



Breastfeeding Knowledge, Attitudes, and Self-Efficacy Among Inpatient Healthcare Providers



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INTRODUCTION

- The American Academy of Pediatrics (AAP) recommends exclusive breastfeeding for the first 6 months of life.
- Some new mothers report breastfeeding education and support is inconsistent among the direct care team
- Healthcare professionals generally lack knowledge and necessary skills to support breastfeeding practice
- Implementation of a breastfeeding education program can improve healthcare providers' knowledge, confidence, beliefs, and attitudes, and increase exclusive breastfeeding rates

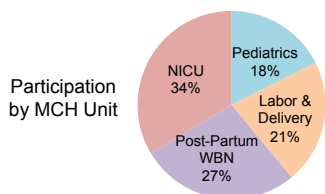
PURPOSE

- To determine the knowledge, attitudes, and self-efficacy among healthcare providers caring for mothers and infants in a large tertiary metropolitan hospital
- To identify any differences that may exist among healthcare providers based on unit, experience, role, and certification

METHODS

Study Design: Cross-sectional descriptive study. Differences by unit, experience, certifications, and role were examined using tests of ANOVA

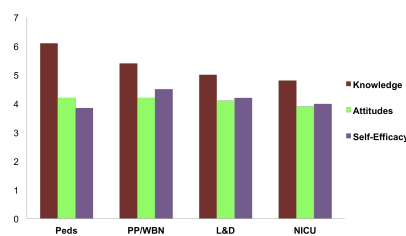
- 27-item electronic survey ($\alpha=.79$) measured knowledge about breastfeeding, attitudes and self-efficacy towards breastfeeding in patient care



- 136 direct care RNs, nurse managers (NM), assistant nurse managers (ANM), nurse practitioners (NP), physician's assistants (PA), and physicians within the Maternal-Child Health (MCH) division were surveyed
- 80% Direct care RNs; 10.3% Physicians; 3.7% NP/PA; 5.2% Nurse Managers/Assistant Nurse Managers

RESULTS

UNIT

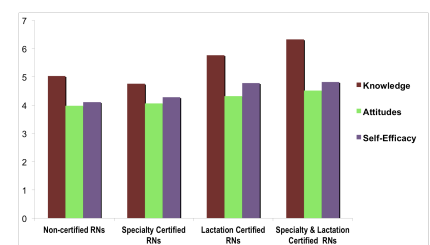


- There were significant differences in knowledge ($F=5.50$, $p<.01$) and self-efficacy ($F=3.50$, $p=.02$) by unit, and not attitudes ($F=2.67$, $p=.07$).

• Key knowledge gaps included:

- 52.2% lacked knowledge about vitamin D supplementation
- 27.2% lacked knowledge about HIV as a contraindication to breastfeeding

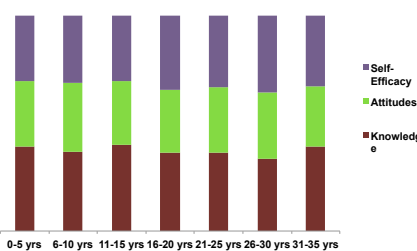
CERTIFICATION



- 44% of the participants had nursing or physician specialty certification. 15% of participants had lactation certification e.g. CLC, IBCLC

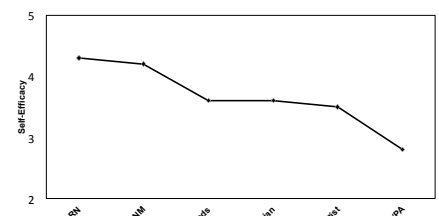
- Nurses with a lactation certification had higher self-efficacy ($p=.01$) and those with specialty and lactation certification reported more positive attitudes ($p=.04$) towards breastfeeding in patient care.

EXPERIENCE



- MCH nursing experience: 43% < 6 years; 25% > 15 years.
- Only self-efficacy was correlated to years of MCH nursing experience ($r=.388$, $p<.01$)

ROLE



- There were significant differences in self-efficacy by provider role. Nurses had the highest level of self-efficacy ($F=4.24$, $p<.01$) among all healthcare providers.

CONCLUSIONS & FUTURE CONSIDERATIONS

- Breastfeeding knowledge, attitudes, and self-efficacy are generally good among inpatient healthcare providers; however, there are significant differences based on unit, role, and certification.
- More years of experience improved self-efficacy, but did not correlate with knowledge or attitudes.
- A Breastfeeding Task Force within the Maternal Child Health Service Line will be created to implement educational interventions that will contribute to multidisciplinary practice development, target knowledge deficits, and improve exclusive breastfeeding rates.
- A future study will be conducted to evaluate the effectiveness of the educational interventions

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