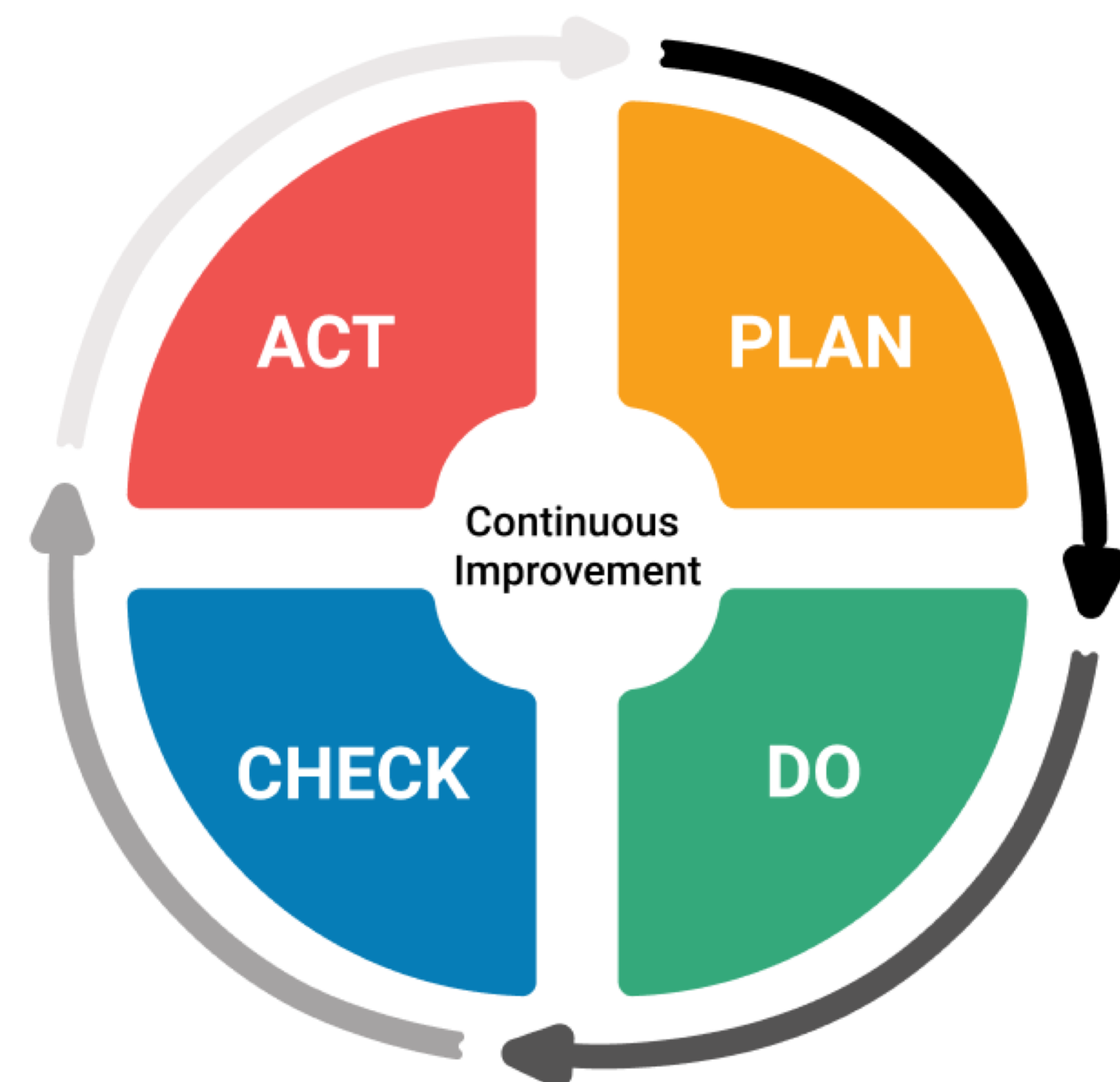


Background

- **Problem Statement:** Current Healthy People 2030 data suggests that only up to 25% of infants are exclusively breastfed at six months of life, but target rates are upwards of 40%. Though this trend is multifactorial, an actionable solution is to increase lactation education for residents and medical students to better equip them to counsel patients.
- **Project AIM:** We aim to increase provider comfort in lactation counseling by implementing lactation education, resources, hands-on training, and postpartum follow-up strategies for Thomas Jefferson University pre-clerkship/rotating medical students and OB/GYN residents.

Metrics

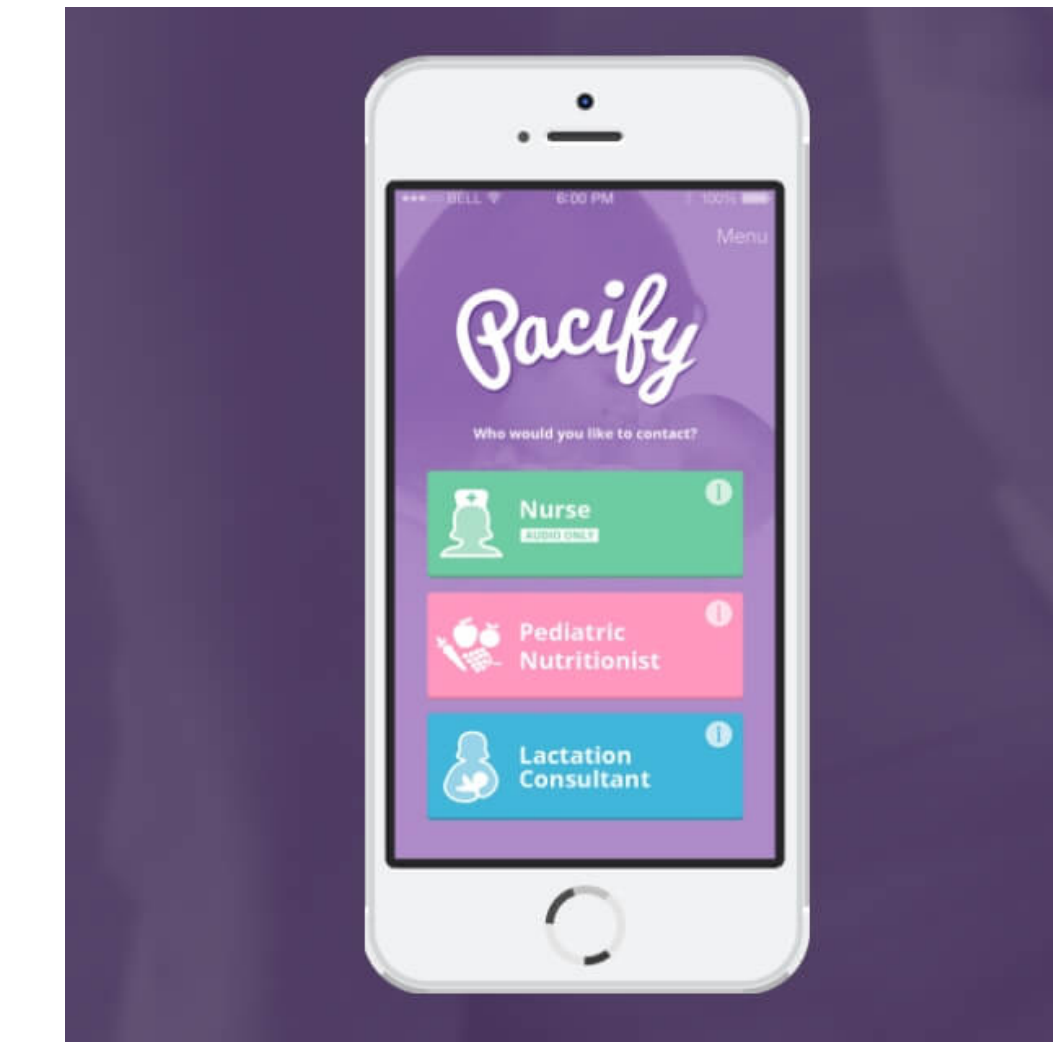
- From December 2023 to April 2024, students rounded on 253 post-partum patients at TJUH
- Students identified 63 patients in need of a breast pump for home
 - This was 27% of total patients seen
 - Students communicated patient need for an at-home breast pump to the care team (typically the charge nurse or social work)
- Students learned how to use online Globo interpreter services to communicate with patients who did not speak English



Interventions

Breastfeeding Rounds:

- Fully medical student run (weekly sign-up system)
- Rounded on all patients on the post-partum floor desiring to breastfeed
- Offered next steps to follow-up with nurse, case manager, or lactation specialists
- Offered support to patients needing a breast pump for discharge (usually obtained through insurance or social work)
- Connected patients with mobile Pacify app (no-cost 24/7 virtual lactation support)
- Watched instructional videos with patients, empowering patients to know their toolbox for when they return home



Student Testimonials:

"It's been very rewarding to work on breastfeeding QI project. I'm grateful for the opportunity to support new parents' needs and help them to achieve their goals in feeding their babies. *It has also been mutually beneficial, because as a preclinical med student I've gained more confidence rounding on patients and working in collaboration with a healthcare team.*"

"To start off, it has been a pleasure being involved in the breastfeeding rounds. It truly is a highlight to my week. *I have learned how complex breastfeeding is and I think it is great and reassuring to patients that we check in with them and ask them about their concerns [...]* Thus, I think having more didactic learning about breastfeeding would be very helpful and would make our interactions more impactful with the patients."

Challenges and Lessons Learned

- Implementation of lactation education for medical students and residents remains an area for growth and has the potential to improve both patient outcomes and student/provider confidence.
- **Challenges:**
 - Language barriers – used Globo Translator
 - Ensuring patients have a breast pump for discharge

Future Directions

- Engagement in the antenatal setting.
 - Counseling on hand expression, ordering pumps in the clinic setting.
- Follow-up with patients to assess changes in lactation comfort and outcomes.
- Expansion of breastfeeding rounds into the 4th year post-partum elective, engage with family medicine and pediatrics.

Linkage to Healthcare Disparities

- Increasing breastfeeding education for providers at all points in their training facilitates equitable care delivery practices for breastfeeding mothers and will help fill the gaps in infant feeding knowledge.
- 27% of postpartum patients were identified by students on breastfeeding rounds as needing an at-home breast pump, which can be provided by the hospital's social services.
 - In the United States, *a breast pump is critical for mothers returning to work.*
 - Connecting patients to resources through their insurance or the hospital that can provide a breast pump helps alleviate the burden of breastfeeding while returning to work.
- Students on breastfeeding rounds worked with a number of patients experiencing health inequities, servicing as their advocates while also furthering their own education in the field.