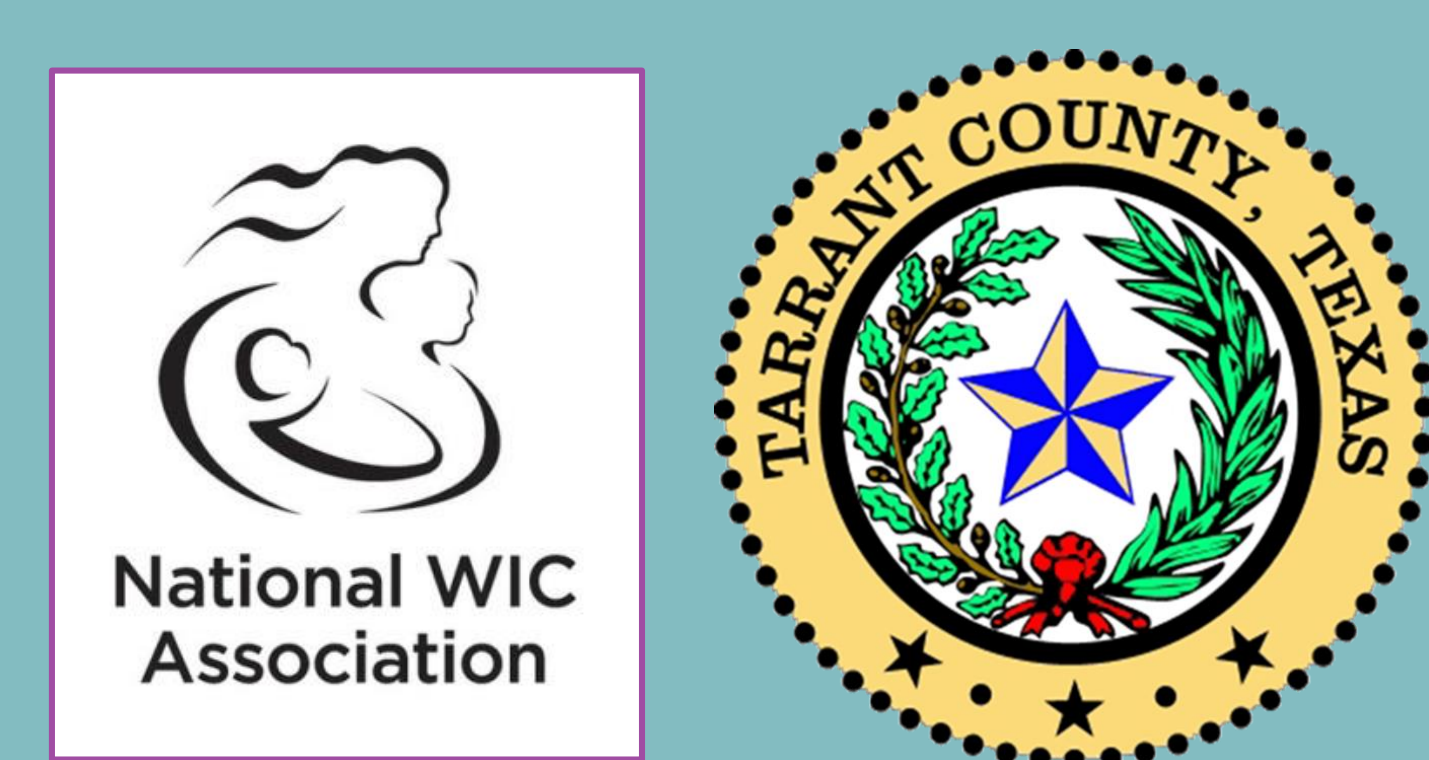


# Hospital Staff Armed with Skills to Support New Moms at Breastfeeding Boot Camp

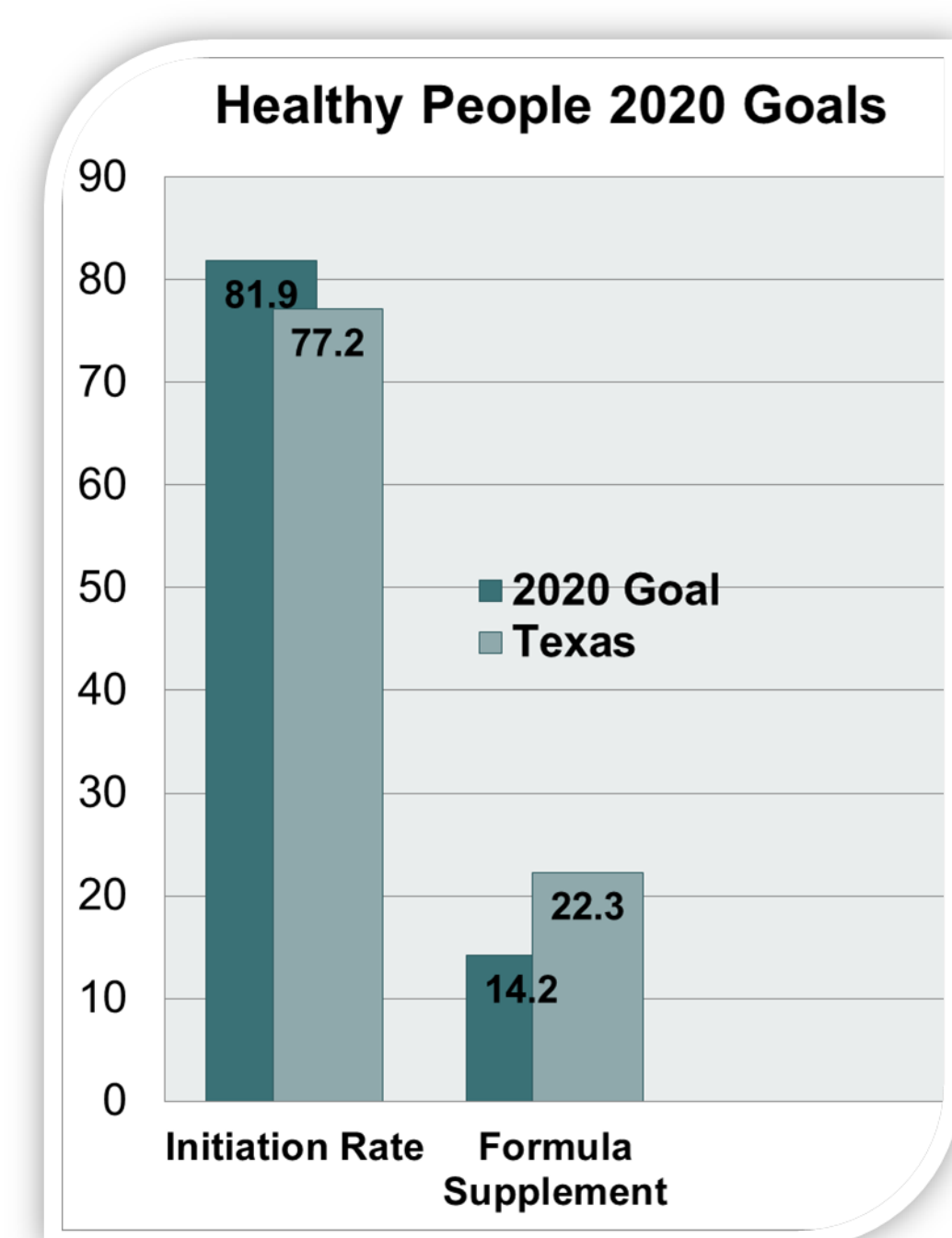


Tarrant County Public Health | Fort Worth, Texas | Presented By: Amy Nelson, MS, RD – Project Coordinator

## Introduction

Breastfeeding is associated with decreased risk for maternal morbidity as well as infant morbidity and mortality and provides tailored nutrition for infants. Therefore, breastfeeding promotion and education has become a public health priority. Healthy People 2020 established goals for breastfeeding initiation, duration, and exclusivity for the nation.

Although Texas breastfeeding initiation rates are near the 2020 goal, the formula supplementation rate at 2 days of life still significantly exceeds the goal. Hospital staff, equipped with appropriate skills, can impact this rate and prepare breastfeeding dyads for success after discharge.

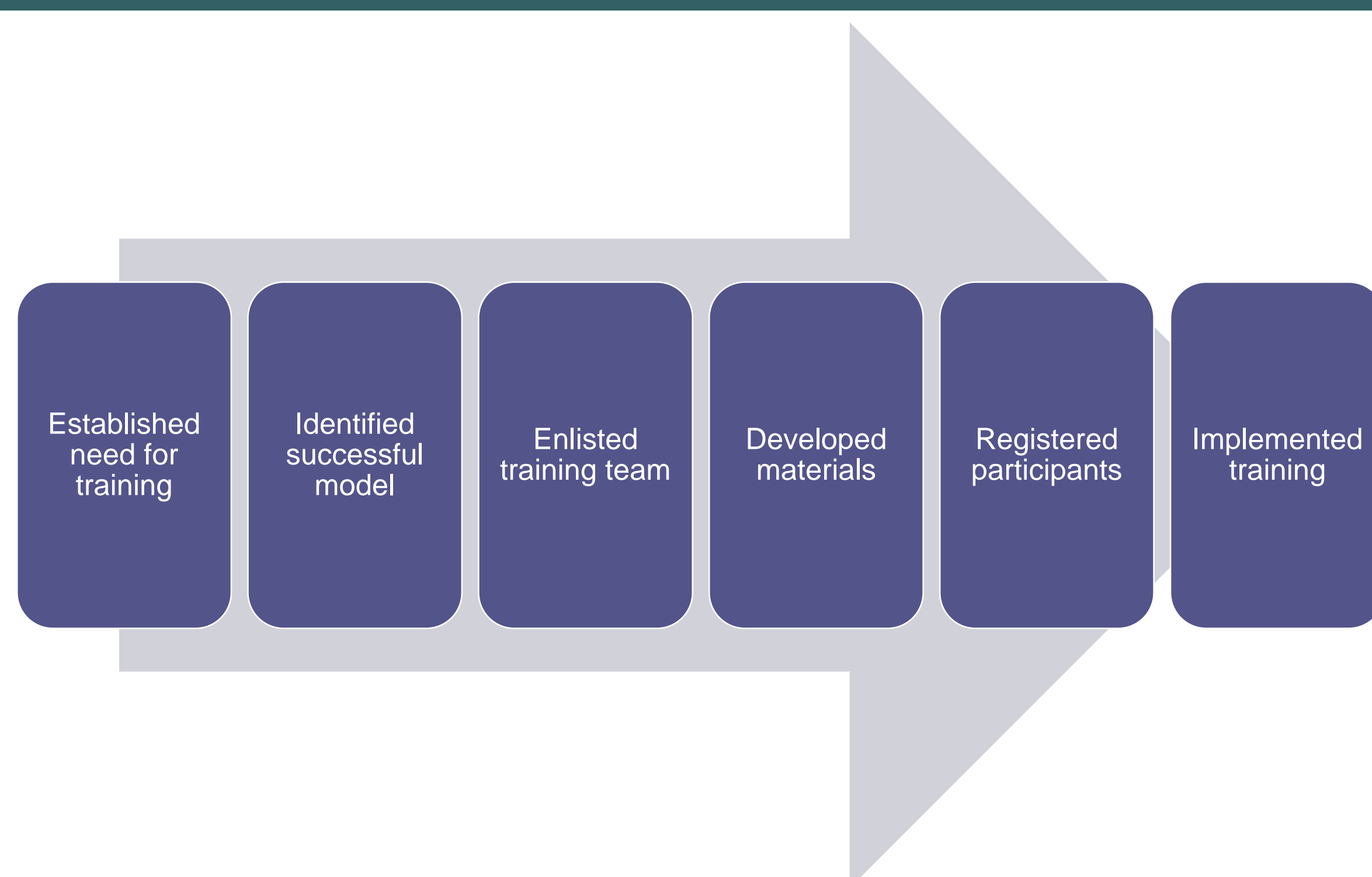


## Project Overview

As part of the Community Partnerships for Healthy Mothers and Children project, Tarrant County WIC determined that providing training to hospital staff would be an effective way to boost local breastfeeding rates. Having heard of the success of a training developed for this audience, which resulted in 10% increase in exclusive breastfeeding rates in 3 hospitals, Tarrant County WIC reached out to its creators to learn more. Lactation staff from City of Dallas WIC, Parkland Hospital, Methodist Dallas Medical Center, and Charlton Methodist Medical Center used the Ten Steps to Successful Breastfeeding published by UNICEF and WHO to guide the content of their Baby Friendly Skills Workshop.

Prepared with an evidenced-based plan and shared lessons learned, Tarrant County WIC contacted lactation staff from John Peter Smith Hospital (JPS) and Medical Center Arlington (MCA) to discuss emulating the successful training model. The newly formed training team committed quickly and developed training materials, hosting their first training only two months later.

## Activities



## Outcomes

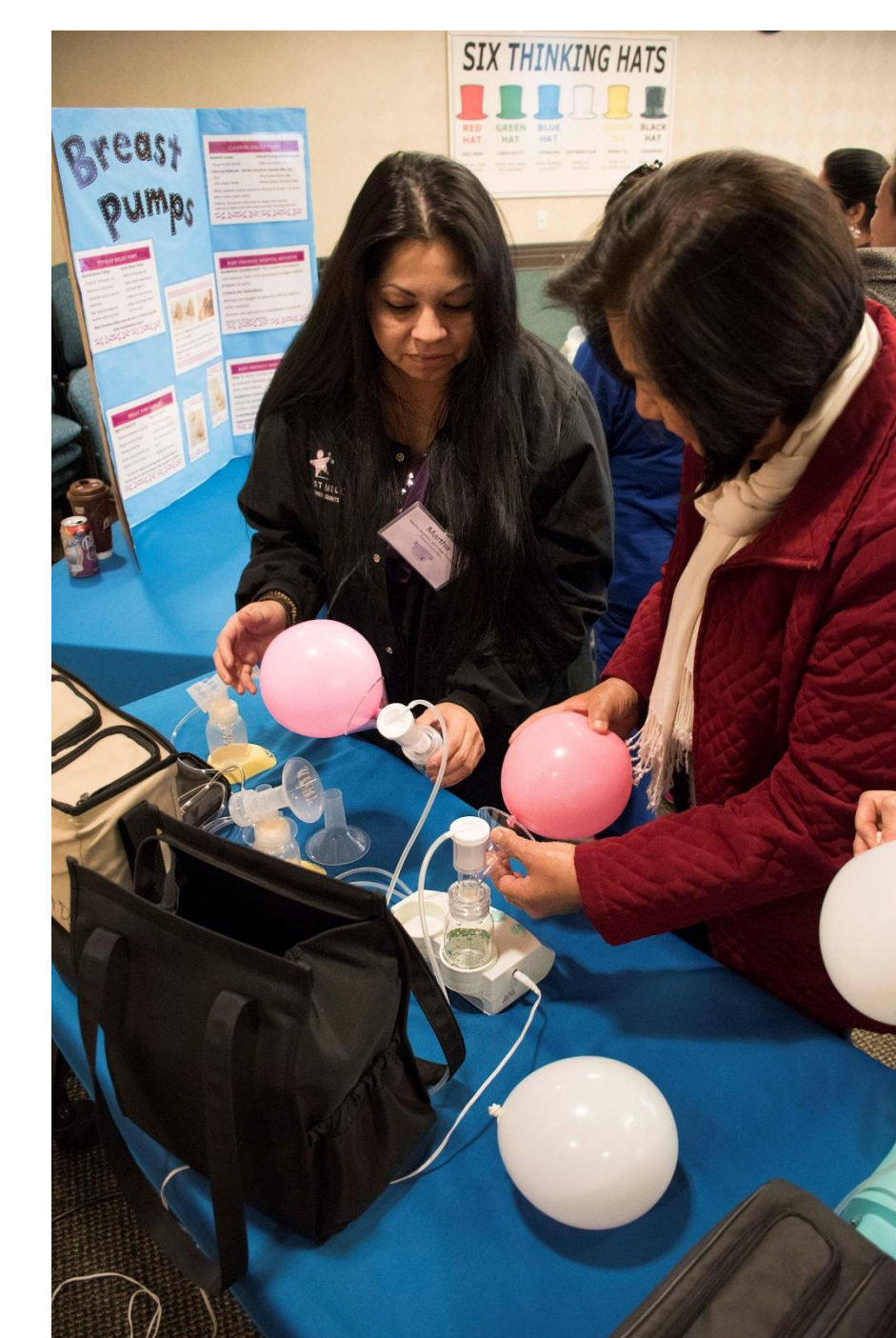
Seven training dates were established for 2016. Each day, two training sessions are held. The training was approved for 3.6 continuing education hours for nurses. Each training consists of six modules including:

- Hand expression
- Latch and positioning
- Breast pumps
- Skin to skin
- Supplementation
- Positive messaging



Breastfeeding Boot Camp includes a module developed in Fort Worth that increases awareness of provider bias and its potential impact on breastfeeding. Participants also receive several opportunities to utilize new skills through role-play scenarios.

To date, over 250 hospital staff have attended Breastfeeding Boot Camp, the majority of whom indicate that they intend to make changes to their practice related to concepts they learned at Boot Camp. Participants have been overwhelmingly positive about encouraging skin-to-skin contact and hand expression.



## Next Steps

- 700 total staff from JPS and MCA will attend Breastfeeding Boot Camp
- The training team continues to meet regularly to discuss potential changes to improve the training
- Additional trainers are being trained and other contingency plans are being implemented
- The trainings will continue to be hosted at Tarrant County Public Health to minimize costs
- In 2017, the training team intends to expand the opportunity to other hospitals and organizations
- Future training opportunities may include pop-up training modules on-site at partner hospitals

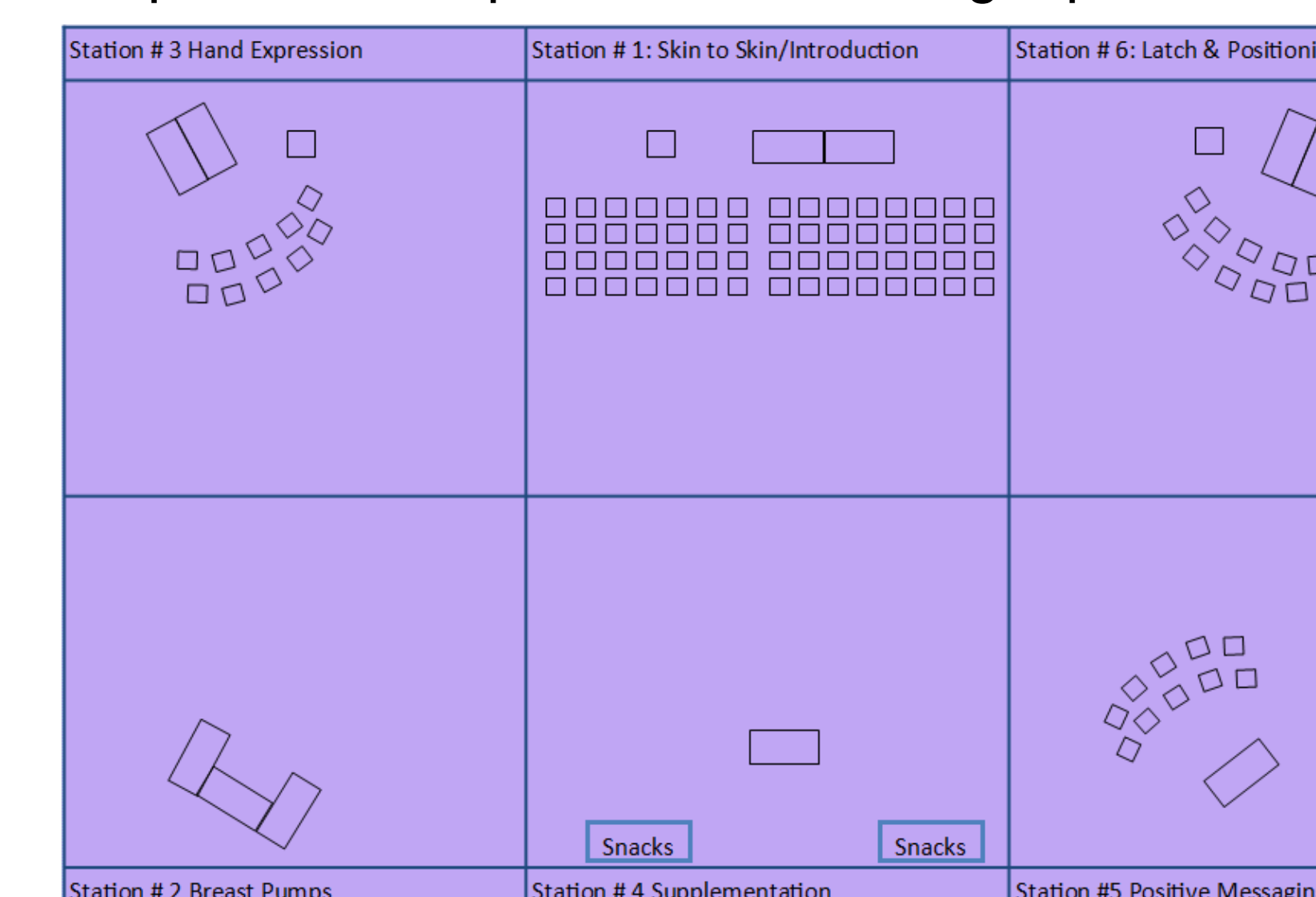
## Lessons Learned



Provider bias impacts how healthcare providers and staff educate and support new mothers in breastfeeding – bringing awareness to bias can reduce its impact on care practices.

Other lessons learned:

- Healthcare providers find hands-on training to be an effective means to learn skills they must teach patients
  - Models are helpful, especially when demonstrating skin-to-skin, latch and position, and hand expression
- Having trainers from different facilities provides a different perspective and increases the perceived importance of training topics or messages



## Best Practices

- Seek out partners from a variety of settings or facilities to understand the barriers to breastfeeding in your area and the best practices healthcare professionals may use to help mothers overcome them
- Partner with an organization able to seek continuing education credits as an additional incentive for staff to register for and attend the training
- Utilize hands-on training methods to engage adult learners
- Adopt a debriefing procedure with your training team to ensure continued quality and improvement
- Share successes and lessons learned with partners to avoid duplicating efforts