



Blazing the Trail to Pediatric Excellence

34TH Annual •
Conference



Got Milk?

Implementing a Breastfeeding Bundle: Empowering Staff to Support Nursing Mothers

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Disclosures and Conflicts of Interest

No disclosures or conflicts of interest

Introduction

UCLA Santa Monica 6NW Pediatrics

- Magnet Designated
- 26 beds, including 4 intermediate beds
- General and Acute Care Pediatrics
- 98 staff members



Our Mission: To deliver leading-edge patient care, research and education

Our Vision: To heal humankind, one patient at a time, by improving health, alleviating suffering and delivering acts of kindness.

Our Values: To ensure Integrity, Compassion, Respect, Teamwork, Excellence and Discovery in the work we do daily.

Objectives

- To identify barriers to successful breastfeeding and/or breast pumping
- To inform the audience about the breastfeeding bundle to help educate and empower staff
- To support breastfeeding mothers throughout the hospital stay

Case Study #1

- 72 hour baby admitted for hyperbilirubinemia
- 1st time mom - emotional, milk not in
- arrived at 1830 on a Friday evening
- patient not staffed until 2000
 - told by MD intern to feed formula and not take baby out of bilibed
- bili cleared and discharge order written at 0900
- lactation consult order placed at 0900
- pump was placed in room but never used by mom due to not being educated
- patient not discharged until 1600 after lactation

Case Study #2

- 6 day old admitted for BRUE (Brief Resolved Unexplained Event)
- admitted during night shift
- 1st time mom - emotional, milk not in
- lactation consultant not available to see mom until following day



Reality



Lactation and the Benefits of Breastfeeding



Baby Friendly Hospital



- UCLA Santa Monica Center and UCLA Medical Center are both designated as Baby-Friendly Hospitals (BFHI) by Baby-Friendly USA
- The BFHI is a global program to encourage the broad-scale implementation of the Ten Steps to Successful Breastfeeding and the International Code of Marketing of Breast-Milk Substitutes
- Clinical Practices include the importance of educating the staff to have sufficient knowledge, competence, and skills to support breastfeeding and breast pumping

Baby Friendly



Did you know?



Did you know?



Timeline



PDCA

PDCA - Breastfeeding Bundle	
	<p>(Find) Problem Statement</p> <ul style="list-style-type: none">• Based on a learning needs assessment, night shift nurses and care partners indicated a lack of knowledge in providing breastfeeding education and resources to nursing mothers. In order to bridge the time between a night admission and a formal lactation consult the next day,• The goal is to create a breastfeeding bundle to aid staff with education and resources
	<p>(Organize) Team Members</p> <p>Krystle Britton RN Jane Hong RN</p> <p>Champions: Rachelle Lima RN Adrienne Puglisi RN Edith Vergara CP Brittney Saavadera CP</p>
	<p>(Clarify)</p> <p>Current Practice:</p> <ul style="list-style-type: none">- Lactation consults placed during AM MD/RN rounds, delaying care and delaying potential discharges- RNs delegate to more senior nurses with experience with breastfeeding/breastpumping. This takes away from those nurses own patient care.- New lactating mothers aren't seen or helped until lactation comes to see them.
	<p>(Understand) Baseline Data</p> <ul style="list-style-type: none">- Presurvey results

PDCA

	<ul style="list-style-type: none"> - Comfort level on educating new lactating mothers on breastfeeding <ul style="list-style-type: none"> - 6/40 staff surveyed felt that they were experts - 4/40 staff surveyed felt they did not know how to educate lactating mothers at all - Comfort level on educating new lactating mothers on breast pump <ul style="list-style-type: none"> - 7/40 staff surveyed felt they were experts - 7/40 staff surveyed felt they did not know enough information to help at all - Need for education on breastfeeding and/or breast pumping <ul style="list-style-type: none"> - 29/40 staff surveyed stated yes - How do you want to be educated on breastfeeding and/or breast pumping <ul style="list-style-type: none"> - 30/40 staff surveyed stated both handouts and a bundle
	<p>(EBP) References</p> <ul style="list-style-type: none"> • Centers for Disease Control and Prevention. (2023, July 12). Breastfeeding benefits both baby and mom. Centers for Disease Control and Prevention. https://www.cdc.gov/nccdphp/dnpao/features/breastfeeding-benefits/index.html • Sanders, M. R., & Hall, S. L. (2018). Trauma-informed care in the newborn intensive care unit: Promoting safety, security and connectedness. <i>Journal of Perinatology</i>, 38(1), 3–10. https://doi.org/10.1038/jp.2017.124 • Webber, Wodwaski, N., & Busch, D. (2023). Lactation Curricular Content of Pediatric Nurse Practitioner Programs in the United States: A National Survey. <i>Journal of Pediatric Health Care : Official Publication of National Association of Pediatric Nurse Associates & Practitioners</i>, 37(4), 438–446. https://doi.org/10.1016/j.pedhc.2023.02.004
	<p>Measurable Outcomes</p> <ul style="list-style-type: none"> - All new staff hired from 2020 will be educated on the breastfeeding bundle - Improvement in staff comfort to teach mothers how to use the breast pump and offer resources
Plan	Improvement Plan
Do	<p>On 7/29/23 - 8/15/2023</p> <ul style="list-style-type: none"> - Breastfeeding bundle pre survey sent out to staff

PDCA

	<ul style="list-style-type: none"> - Workgroup met to discuss goal, barriers, EBP and action plan to create a BF bundle - Start PDCA to identify action items <p>08/2023</p> <ul style="list-style-type: none"> • BF bundle created • Champions seeked out to help with implementation of BF bundle • Further EBP done <p>From 9/2023 - 12/2023</p> <ul style="list-style-type: none"> • Initiate Go-Live on BF bundle • Presented information and resources at staff meeting • Introduced to education committee • Targeted education on new hires first • New staff educated and required to do a survey upon completion of BF bundle education <p>02/2024</p> <ul style="list-style-type: none"> • Post Survey sent
Check	<p>Outcome Data/Results</p> <ul style="list-style-type: none"> - Comfort level on educating new lactating mothers on breastfeeding <ul style="list-style-type: none"> - 22/40 staff surveyed felt that they were competent/proficient - 2/40 staff surveyed felt they did not know how to educate lactating mothers at all - Comfort level on educating new lactating mothers on breast pump <ul style="list-style-type: none"> - 25/40 staff surveyed felt they were competent/proficient - 3/40 staff surveyed felt they did not know enough information to help at all
Act	<p>Recommendation based on Results</p> <ul style="list-style-type: none"> - Continue to educate newer staff - Refresh with experienced staff - Ongoing monitoring and to incorporate with quarterly topic education

Problem

- Staff lacked knowledge regarding breastfeeding education and resources
- Parent feedback that there was no one available to help breastfeed or pump until lactation was able to see them

Causes

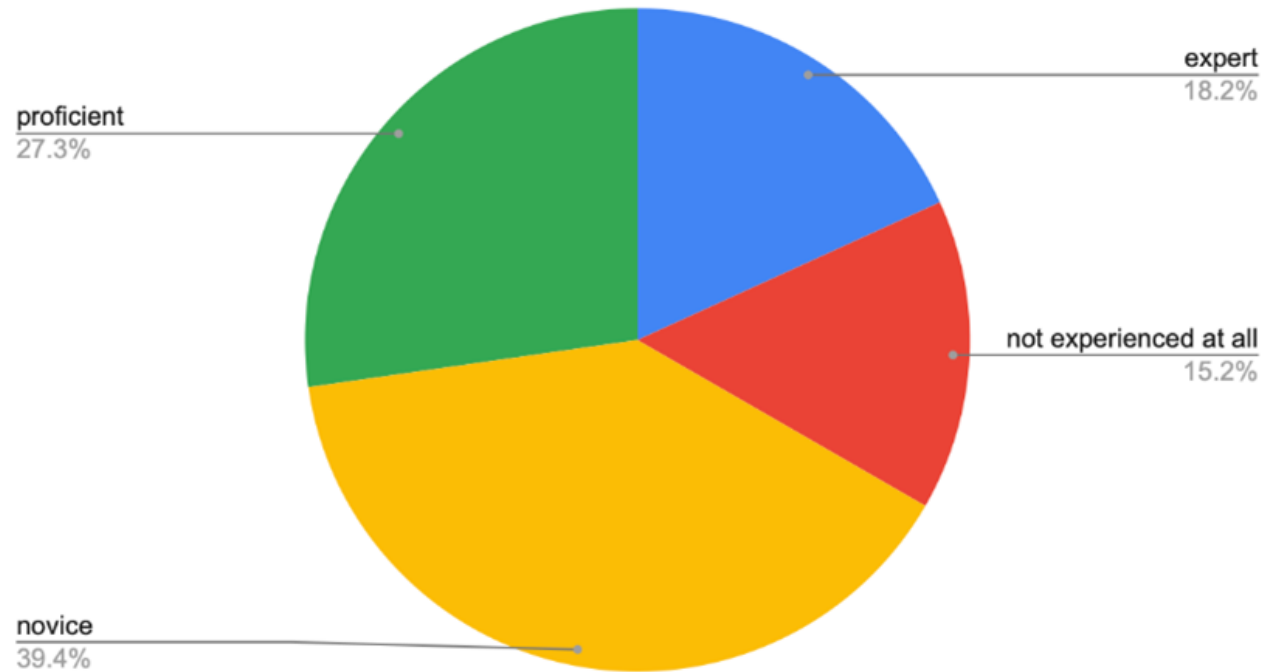
- Lack of knowledge
- Limited champions
- Lack of availability of lactation consultants during off hours
- Onboarding of 15 RNs since COVID in 2020

Survey Questions

- What is your comfort level in education lactating mothers on how to breastfeed?
- How well can you assess a baby's feeding cues?
- What is your comfort level on how to utilize the breast pump?
- Are you familiar with different latching techniques ?
- Do you feel a need for education on breastfeeding and/or breast pumps?
- How would you like to be educated on breastfeeding and/ or breast pumps?

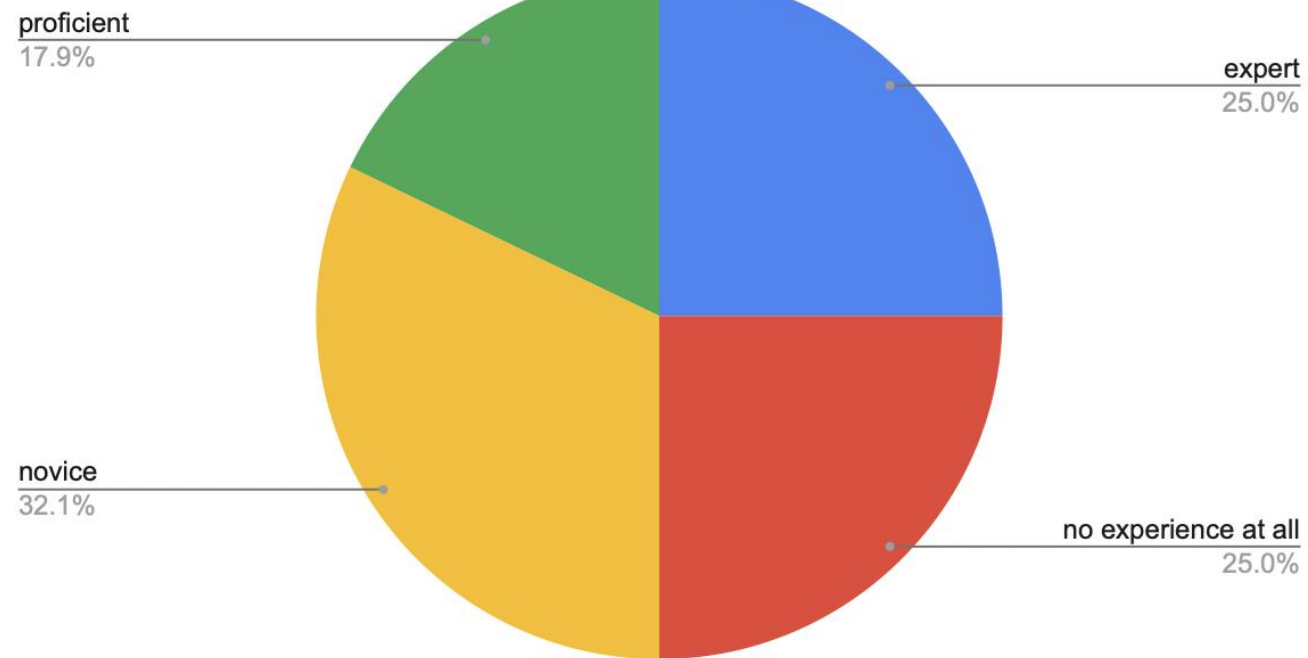
Pre-Survey Results

Comfort Level on Educating Breastfeeding



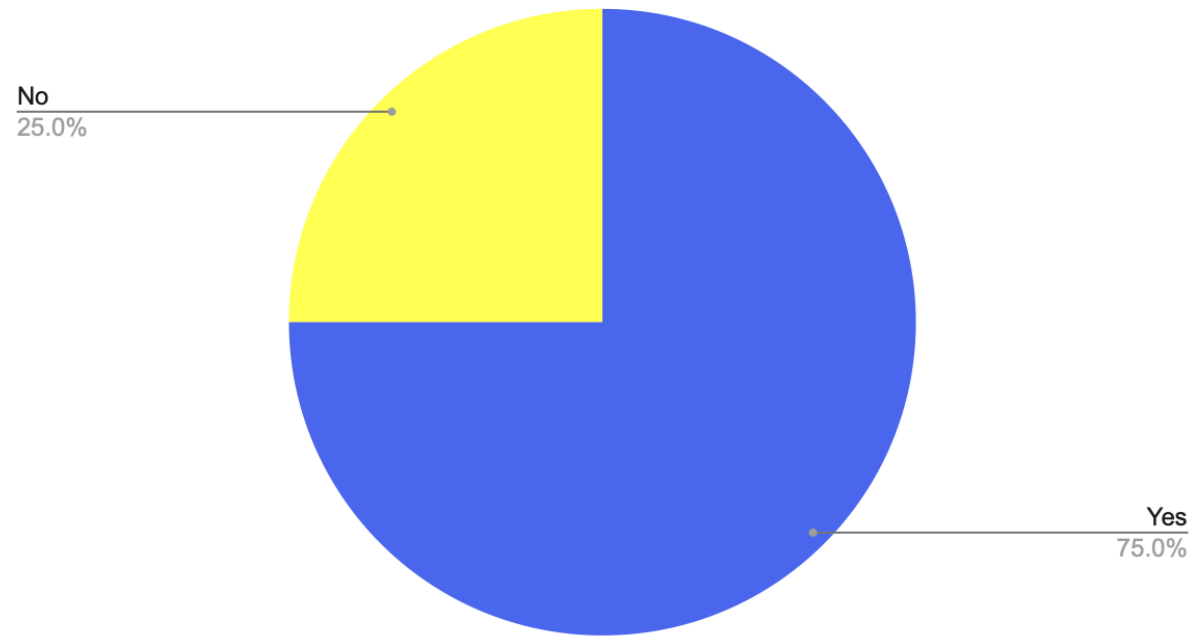
Pre-Survey Results

Comfort level on Breast Pump



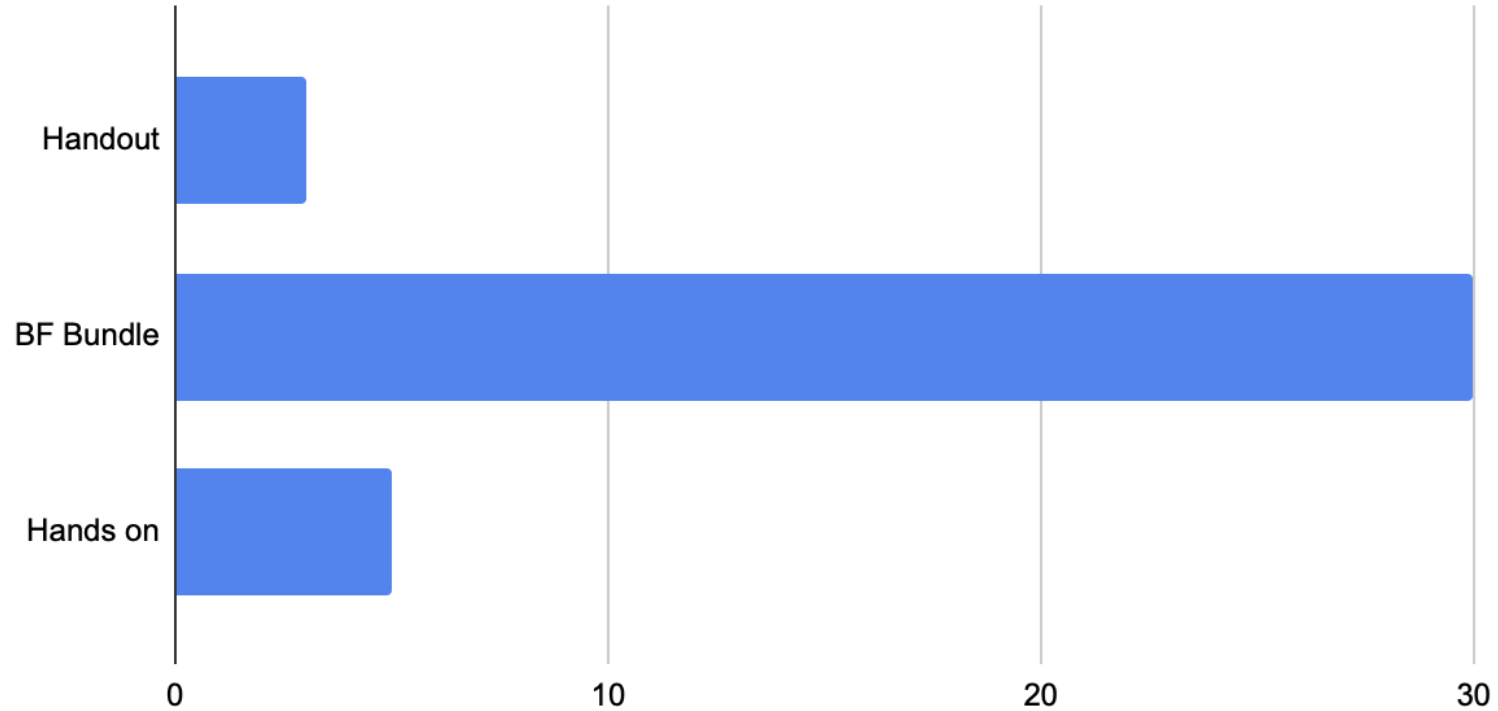
Pre-Survey Results

The need for BF and BP Education



Pre-Survey Results

How would you like to be educated?



How would you like to be educated?

Did you know?



Did you know?



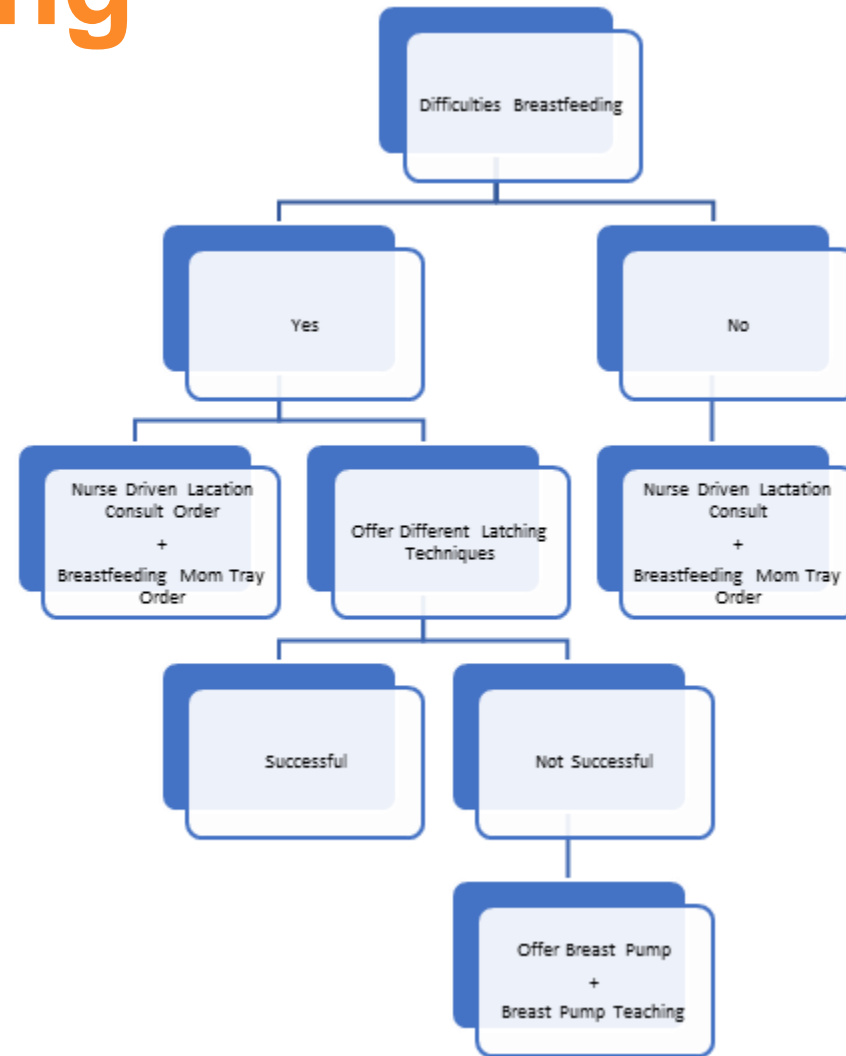
Methods

- Creation of educational materials: evidence-based research on benefits of breastfeeding/breast milk compared to formula; breast pump usage
- Bundle creation to streamline teaching for staff and parents
- Presentation at staff meeting
- Coordinate with education committee (monthly topic)

Methods

- In person education in small groups or 1:1
- Hands on demonstrations with equipment (pump, not breast)
- Availability of PowerPoint online for all staff
- QR code on pumps for staff and moms

Breastfeeding Bundle



Education Committee

- Breastfeeding was identified as a topic that required more education on the unit
- Assigned as a monthly topic
- Committee helped by giving feedback on the educational topics presented to staff

In-person Education

- Staff targeted during the shift
- Coordinated times for small groups at the beginning of the shift
- Reviewed PowerPoint Education
- Hands on demonstration with actual breast pump

QR Codes



Lactation Consult

- Nurse-Driven order or MD order
- Available during dayshift and on weekdays (9a-5p)
- Lactation Consultants at UCLA are International Board Certified Lactation Consultants (IBCLC)

Breastfeeding Mom Tray

- Diet Order for Guest BF Mom Tray
- Requires an MD order
- 1 complimentary meal a day
- Can be ordered through the iPad provided in the room
- Mom does not have to leave the bedside

Breastfeeding Tips for New Mothers

Breastfeeding Tips
for New Mothers

Breastfeeding Resources Online

UCLA Breastfeeding Resources

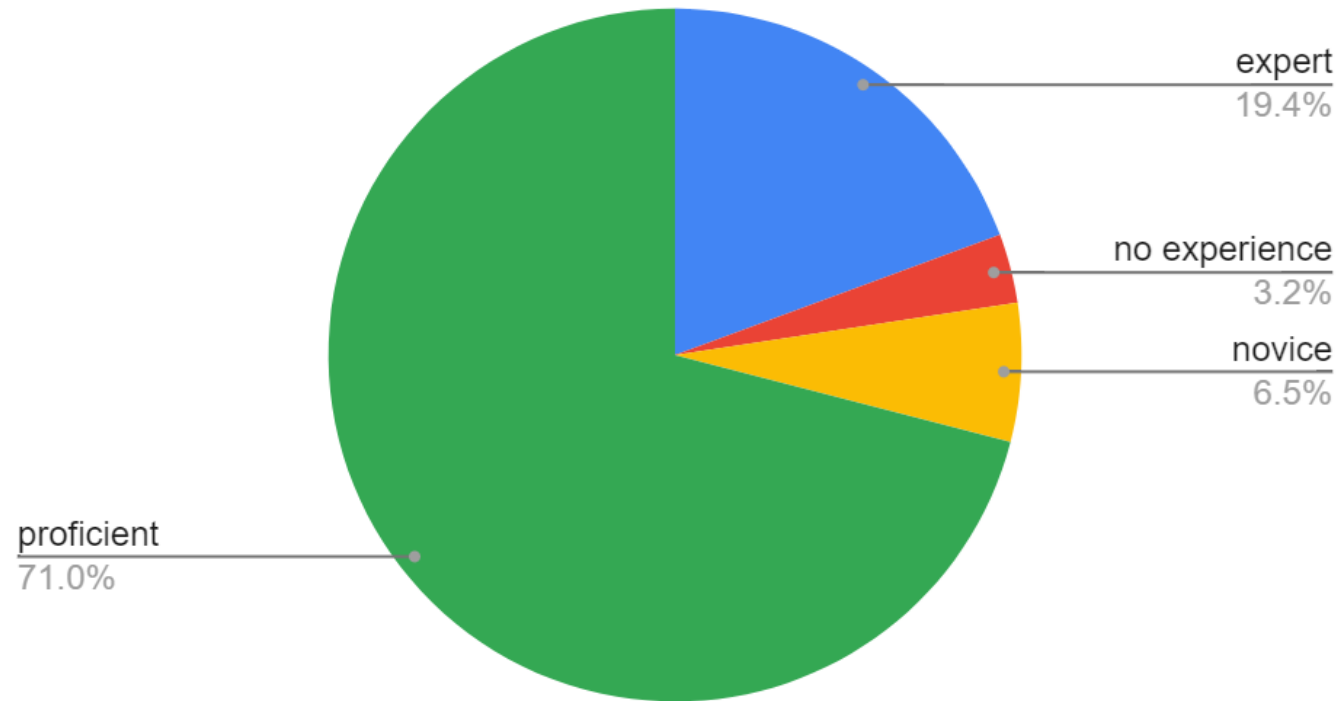


Champions

- Volunteers to be champions after education given and demonstrated expert level of knowledge
- Volunteers had personal experience with breastfeeding and/or pumping
- Staff educated on who the champions are to seek for assistance as needed

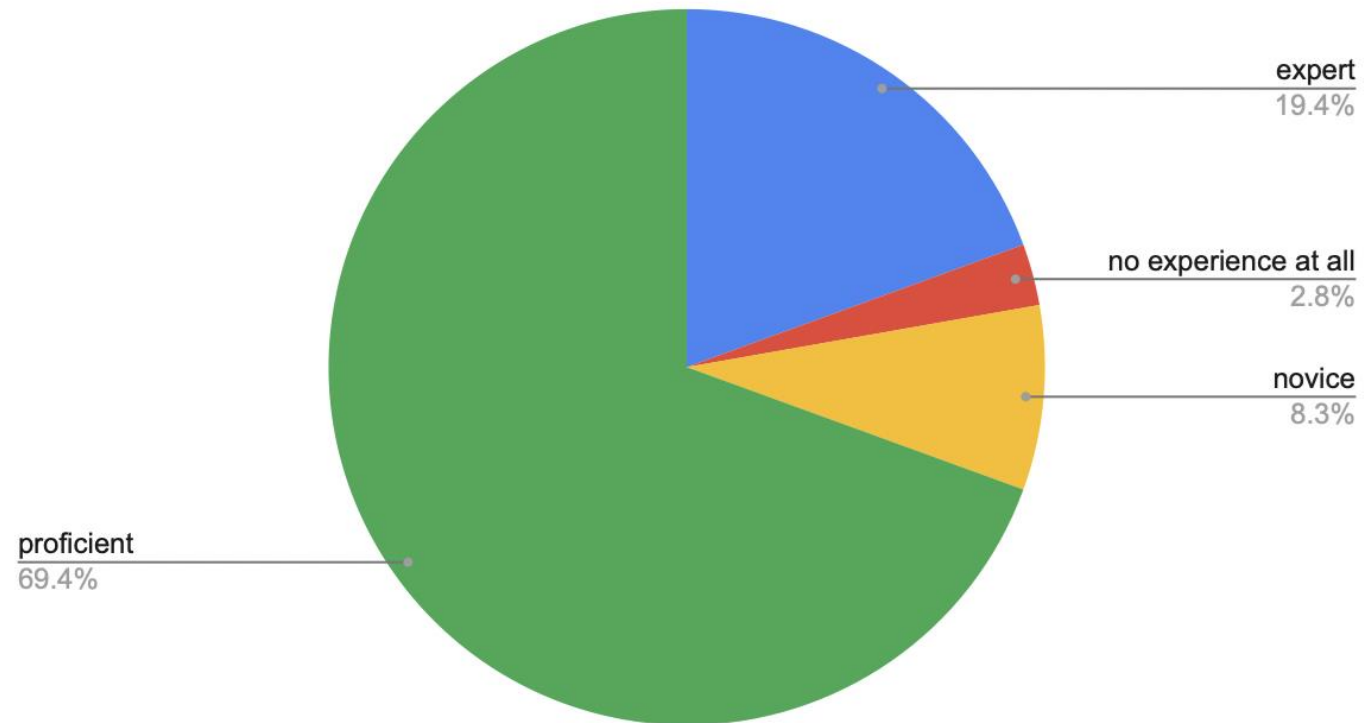
Post Survey Results

Comfort level on teaching breastfeeding



Post Survey Results

Comfort level on teaching breast pumping



Future Goals

- Educate Clinical Care Partners to increase the amount of staff available to assist breastfeeding mothers
- Survey lactating mothers on comfort level of breastfeeding and breast pumping knowledge during their stay

Did you know?



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- Nursing Leadership
 - Amy Goldberg, UD and Sally Lozano, CNM
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Share your experiences

- Experiences with novice RNs and breastfeed teaching/pump teaching

Thank You



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