

## RECIPE FOR IMPROVEMENT: Tools, facilitators and resources for integrating lactation education into routine prenatal care.

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### BACKGROUND

**Birth people** who lactate have a reduced risk of:

- Breast, Ovarian, and Thyroid Cancer
- Type 2 Diabetes
- High Blood Pressure

**Infants** who receive human milk have a reduced risk of:

- Asthma | Obesity
- Type 1 Diabetes
- Intestinal Infections | Ear Infections
- Sudden Infant Death Syndrome

Educating patients *BEFORE DELIVERY* about the benefits and management of lactation and hospital delivery expectations increases breastfeeding initiation, duration and exclusivity. Despite national and global guidelines recommending this practice, clinics struggle to add another education topic to already full prenatal visits.

### METHODS

1. **Hands-on Technical Assistance** with clinics and the birthing facilities where they send patients to deliver
2. **Listening Sessions** with staff from 7 prenatal clinics

### RESULTS

#### Clinics' Reported Challenges

1. Lack of staff and/or high turnover
2. Lack of staff education
3. Lack of staff time (short appointments)

#### Staffing

1. Classes stopped
2. Added education required
3. Compounded staff issues

#### Covid-19

These are clinic staff perceptions and can reflect internal biases and assumptions.

1. Low participation in classes
2. Low literacy
3. Poor patient recall

#### Patients

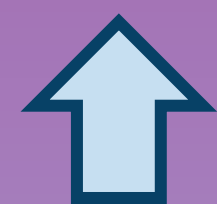
# Why integrate lactation education into routine prenatal care?



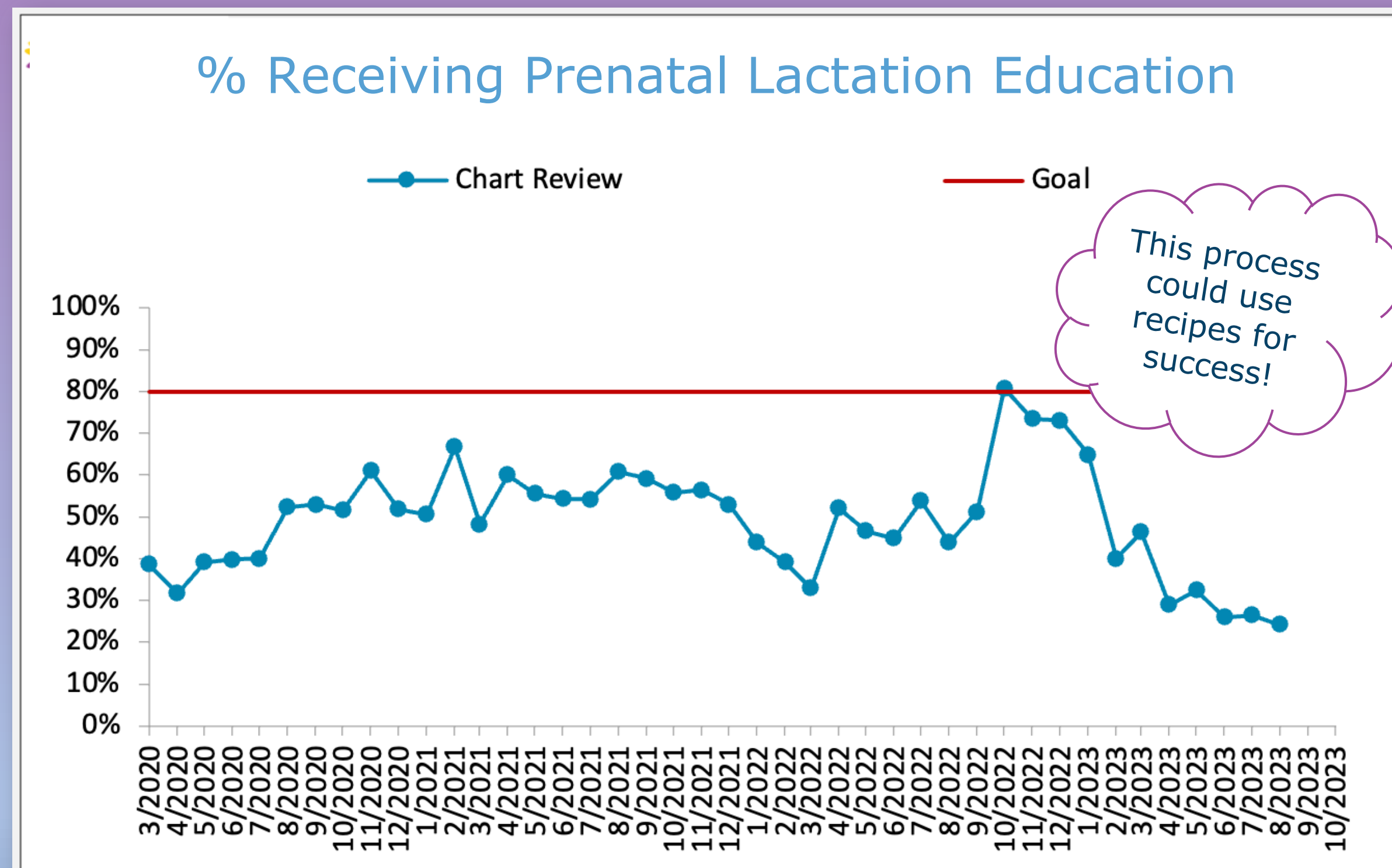
Maternal Disease



Infants' Consumption of Human Milk



Patients' Informed Decision Making



Those working in **health education and promotion** can help raise awareness of this important issue that is supported by health professional organizations. The resources and tools are available – connecting people to them is paramount.



## RESULTS CONTINUED ...

### Clinic Facilitators and Successes

1. **Provider Support**
2. **Staff Education**
3. **Reinforcement** throughout gestation
4. **Signage** in clinic and on exam room walls
5. **Videos** for patient to watch during waits
6. **Unique Resources** for the specific education
7. **Verbal Education** in addition to handouts
8. **Documenting Assessments** in medical record
9. **Group Prenatal Care**

## RECOMMENDED RECIPES FOR SUCCESS

### RECIPE: USING QUALITY IMPROVEMENT IN CLINICS

**SERVES:** Clinic Staff, Patient/Families

**INGREDIENTS:** QI Framework & Tools

#### DIRECTIONS:

- Choose your Improvement Framework, ex. Model for Improvement
- Develop a team (include patients' voices)
- Use QI tools to create an AIM Statement
- Visualize your current state using Process Mapping and Gap Analysis
- Start PDSAs to test your ideas and learn
- Measure what matters - simple data collection
- Use your data to inform decisions
- Share your learnings, continue to collect feedback and learn, monitor what matters

### RECIPE: FREE EXISTING EDUCATION

**SERVES:** Pregnant Families

#### INGREDIENTS:

- Patient Booklet in 10 languages
- Educator Flipchart with scripting
- Online website
- Live Zoom classes weekly (ENG & SPA)

