

The Benefits of Prenatal Education Program on Maternal Breastfeeding Initiation

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PICOT QUESTION

Are pregnant mothers who attended the prenatal education program more likely to initiate breastfeeding compared to pregnant mothers who did not attend the prenatal education program course?

P

Pregnant mothers

I

Attended the prenatal education program

C

Pregnant mothers who did not attend the prenatal education program

O

More likely to initiate breastfeeding

REVIEW OF LITERATURE

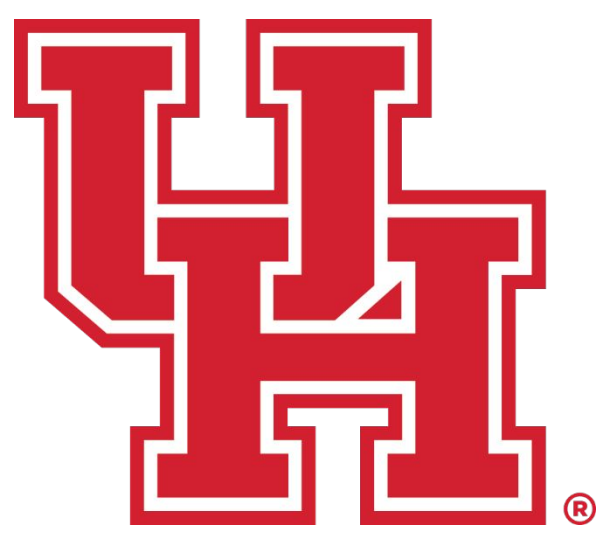
Key Terms:

- Breastfeeding and education
- Breastfeeding initiation
- Breastfeeding initiation and education

Date Range: 2016-2021

Databases:

- Ovid
- Proquest
- JSTOR
- EBSCOhost
- JBI Evidence Synthesis - Lippincott



BACKGROUND

Breastfeeding has been recognized by numerous national organizations as the leading choice of sustenance for infants in their first six months (Centers for Disease Control and Prevention, 2021). It has been found that infants who breastfeed have decreased mortality rates, infections, and have fewer allergies (AAP, 2019). Despite the overwhelming advantages of breastfeeding infants, Healthy People 2030 released a baseline that only about a quarter of mothers exclusively breastfed their infants throughout the six-month period. Numerous studies have been conducted, based on these statistics, to find a solution to increase the number of mothers initiating breastfeeding and prolonging its duration. Through multiple studies, similar conclusions were found that prenatal education programs provided mothers with the education and self-efficacy to initiate and increase the breastfeeding period.^{1,2,4,5,6}

SYNTHESIS OF RESEARCH

- Participating in prenatal education classes provide mothers with a better understanding of the benefits of breastfeeding and also general health knowledge to make a well-informed decision.¹⁻⁷
- Multiple studies and experiments show that there is a link between higher levels of education and attitude towards breastfeeding.^{2,3,6}
- Prenatal education courses have increased the rates of breastfeeding self-efficacy.^{2,4,6}
- Studies show that mothers who obtain sources of prenatal education are more likely to breastfeed than those who do not.^{1,2,4,6-7}
- Women who had no motivation to initiate breastfeeding were found to have a lack of education regarding its benefits and overall lower general health knowledge.^{3,6,7}

DECISION TO CHANGE PRACTICE

- The intervention chosen for the decision to change practice is to deliver a prenatal education course to all mothers along with the distribution of flashcard booklets containing relatable breastfeeding tips and information.³
- Educational booklets containing advice on breastfeeding and its difficulties can reduce the number of mothers who cease sooner than expected due to experiencing challenges/obstacles.³
- A considerable amount of research demonstrates how prenatal education increases breastfeeding self-efficacy in pregnant mothers and in-turn, positively influences breastfeeding outcomes.^{2, 5-6}
- The lack of prenatal education in hospitals/clinics prevent new mothers from gaining insight on the health benefits of breastfeeding for themselves and their baby.^{1-2, 4, 6-7}
- Distribution and review of the educational booklets will be provided by perinatal nurses during the educational course

EVALUATION

- Measure the percentage of women who initiated breastfeeding that attended the education course and received the breastfeeding booklet against those who did not.
- Results will be gathered and analyzed 3 months post-delivery that includes all the mothers who received the intervention
- A pre and post test will be given before the education course is implemented and following the 2-hour course in order to evaluate the understanding and knowledge of the mothers

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