

Introduction/Background/Significance:

- Registered Nurses specifically play an influential role regarding patients and their decisions to exclusively breastfeed.
- Registered Nurses working directly with lactating mothers have been found to be a great predictors of breastfeeding weaning by just 6 weeks postpartum, further supporting that nurses' attitudes and knowledge concerning breastfeeding implementation are predictive of actual supportive behavior to vulnerable mothers who need it.
- The Centers for Disease Control & Prevention (CDC) states that the United States would save \$13 billion annually through reduced healthcare cost if 90% of infants were breastfed exclusively for 6 months.
- This project aims to improve nurses' attitudes and knowledge about breastfeeding in order to promote effective changes and improved breastfeeding outcomes in practice .

Project Design/Methodology:

- This project will utilize a pre and post test to evaluate attitudes & knowledge about breastfeeding before and after an online breastfeeding education module.
- The pre and post test used will the Iowa Infant Feeding Attitude Scale (IIFAS), A 17 item questionnaire utilizing a numeric likert scale. Scores are further broken down into 3 categories regarding attitudes/knowledge about breastfeeding - positive, neutral or negative.
- Participants who earn scores indicative or neutral or negative attitudes/knowledge will be asked to complete an online breastfeeding education module adopted from the Washington Department State Health.
- Post intervention participants will be asked to retake the IIFAS, with hopes that all new earned scores will be indicative of positive attitudes/knowledge about breastfeeding.

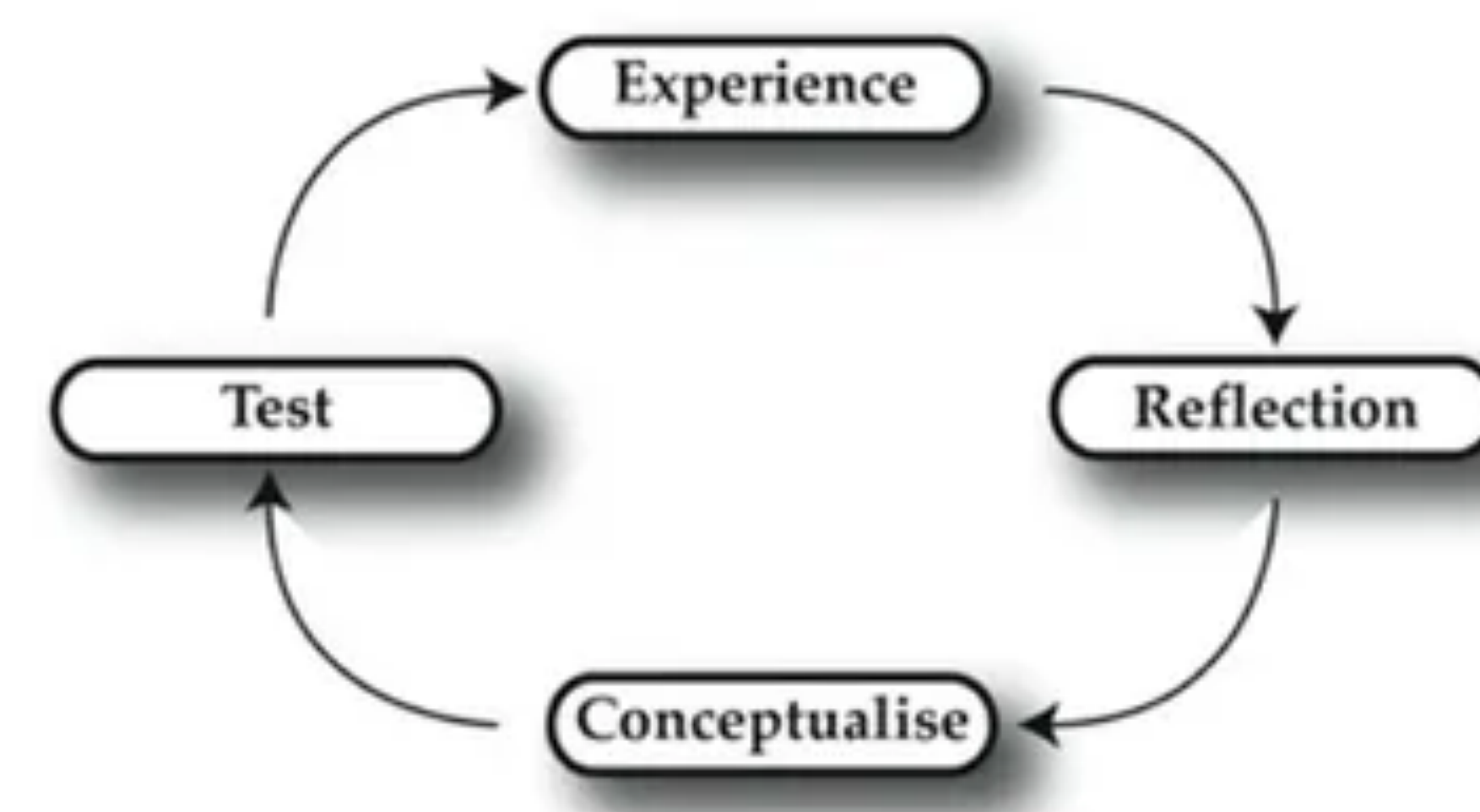
Clinical Question:

- (P) Amongst registered nurses involved in maternal and/or neonatal health (I) how does an online breastfeeding education module (C) compared to no breastfeeding education module (O) improve nurses' attitudes/ knowledge (T) in the postpartum period?



Methods/Methodology:

- Study population- Registered Nurses who are currently enrolled as DNP students at Rutgers University.
- Recruited virtually via recruitment emails.
- Participation is totally voluntary and identities of all students will be kept concealed.
- Participants reserve the right to withdrawal from the study at any time.
- Intended sample size is 20 participants.
- Setting (Virtually completed)
- Participants will have approximately 48 hours to complete the pre-survey, 2 weeks to complete the online breastfeeding education module and after 48 hours to complete the post-survey.



Results:

The data collected includes pre- and post-test scores from 20 program participants (n=20).

The mean pre-test score (PreIIFAS) for participants' score on the Iowa Infant Feeding Attitude Scale was 62.3 (sd 8.46), while the mean post-test score (PostIIFAS) was 79.65 (sd 6.99). The mean change in test scores was 17.35 (sd 6.37).

These results indicate that participants breastfeeding knowledge and attitude increased significantly as a result of the breast feeding intervention program.

Discussions/Implications:

- Utilization of breastfeeding education modules promote advanced knowledge and better attitudes regarding breastfeeding.
- Contributions to positive breastfeeding experiences/outcomes
- Contribution to maternal, neonatal, and pediatric outcomes
- Aid the nation in saving approximately \$3 billion dollars annually from cost related to early/ premature weaning of breastfeeding



References:

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