

Kennesaw State University

DigitalCommons@Kennesaw State University

---

Symposium of Student Scholars

---

## Nurses Assisting with Breastfeeding

Sofia Robles-Gonzalez

Follow this and additional works at: <https://digitalcommons.kennesaw.edu/undergradsymposiumksu>



Part of the [Maternal, Child Health and Neonatal Nursing Commons](#)

---

Robles-Gonzalez, Sofia, "Nurses Assisting with Breastfeeding" (2022). *Symposium of Student Scholars*. 232.

<https://digitalcommons.kennesaw.edu/undergradsymposiumksu/Fall2022/presentations/232>

This Poster is brought to you for free and open access by the Office of Undergraduate Research at DigitalCommons@Kennesaw State University. It has been accepted for inclusion in Symposium of Student Scholars by an authorized administrator of DigitalCommons@Kennesaw State University. For more information, please contact [digitalcommons@kennesaw.edu](mailto:digitalcommons@kennesaw.edu).

**Project Proposal Abstract**

Sofia Robles-Gonzalez

Wellstar College of Nursing, Kennesaw State University

NURS 4417: Advanced Clinical Practicum

October 14, 2022

### **Abstract**

**Background:** It is a World Health Organization (WHO) global goal to increase the rate of breastfeeding infants exclusively up to 6 months from the current 37% to 50%. It's a journey for mothers to have a successful breastfeeding experience and nurses can be a part of it. Nurses are trained to assist mothers in breastfeeding but there are difficulties to breastfeeding that could lead to unintended cessation. The difficulties can lead to a decrease in documenting newborn feedings. The purpose of this research is to see how nurses are trained to assist mothers in breastfeeding and what impacts the feedings of the newborn to be successful.

**Literature Review:** A systematic review was conducted and various articles highlighted difficulties experienced in breastfeeding. The nurses experienced difficulties in staffing and their knowledge in breastfeeding. The mothers found difficulties in having support and their hospital environment impacted their breastfeeding experience. The ExBreastS scale had an influence in the caring dialogue to assist mothers in breastfeeding.

**Methods:** To conduct this research post-partum nurses will use the Existential Breastfeeding Difficulty Scale (ExBreastS) for six months to improve in breastfeeding assistance. The ExBreastS is a dialogue tool that will assist nurses in identifying the difficulties the mother experiences in breastfeeding. This tool can assist nurses to give the support the mother needs to have a successful breastfeeding experience.

**Evaluation:** After six months it will be evaluated if the nurses have improved in assisting with breastfeeding. The documentation will be evaluated to see if there is a 50% increase in charting for the newborn feedings. This will determine if nurses are improving with breastfeeding assistance that leads to an increase in successful newborn feeding documentation.