E3-12: Nurses’ Knowledge and Attitudes toward Breastfeeding: Impact on Mothers’ Perception of Support

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Abstract:
Introduction: Healthy People 2010 goal is that 75% of mothers are exclusively breastfeeding at hospital discharge. At our facility, approximately 36% of mothers indicate they are exclusively breastfeeding at discharge. The purpose of this study was to identify impact of education on
knowledge and attitudes of nurses toward breastfeeding and the subsequent impact on mothers’ perception of support. The ultimate outcome of this study is to increase the proportion of mothers who breastfeed on discharge.

Method(s): This is a quasi-experimental study that included pre and post intervention assessment of nursing knowledge and attitudes. The intervention was structured education of nursing staff. The design is a within-subjects study, with no control group. Sample size of 75 RNs was required to meet at 90% criteria for power analysis. Those who completed the follow-up survey received a $5 gift card. Mothers who intended to breastfeed on admission completed a survey to assesses perception of adequacy of instruction and support by nursing staff. Comparison groups of mothers were surveyed prior to the education of the nursing staff, following the conclusion of the nursing education and again 60 days later. Mothers who participated in the survey received a breastfeeding booklet. A sample size of 75 mothers in each group (total n= 225) provided greater than 90% power to detect a change of at least 0.5 points in the mean of the perceived support scores.

Results: Initial analysis of results of pre/post testing of nurses indicates a significant difference in both knowledge and attitude scores. We are still completing the surveys of mothers prior to analyzing results.

Discussion & Conclusions: At this time, we are unable to provide a discussion of findings and conclusions other than the nurses gained in both knowledge and attitude regarding breastfeeding and these gains were maintained over time. The impact of these gains on mothers' perceptions of support await conclusion of data collection and analysis of results. Data collection should be completed in 4-6 weeks.

Abstract History:
This abstract has not been presented or accepted for presentation in whole or in part at the SNRS or other scientific meeting.

Financial Disclosure:
No, I (or a member of my immediate family) have not received something of value* from or own stock (or stock options) in a commercial company or institution related directly or indirectly to the subject of my presentation.

FDA Disclosure:
I will not be describing any pharmaceutical and/or medical device.

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