

#284 Darren Bodkin

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### **Making Breastfeeding Matter Mother Infant Dyad Education and Support in the Ambulatory Clinic**

**Background.** The purpose of this project is to assess current breastfeeding status of mothers in the KCHC pediatric ambulatory clinic, educate mothers with multimodal approaches, and increase our baseline breastfeeding rate by 10% over 12mo Aim Statement. To test the hypothesis that a multimodal educational system will increase the breastfeeding rates in an urban ambulatory clinic population by 10% over 12months.

**Methods.** At the ambulatory clinic there is considerable ‘downtime’ during which parents wait to have babies triaged or receive vaccines. We sought to use this time for high quality educational encounters with parents prior to their visit with a pediatric resident. A baseline pre intervention survey was done to ascertain the knowledge on benefits of breastfeeding, the personal experience or prior history of breastfeeding and the perceived or experienced barriers to breastfeeding. This data was captured October – December 2019, during which baseline breastfeeding rates was determined. Our primary outcome measure was the percentage of exclusively breastfeeding mothers. The first intervention performed was a five minute breastfeeding education video in Haitian Creole, Spanish, Arabic, Bengali and English shown in the waiting room at each resident clinic visit along with distribution of breastfeeding educational pamphlets. This intervention’s success was measured by a post intervention survey to assess exclusive breastfeeding rates.

**Results.** Pre education survey of 111 responses showed 62.3% of mothers were not breastfeeding at the time of the 2 week old visit. Of the 111 women, only 14 (13.4%) stated that they were exclusively breastfeeding at the 2 week old visit. Post educational survey of 24 mothers showed that exclusive breastfeeding mothers was 20.8%.

**Conclusion:** Our results have demonstrated that a multimodal education series can improve breastfeeding adherence. However, there are significant challenges in the delivery of care that need to be addressed.

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