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Abstract

- **Aim:** To determine whether an educational prenatal breastfeeding class will increase the initiation rate and duration of breastfeeding among mothers.
- **Background:** Breastfeeding rates continue to be low, particularly among teenage mothers and nonwhite mothers. Some of the factors that contribute to this are social support, education about breastfeeding, social stigmas, and time.
- **Significance:** Breastfeeding can provide many positive benefits to mothers, babies, and communities. Having no breastfeeding education makes women less likely to initiate and maintain breastfeeding.
- **Methods:** Correlational quasi-experimental design. Prenatal breastfeeding class lasting 8 weeks prior to childbirth. Phone interview at 1 week postpartum to determine if breastfeeding was initiated and follow up phone interviews at 3 months, 6 months, and 9 months postpartum to determine duration of breastfeeding.
- **Analysis:** For this research study we plan to analyze our data in the following way: We will evaluate the demographics and present descriptive statistics to describe our sample and to determine if there were group differences. For our independent variable (IV) and dependent variables (DV), in order to test our hypothesis, we will use Pearson's Correlational Test to evaluate the correlation between the prenatal breastfeeding class and initiation and duration of breastfeeding.
- **Limitations:** Limitations of this study are potential of lack of participation in the class, difficulty with communication postpartum, and small sample size.



Background & Significance

- Minimal research has been conducted on the significance of mothers participating in prenatal breastfeeding education classes during pregnancy.
- Research is specifically lacking in assessing the effectiveness of prenatal breastfeeding programs to counteract this lack of education.
- Information is needed about the benefits of a **prenatal** breastfeeding educational program for pregnant women.
- **Study Aim**
 - To assess the correlation between providing an educational breastfeeding program **during pregnancy** and the rate of initiation and duration of breastfeeding among new mothers.
- **Hypothesis**
 - New mothers will exhibit higher rates of initiation and duration of breastfeeding after receiving a prenatal breastfeeding class during pregnancy.

Methods

- Correlational quasi-experimental design
- **IV:** prenatal breastfeeding class
- **DV:** initiation rate of breastfeeding duration of breastfeeding
- **N=45** women (3 groups of 15)
- Convenience sample, pregnant women, obstetric offices in Norfolk, VA
- **Intervention:**
 - Small group education session (15 women/class)
 - Weekly breastfeeding education, 1 hour/week for 8 weeks.
 - Follow up phone interviews at 1 week, 3 months, 6 months, and 9 months postpartum
- **Proposed Analysis**
 - Pearson's Correlation between prenatal breastfeeding education & initiation and duration of breastfeeding



Discussion

- **Implications:**
 - Will require nurses to have strong prenatal breastfeeding educational skills
 - More training regarding breastfeeding techniques into nursing curriculum
 - Thorough understanding of barriers for breastfeeding
 - Active teaching for mothers
 - Balancing education and facilitating discussion

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Interprofessional Roles & Responsibilities

- Motivational interviewing with emphasis on reflective listening and empathy.
- Gives mothers time to talk about their feelings, struggles, and/or concerns with breastfeeding.
- Health-care professional can support and educate mother.
- Should not attempt to push agendas or become biased.
- Listen for "change talk."
- Emphasize the benefit of social support and empathic listening.
- Provide women with resources to access breastfeeding support groups.
- Encourage mothers to participate and utilize the support of other mothers.