



INCREASING NICU NURSES' KNOWLEDGE ON EARLY START BREASTFEEDING AT THE BEDSIDE



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Introduction

An educational intervention was given to address a potential gap in the UCMC NICU nurses' knowledge about the benefits of early-start breastfeeding initiation. A pre-test/ post-test design was used to measure any significant increase in their knowledge of evidence based practice changes in early start breastfeeding initiatives. The goal of this research is to empower NICU mothers to begin breastfeeding as soon as the infant is medically able by elevating the bedside nurses' knowledge of these steps.

Research Question

Among NICU nurses, would an educational intervention result in an increase in the level of their knowledge about the benefits of early starting breastfeeding in the NICU compared to their level of knowledge prior to delivering the intervention?

Purpose or Objectives

- Identify Knowledge Gaps
- Educate NICU Nurses
- Develop tools that could be used to successfully teach mothers of all infants, including those with physical barriers

Current Evidence

- The American Academy of Pediatrics and World Health Organization agree that breast milk as the first supplement boosts the newborns immunity, and lowers their chances of contracting life-threatening conditions from birth to early childhood
- A gap exists in the ability for NICU's to fully overcome barriers to the initiation of breastfeeding during the infant's NICU stay while they are in the pre-term period and following discharge
- The JOGNN evidence showed the most modifiable factors in closing the gap is elevating NICU nurses' breastfeeding education which is linked to higher success rates of preterm breastfeeding in the NICU

Pre-Test/ Post-Test Significant Results

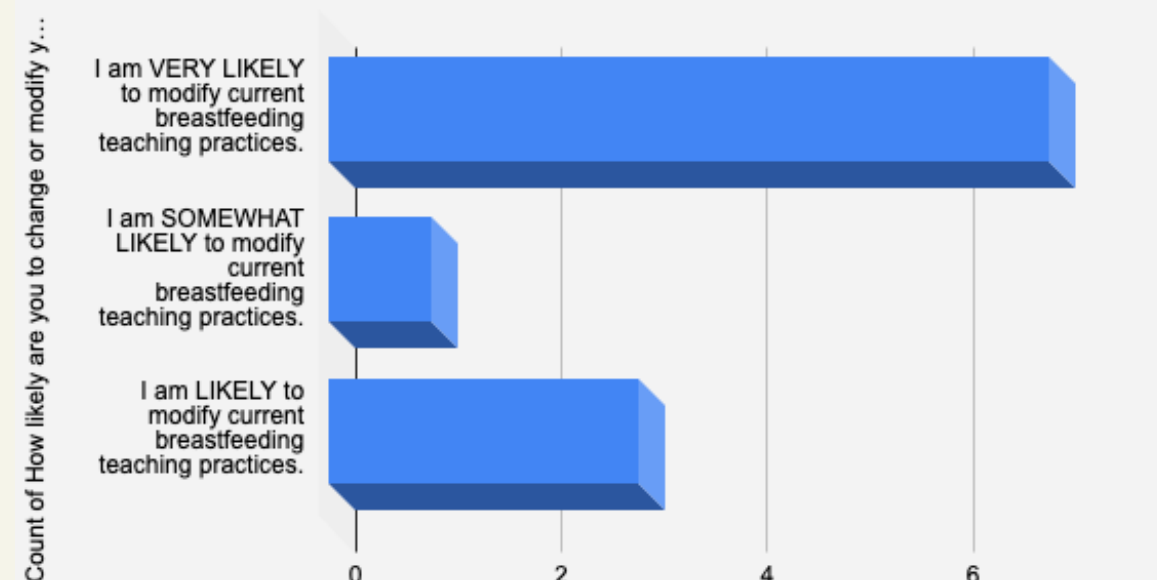
1. "How would you rate your current knowledge of the breastfeeding pathway in the NICU" Pre-Test Post-Test



1. "How often are you utilizing the breastfeeding pathway cards at the bedside"



Count of How likely are you to change or modify your current breastfeeding teaching practices after this presentation?



Please scan to view educational tools:



Materials/Methods

Linear flow chart - a visual aid that can be used to provides nurses with a strategic plan to initiate breastfeeding education
 Badge Buddy - a quick reference card based on the breastfeeding pathway
 Pre/Post-test - used to gather our results before and after our educational presentation

Conclusion

When educating mothers, there are three important factors: (1) seeing how the information is presented (2) recognizing the potential knowledge gaps and (3) being aware of how we can improve these. Increasing NICU nurses' knowledge of early start breastfeeding using tools like a linear flow chart poster and badge budge will lead to more mothers initiating early-start breastfeeding and healthier patient outcomes in the NICU setting.

Future Recommendations

- With a larger sample size we could have had a wider variety of results regarding different shifts in the NICU
- Being present in the unit to teach as opposed to an online educational intervention might have been more successful and better received
- Regarding early start breastfeeding, nurses should continue to stay informed on current practice and use tools like badge buddies and linear flow chart for a quick data reference