

Breast Milk Bistro: The Effects of a Breastfeeding Support Group on Mothers' Breastfeeding Experience

University of Texas Medical Branch (UTMB), Galveston, TX

In loving memory of Tracey Harper Santiago, MSN, RNC-OB (Fellow STTI MCHLA);
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Introduction

With support from Sigma Theta Tau's Maternal Child Health Nurse Leadership Academy (MCHNLA) and Johnson & Johnson, this quality improvement project examined the impact of a breastfeeding support group on a mother's breastfeeding experience.



Background

- Mothers' seeking breastfeeding (BF) support often describe their situation as "desperate, lacking confidence, anxious, struggling and looking for encouragement" (Blake Stevenson Ltd, 2016).
- This results in decreased satisfaction, shorter duration of breastfeeding and the lack of confidence, knowledge and skill to be successful (Blake Stevenson Ltd, 2016).
- The "Breastmilk Bistro" (BB) was created by UTMB to ensure mothers receive expert breastfeeding support by certified IBCLCs after discharge. The space was provided by the UTMB Specialty Clinic and the LC's bring:
 - Infant scale, disposable scale cover
 - Breastfeeding supplies such as nipple shields, pillows, pillow cases, blankets, burp cloths, diapers, wipes, gloves, disinfectant wipes, positioners, oral syringes, formula for medical indications, manual pumps
 - Chairs arranged in one large room to promote bonding of mothers



Aim

The specific aim is: to improve knowledge, confidence, skills and desire to continue breastfeeding as evidenced by increasing survey ratings by 15 % from pre- to post-survey of mothers attending the BB support group for 12 months.

"So much more helpful than anything you can read. It was great! The nurses were wonderful!"

With thanks to our passionate, dedicated QI team without whom this project would not have been successful - Lea Ann Katz, BSN, RN, IBCLC; Denise Laffey, BSN, RN, IBCLC Karen Perkins BSN, RNC-OB, IBCLC; Sponsor: Deborah Mordecai, DNP, MS, MA, BSN, CNM, CENP

Methods

- The project team consisted of the nurse manager (Team Leader), 3 lactation consultants, 1 parent advisor, clinical nurse specialist and Sigma Theta Tau faculty advisor.
- Questions related to knowledge, skill, confidence and desire to continue with breastfeeding were developed and rated on a Likert scale from Strongly Agree to Strongly Disagree. Surveys were anonymous.
- A written survey was given upon arrival at the Bistro on the first visit and a post-survey following the last day of attendance.
 - I am successful with breastfeeding my baby after attending the Bistro.
 - The information/support I received at the Bistro helped me with my breastfeeding experience.
 - After attending the Bistro, I know how to get help for a breastfeeding problem.
 - After attending the Bistro, I will continue to breastfeed or provide breast milk to my baby.

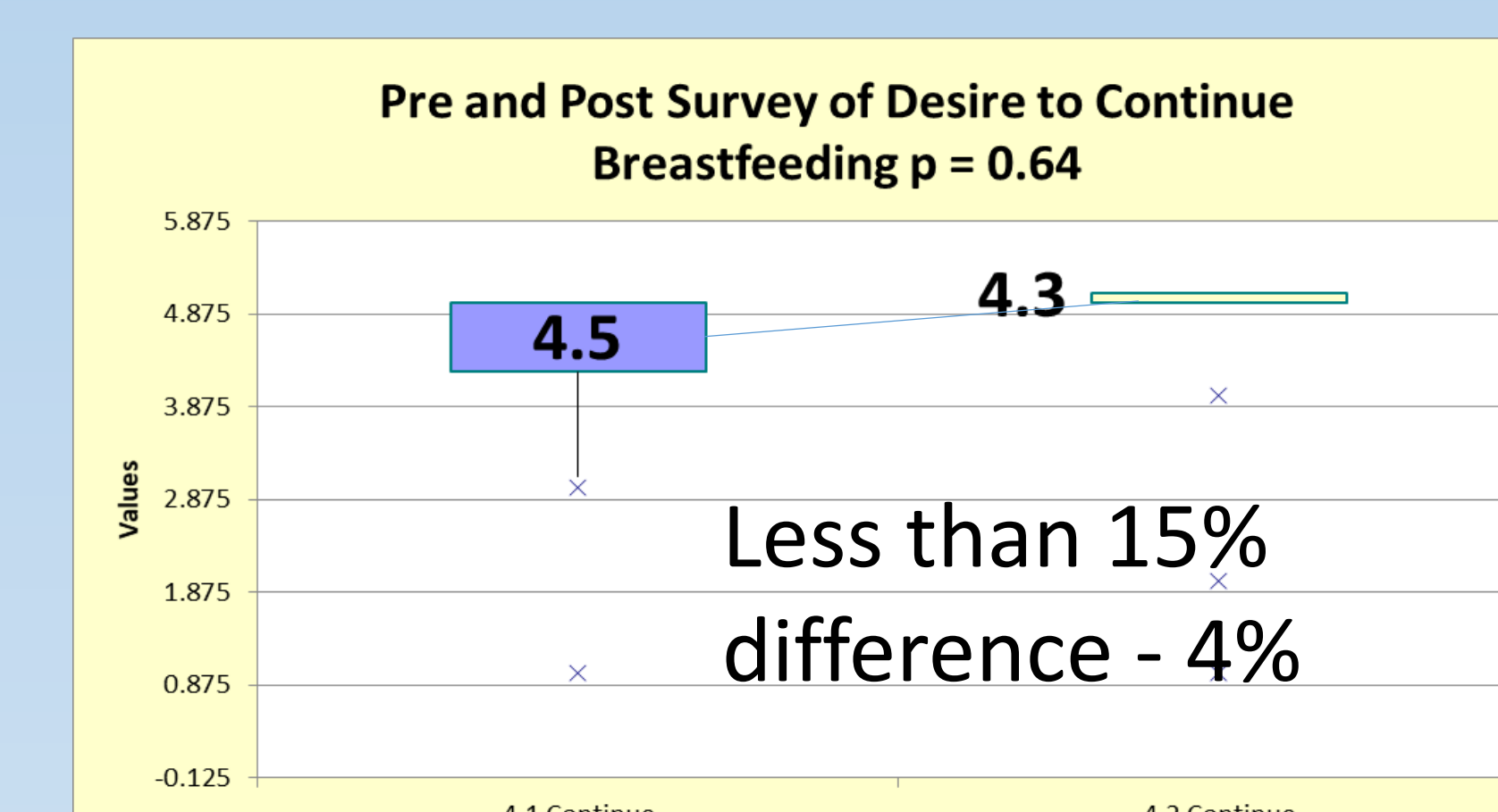
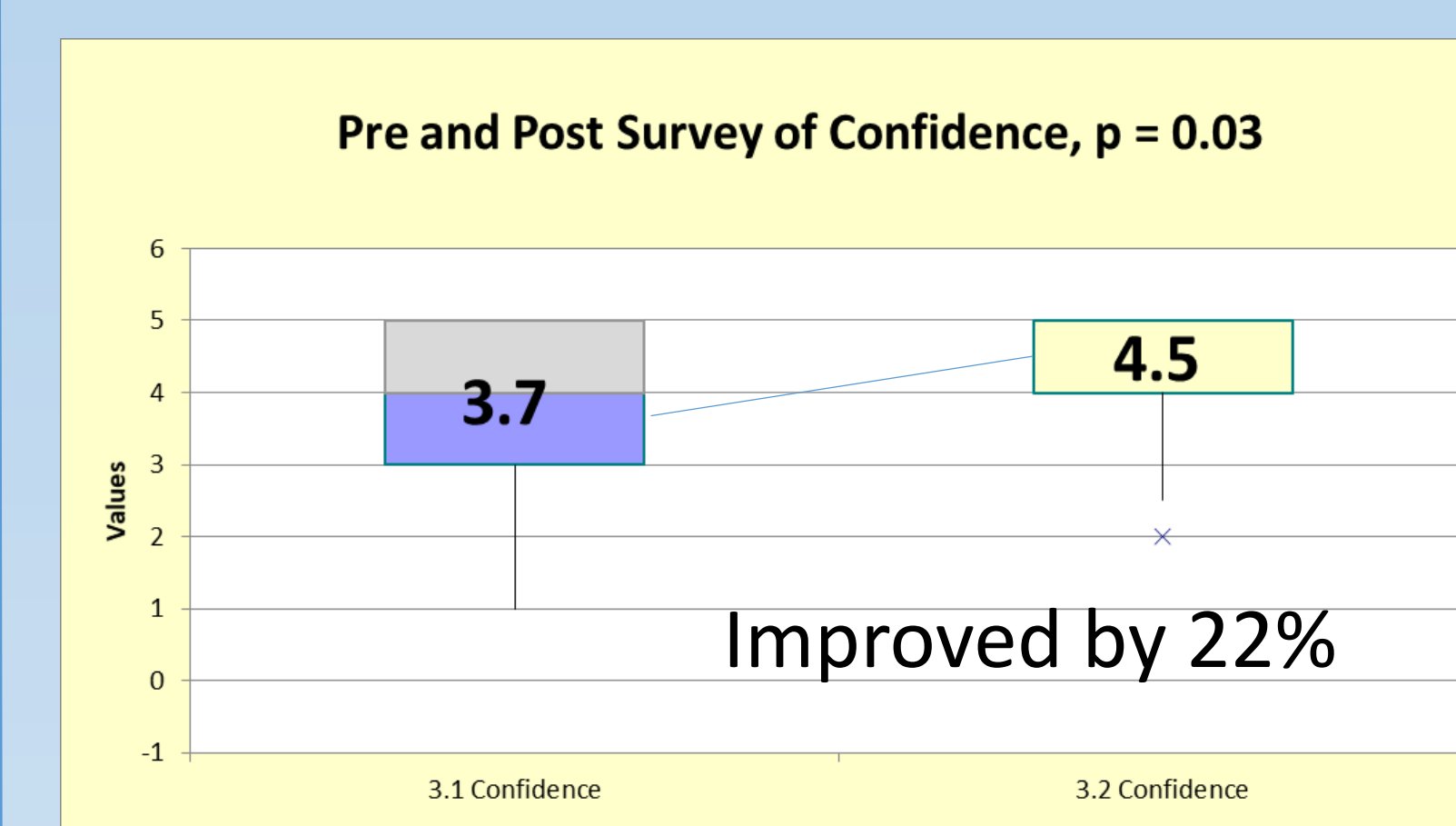
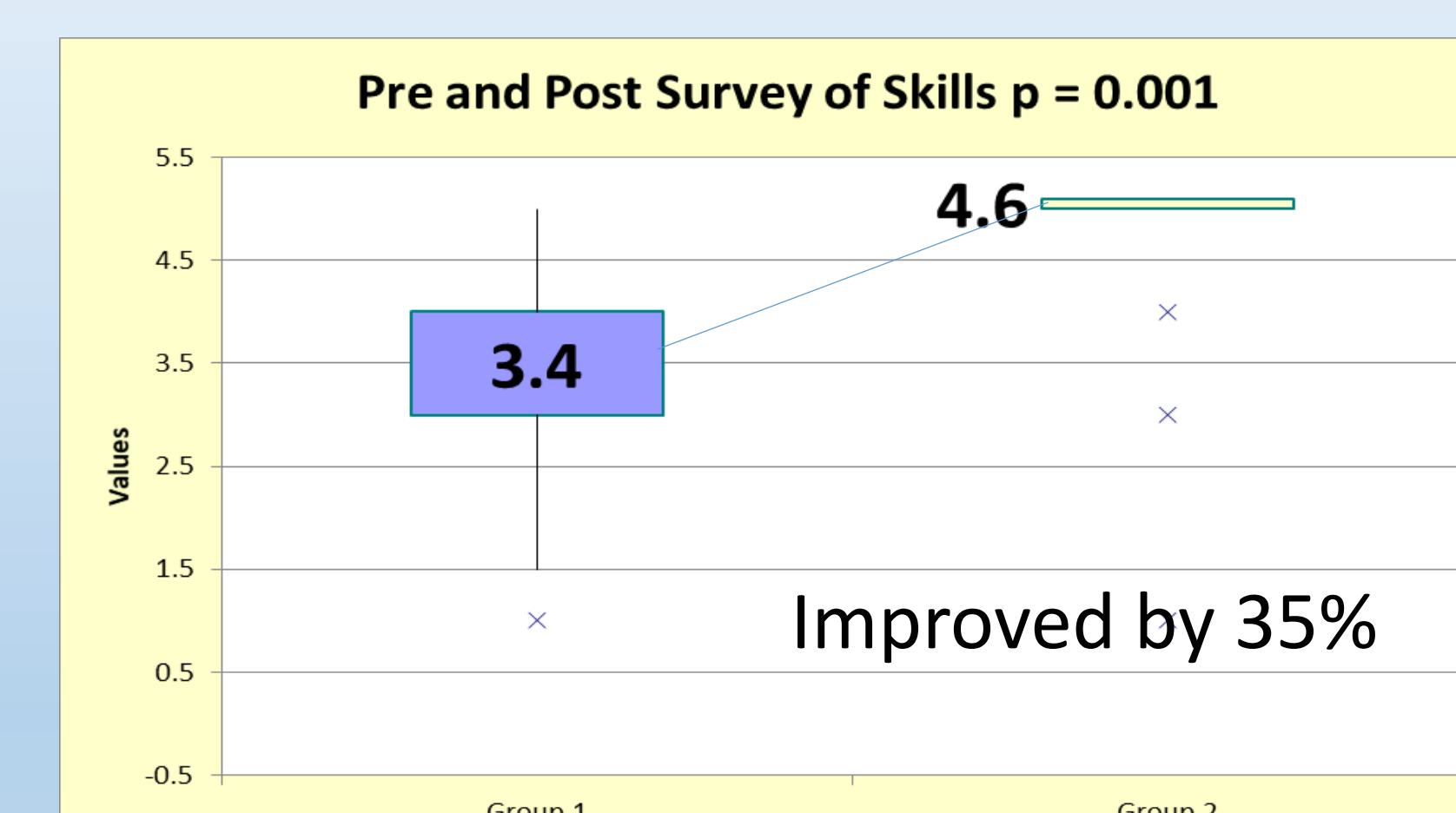
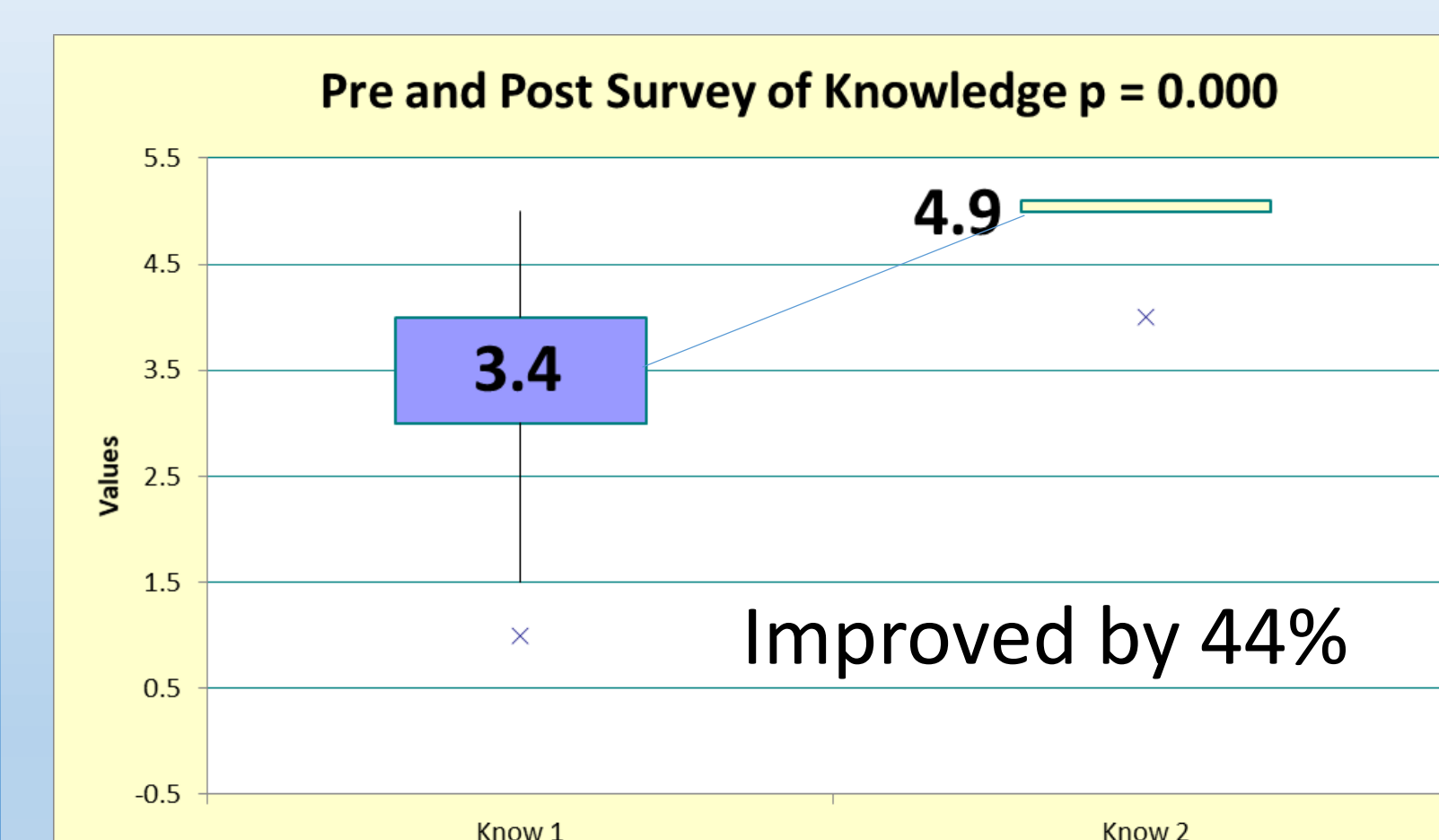
"Had the Bistro & warm line not have been there I would not have been able to be breastfeeding this long."



Results

Twenty-two mothers from 20 to 40 years old completed pre and post surveys. Eighteen of them were breastfeeding for the first time.

Post knowledge, skills and confidence were significantly improved while the desire to continue BF was no different from pre-survey to post-survey. The breastfeeding survey ratings improved by more than 15 % from pre-survey to post-survey for knowledge, skills and confidence so 75% of quality aim was met.



"Bistro was the best help that I received! Everyone else just told me it would get better. At Bistro, I actually received feedback."



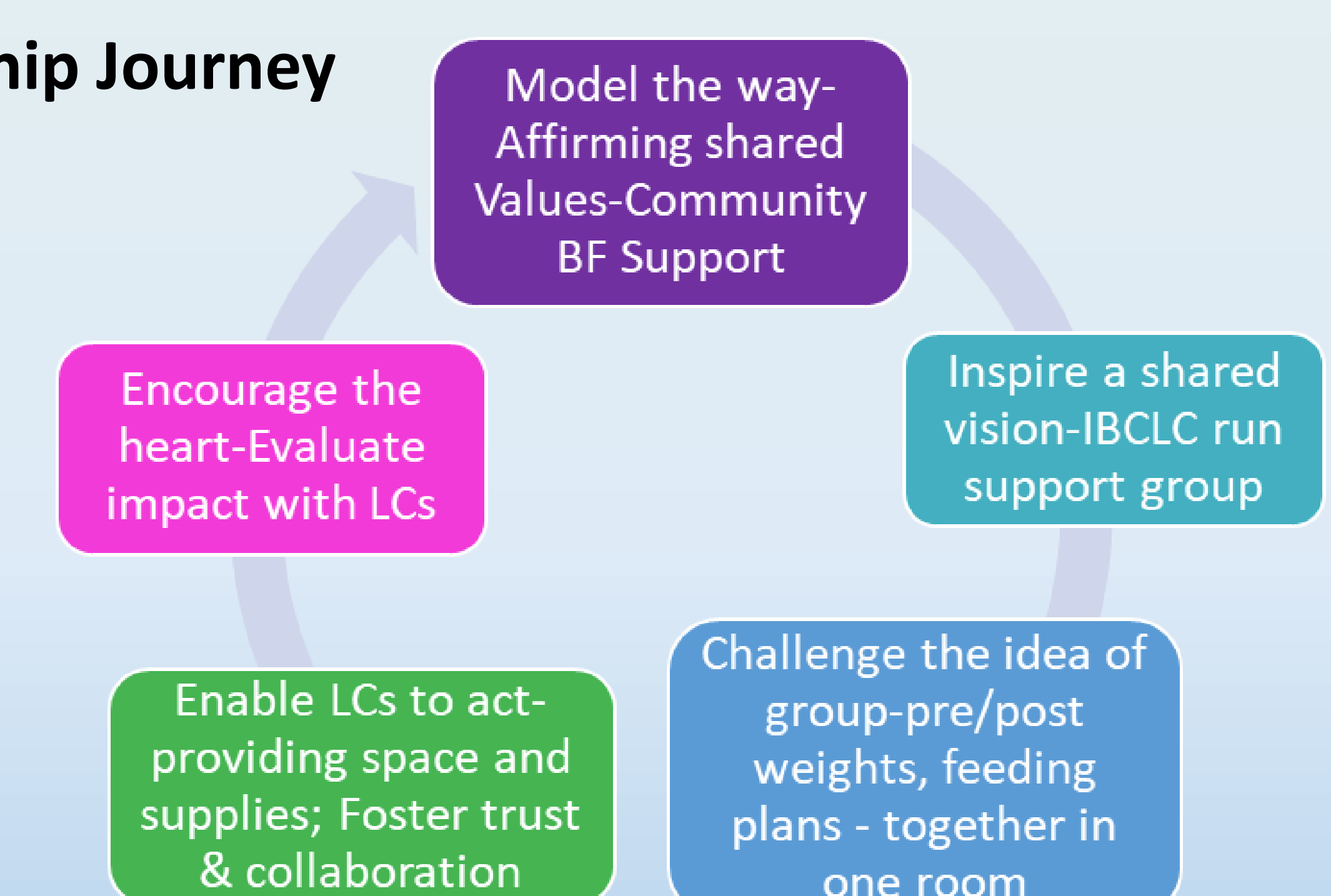
"Too Big for Bistro" Mothers' Group independently formed out of Bistro continues to thrive – planning first reunion Christmas Party. All mothers continue to breastfeed successfully at 6-7 months. These mothers originally struggled to breastfeed and were long-time attendees.

Conclusions/Next Steps

- The quality goal was exceeded on improved knowledge, skill, and confidence in breastfeeding mothers in the community. The Desire to continue breastfeeding remained unchanged and positive.
- The next steps for the BB team will be to evaluate infant outcomes for pre- and post-weights over time and milk volume transferred at each BB session.

Organization: Since the implementation of the BB, UTMB has enhanced services and reputation by having a no cost outpatient facility for supporting breastfeeding mothers in the community.

Leadership Journey



Community/Patient: A total of 17 OB and Pediatric clinics refer mothers struggling with breastfeeding and baby's having weight issues to the Bistro. Two delivering hospitals also refer to the Bistro.

One hundred ten mothers have attended the Bistro with 54 male and 56 female infants! A few have been healthcare providers and hospital administrators themselves.