A program to improve rates of exclusive breastfeeding in women with diabetes who are planning to breastfeed

Best Start Conference 2016

The Team

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Diabetes is a global epidemic


[Legend: 14.0 25.2 2010, 28.0 55.0 2025]
Diabetes Related Benefits for Mothers

- Breastfeeding is associated with lower incidence of metabolic syndrome (Gunderson, et al., 2010)
- Breastfeeding duration is associated with improved insulin and glucose response in women with a history of GDM (Chouinard-Castonguay et al., 2013; O’Reilly et al., 2012)
- Increased duration of breastfeeding can reduce the risk of developing T2DM (Liu et al., 2016; Gunderson, et al, 2007; Stuebe et al., 2005)

Diabetes Related Benefits for Infants

- Breastfeeding is protective against childhood obesity (Feig et al., 2011)
- Exclusive breastfeeding and increased duration are protective against T1DM (Sadauskaitė-Kueränen et al., 2004; Alves et al., 2011)

Our Problem

Women with diabetes have lower rates of exclusive breastfeeding
Our Experience

<table>
<thead>
<tr>
<th>Exclusive Breastfeeding Rates at Discharge (2011-2013)</th>
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<tbody>
<tr>
<td>Breastfeeding Rate</td>
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<tr>
<td>Gestational Diabetes</td>
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</table>

Our Goal

Increase rates of exclusive breastfeeding for women with gestational diabetes who give birth at Sunnybrook in 2015 [birth to hospital discharge] from 49% to 60%

Objectives

For women with diabetes who are pregnant
- 100% will receive antenatal education in their second trimester about breastfeeding and diabetes
- 95% of women who are planning to breastfeed will be offered an antenatal consultation with an LC in the Breastfeeding Clinic
- 75% will attend the Breastfeeding Clinic antenatal consultation in their third trimester
Objectives

• 85% of women who participate in this program will have an early LC visit, LC discharge visit and early follow-up phone call for ongoing assessment and support

Objectives

• 85% of obstetrical Nursing staff will complete the on-line Diabetes and Breastfeeding learning module before Sept 2015
• Staff report increased knowledge regarding diabetes and breastfeeding as measured by pre and post-tests

Objectives

• Additional patient focused resources will be developed for staff and families
Objectives

- % of diabetic women initiating breastfeeding
- % of diabetic women exclusively breastfeeding at discharge

The Plan

<table>
<thead>
<tr>
<th>ACTIVITIES</th>
<th>PARTICIPATION</th>
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<tbody>
<tr>
<td>Educate antenatal clinic staff to refer women</td>
<td>Clinic NPs</td>
</tr>
<tr>
<td>Develop content for Diabetes class</td>
<td>APNs</td>
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<tr>
<td>Educate LCs to conduct visits</td>
<td>Staff nurses</td>
</tr>
<tr>
<td>Educate all staff and evaluate education strategies</td>
<td>Breastfeeding Clinic Lactation Consultants</td>
</tr>
<tr>
<td>Identify and refer women who are pregnant, diabetic</td>
<td>Women and their families</td>
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<td>Develop a standard of care and other resources</td>
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<tr>
<td>Conduct antenatal &amp; postnatal visits</td>
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Project Strategies

For Staff
- education sessions and pretest
- Completion of e-learning module
- Ongoing informal education and support

For Women
- Brief breastfeeding education in diabetes class
- Offer of one-on-one antenatal and postnatal consult with an LC
- Early, frequent LC support during hospitalization and postpartum
Program Elements for Women

Antenatal Intrapartum
- Info in diabetes class
- Offer of LC consult
- One-on-one LC visit
- Intrapartum hand expression
- Notation in electronic record-notify clinic

Postnatal
- RN notifies clinic re birth
- Early LC visit in mother’s room
- Daily LC visits
- Discharge visit and phone/clinic fu
85% of obstetrical Nursing staff will complete the on-line Diabetes and Breastfeeding learning module before Sept 2015

86% completed by Feb 1, 2016
Staff report increased knowledge regarding diabetes and breastfeeding as measured by pre and post-tests

Pretest mean score 70%
Post test mean score 92%

100% of pregnant women with diabetes will receive antenatal education in their second trimester about breastfeeding and diabetes

100%

95% of women who are planning to breastfeed will be offered an antenatal consultation with an LC in the Breastfeeding Clinic

100%
75% of women will attend the Breastfeeding Clinic antenatal consultation in their third trimester

- 154 (81%) of women planning to breastfeed agreed to an antenatal visit
- 86 (56%) women who agreed to a visit actually booked a visit
- 32 (21%) women attended an antenatal visit

• 98% of diabetic women initiated breastfeeding
• 63% of diabetic women were exclusively breastfeeding at discharge

Rates of Exclusive Breastfeeding

<table>
<thead>
<tr>
<th>Exclusive Breastfeeding Rates at Discharge (2011-2013) 36 months</th>
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Recommendations for Other Centres

- Identify women with diabetes who are planning to breastfeed as an ‘at risk’ group
- Develop an approach to provide education and support
- Use our poster and e-learning module for staff education
- Track exclusive breastfeeding rates