An enhancement program for paediatric cardiology nurses to promote and support breastfeeding towards the direction of baby friendly hospital initiative
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Keywords:
enhancement
paediatric
nurses
promote
support

Introduction
Breastfeeding is recognized as an ideal food for infants, providing them with all nutrients they need for healthy development. According to the World Health Organization, exclusive breastfeeding is recommended for the first six months of life. Breastfeeding also supports children's ability to learn, and helps prevent chronic illnesses. The birth of infants with congenital heart disease can lead to great impacts on mothers. It is common that mothers have concerns such as inability to breastfeed their babies. However, only a few nurses in paediatric unit are adequately trained and experienced in providing breastfeeding support. Hence, providing staff trainings with respect to knowledge, skills, and attitude would enhance the professional support for breastfeeding.

Objectives
i. To enrich nurses' knowledge and skills in breastfeeding. ii. To enhance nurses’ confidence in educating and supporting breastfeeding mothers. iii. To promote nurses’ initiative in supporting breastfeeding towards the direction of baby friendly hospital

Methodology
An enhancement program for nurses to support and promote breastfeeding was conducted in the Department of Paediatric Cardiology, Queen Mary Hospital between July 2014 and December 2014. The program included: - A 20-item questionnaire was set up to assess nurses’ knowledge and skills in breastfeeding. - An in-service one hour breastfeeding talk for Paediatric Cardiology nurses was organized with the use of a PowerPoint presentation to convey the basic knowledge and skills in
breastfeeding. - A comprehensive booklet containing breastfeeding materials was produced as a reference document. - An evaluation form was completed by each participant to evaluate the effectiveness of the program.

**Result**

Number of participants: 15 nurses Nurses with 1 - 4 years’ experience: 2; Nurses with ≥ 5 years’ experience: 13 - Average score of pre-program assessment was around 61.7%. - Average score of post-program assessment was greatly increased to 96%. - 100% participants found the talk can raise their awareness in breastfeeding, and increasing their confidence in disseminating breastfeeding information to parents. - 100% participants agreed the length of this breastfeeding talk is optimal. The breastfeeding talk has been shown to be effective to raise nurses’ awareness, and enhance their knowledge and confidence in breastfeeding. Towards the direction of being a baby friendly hospital initiative, it is recommended that staff should attend more comprehensive trainings with supervised clinical experience for further enhancing knowledge and skills in order to provide adequate support to mothers with breastfeeding. Furthermore, a simulation with scenario based training would be implemented in future training plan.