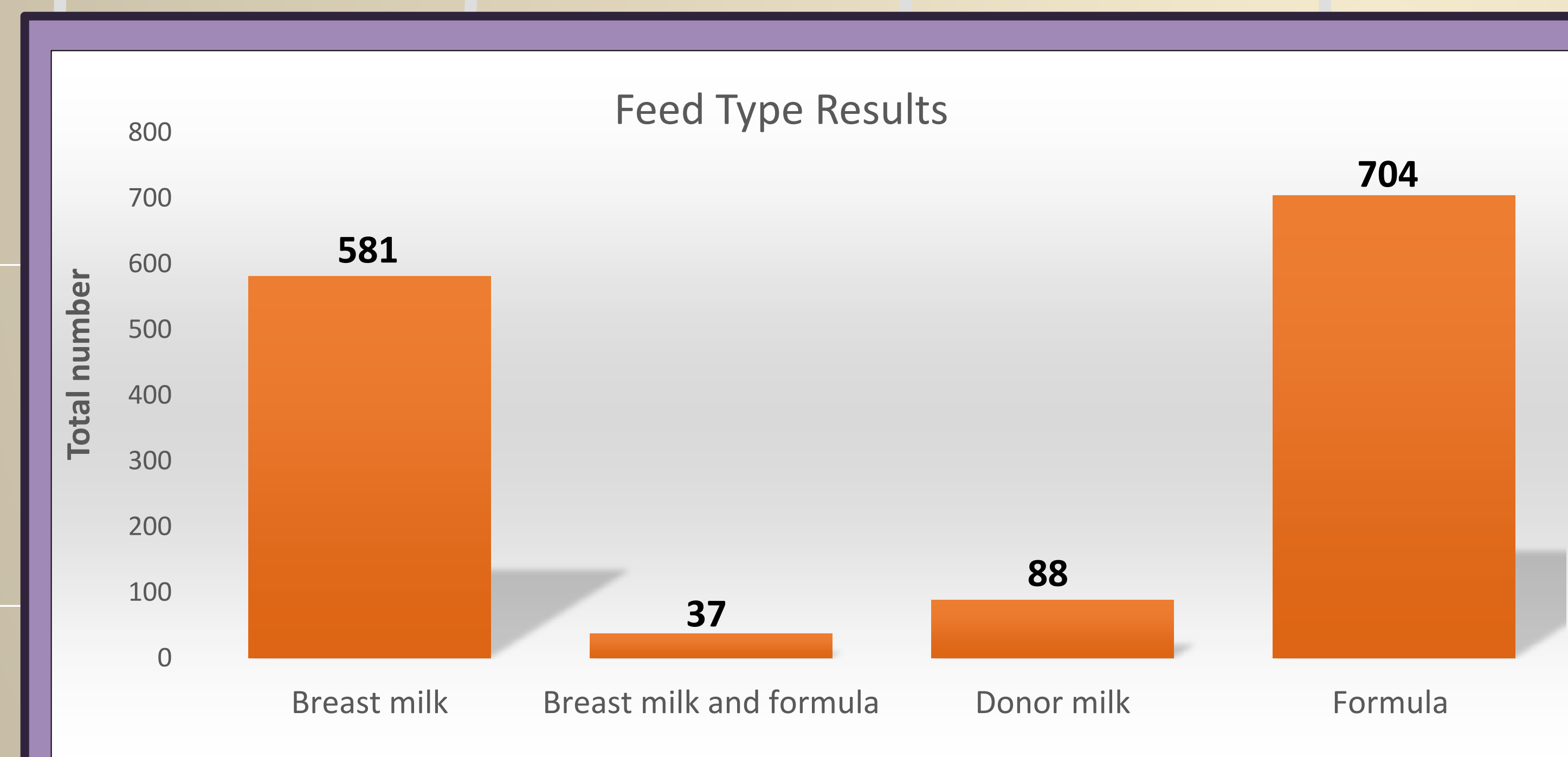
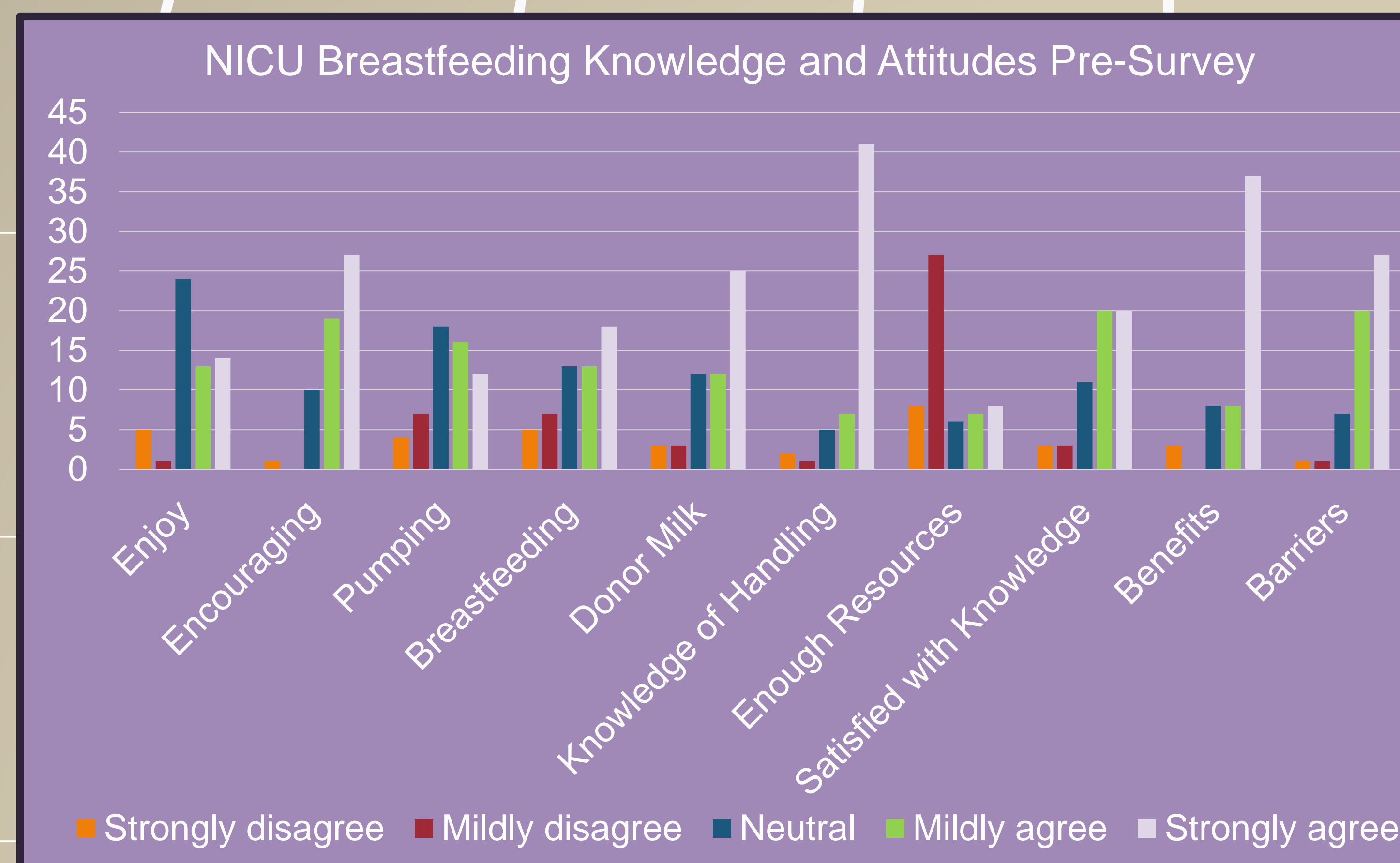
## Findings

### Barriers to Breastfeeding/Pumping in NICU



- Major barriers preventing breast feeding in NICU: Space/Privacy
- Minor barriers included: time, efficiency, supplies, sick babies, lack of knowledge, storage, unknown quantity of milk consumed

## Findings



- Type of milk intake in first 50 feeds for 30 premature infants
- Inclusions: NICU December 2016 admissions, born 30 to 36 weeks
- Exclusions: Adoption, CPS, + Maternal drug screen, Mother in prison

## Discussion

- Pre-survey findings suggest additional education of NICU nursing staff warranted to increase knowledge and comfort with breastfeeding in NICU.
- NICU open bay design limits mothers privacy and space.
- Pre-intervention chart review: Nearly half (44%) of NICU babies 1<sup>st</sup> 50 feeds included mother's breastmilk.
- NICU dedicated lactation consultant could support NICU families and staff members.

## Outcomes

- Lactation consultant hired to work exclusively with NICU staff and families.
- Single Family Room concept design with construction to be completed by January of 2020.
- 87 Nurses received breastfeeding training by 6 champions.
- New process to increase babies consumption of mother's breastmilk will be implemented in large NICU with >800 babies admitted per year.

## Next Steps

- Conduct staff knowledge and attitudes Post survey.
- Post intervention chart reviews will be conducted to determine impact on babies rate of consumption of mother's breastmilk in NICU.
- Continue development of new NICU lactation consultant program.

## MCH Nursing Leadership Journey

### Challenge the Process

- Shared evidence of need: Neonatal physicians, staff & Director,
- Recorded cost of donor breastmilk

### Inspire a Shared Vision

- Education: staff, neonatal physicians, director
- Created opportunity for champions to get advancement

### Enabling Others to Act

- Provided training for the champions
- Allocated champions time to receive breastfeeding training
- Held breastfeeding champions meetings

### Model the Way

- Reviewed the literature
- Consulted with peer hospitals and lactation consultants

### Encourage the Heart

- Kudos recognition e-mail for the champions
- Submitted champions names to WIC newsletter for recognition

## Team Members

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Amber Clayton, MBA, BSN, RN, CPHQ  
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Leslie David, ADN, RN  
Sheila Farmer, BSN, RN

## Logic Model

### Inputs

- Time & Cost Analysis
- Pt. education documentation change
- Collect data
- Pt. Education
- Staff education-skills fair
- Create clinical staff team
- Review Literature for evidence
- UHC Query

### Strategies / Activities

- Collect data
- Provide staff education intervention
- Analyze Cost
- Provide rewards for milestones

### Outputs

- Regular team meetings
- Evaluated best NICU practices to increase Breastmilk consumption
- Peer group data concerning BF support strategies in NICU
- Pre-Post data: No. of Breastmilk Feedings
- RN knowledge & attitudes regarding breastfeeding/pumping
- Educational materials; Skills fair
- Cost per bottle/feeding of donor milk
- Avg. mo. cost of donor milk
- Define rewards

### Short-Term Outcomes

- Director support
- Complete review and query
- Pre-survey staff & chart review
- Provided staff educational resources
- Identify pre-intervention donor breastmilk costs
- Acknowledge champions in WIC newsletter

### Long-Term Outcomes

- Completion of project and implementation of new practice.
- Poster presentation
- Cost neutral strategies for breast milk consumption of NICU babies implemented
- Post-intervention survey
- Nurses increased knowledge and proficiency with BF practices.
- Decreased use of donor milk
- Pizza party for staff