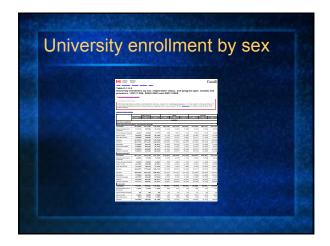


Purpose of BFCI To support breastfeeding mothers registered at Ontario post-secondary educational institutions by cultivating breastfeeding friendly schools. To conduct a research study to quantify breastfeeding students and to understand their experience.

Background to BFCI Shifting demographics In 2007/2008 there were 203,052 females (compared with 156,987males) studying full time in Ontario—176,367 undergraduates (compared with 131,634 males) and 23,772 (compared with 23,226 males) in graduate studies (see included chart by Statistics Canada)



Demographics

- In 2014 there were 5308 female students to 2604 male students at Trent University with 95% between the ages of 18 and 30 (peak childbearing yrs)
- Women make up the majority of fulltime students enrolled in undergraduate university programs.

Trent University

- In 2014 there were 5308 female students to 2604 male students at Trent University with 95% between the ages of 18 and 30
- In addition to demographics, more women at school, more women are attending full time.
- Women are not sequencing childbearing with education.

Knowledge

- Breastfeeding mothers contest the dominance of autonomous, rational knowers/knowledge
- Our connection to each other
- Care for our vulnerable members
- Embodied and emotional knowing
- Charles Taylor says these are the fundamental structure for morality
- Education?



Why are breastfeeding students invisible?

- The undisrupted notion of the "traditional" student who isconceptualized as white, male, heterosexual, childless etc. University policies are largely congruent with this conceptualization.
- Community and university are seen as disparate entities in similar ways to reproductive and academic labour. Breastfeeding is regarded as belonging outside of the realm of the academy.
- Mothers, particularly single mothers, are socially stigmatized and do not disclose their family status to the university.

How many breastfeeding students?

- 23,193 OSAP recipients also received the Canada Student Grant for persons with dependant (under 12)
- Given 200,139 full time female undergraduate and graduate studentsstudying at Ontario universities in 2007/2008. Given 23,772 Canada Student Dependents Awards granted through OSAP. We can estimate 12% of female students have children under 12.
- 7-10% of students are bf moms

Breastfeeding students need structural support

 Ajandi, J. (2011). Overcoming barriers and finding strengths: The lives of single mother students in university. PhD Dissertation, OISE, University of Toronto. Findings—The institution caters to a dominant mainstream student who tends to be white, able-bodied, heterosexual, male (without childcare responsibilities)... This normalization is done through the absence of ... family friendly spaces such as breastfeeding spaces.

Breastfeeding mothers have special needs

 Master's Theses and PhD dissertations that have analyzed mothers' experiences at universities. These highlight their invisibility and the lack of policies that acknowledge their existence and circumstances—these studies frequently cite the need for breastfeeding support including designated spaces.

Evidence from workplaces • Key factors: • Time • Designated space • Gatekeeper • Support • Naomi bromberg Bar-Yam, (2004), Nursing Mothers at Work-Corporate and Maternal Strategies to Support Lactation in the Workplace in Mothering and Work/Mothering as Work, JARM,

Spectrum of Lactation Policies Lactation program Equipped space (sink, electricity, refridgeratior, counter, chair, curtain, good lighting, good ventilation), time, pumps, counselling, daycare Lactation support Designated space, pumps, time Lactation awareness Space, no equipment No lactation support

Ottawa Charter for Health Promotion	
 Build Healthy Public Policy Create supportive environments Strengthen community action Re-orient health services Support personal skill development 	

Charter of Rights & Freedoms Protects citizens vis government action Limited application to universities Unlikely to need Charter provisions for breastfeeding accommodations except to note that Canada affords equality rights to women generally

Ontario Human Rights Code • http://www.ohrc.on.ca/en/pregnancy-and-breastfeeding-brochure

Breastfeeding Accommodation Policy Universities are provincially regulated under the Canadian constitution Ontario Human Rights Code Employment Standards Act HRCode responsibilities are translated to university policy via Discrimination and Harrassment Policy and Resolution Procedures www.trentu.ca/ohrea/humanrights/policy.php

Breastfeeding Accommodation Policy

- The policy/procedures are sufficient to provide accommodation rights to comply with the Code
- However, they mainly provide a rights and complaints-based framework
- Commitments to education/awareness?
- Stand-alone breastfeeding policies go beyond a basic rights framework and aim to increase education and awareness in the school's culture

Other policies

- LSAT
- Recent policy change to LSAT admissions test to allow breaks for breastfeeding mothers acknowledges student mothers http://msjd.org/blog/article/law-schooladmissions-test-makesaccommodations-nursing-mothers
- NCLEX

How many schools have policies?

- Memorial University
- https://www.mun.ca/policy/site/policy.php?id= 92
- University of British Columbia
- http://www.hr.ubc.ca/health/health-and-wellbeing/breastfeeding-friendly-spaces/
- York University
- http://rights.info.yorku.ca/files/2012/08/familys tatus.pdf

Creating supportive environments • Designated space • Peer breastfeeding support groups • Gatekeepers

Re-orient health services • Health promotion • Contraception LAM • Consideration wrt other contraceptives • Publications to support breastfeeding mothers e.g. public health materials

Strengthening community action Creating coalitions in your school Creating provincial collaboration http://www.bfcampuses.ca Twitter @bfcampuses

Enhancing personal skills Enhanced awareness of students Enhanced awareness of breastfeeding mothers Enhanced awareness of faculty & staff Knowledge transfer of rights to accommodation, best supportive practices Posters!

Health Equity for all Benefits to mothers, babies, families, university communities and societies.



• To	contact	BFCI			
• info	@bfcan	npuses	.ca		
• @b	fcampu	ses			
• ww	w.bfcam	npuses	.ca		

Human Rights Offices Reporting and complaints Not necessarily education & awareness Do policies live?



1) To produce good knowledge
To advance nursing knowledge through the promotion and protection of qualitative research methodologies including their ethics review
Nursing and qualitative inquiry
Qualitative inquiry and social justice

2) To enhance ethical practiceTo advance ethical practice in nursing

research and clinical domains

- Critique limitations of rational, principle based ethics re: ethics review of research as well as clinical practice
- Advance nursing ethics by addressing emotions, contexts and relationships

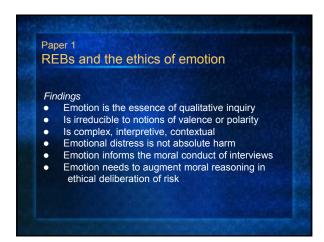
3) To inform good health policy

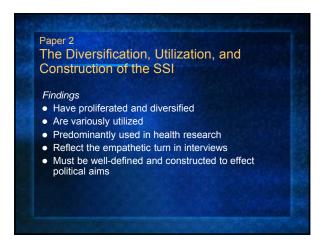
- To advance women's health through health services research
- Identify how policy formalizes inequities
- Reveal disjunctures between intentions of health policy and their actual outcomes
- Re-articulate policy to address those women most affected by policy

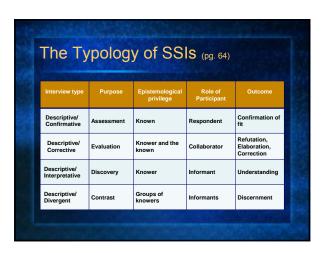


Impetus for Research 1. Non-evidence based research ethics governance of qualitative research: • participants' perspectives of risk • appropriateness of current oversight to interview research 2. Protection of interview participants and interview research • provide "virtuous" feedback loop • provide evidence currently lacking

Research Questions 1. Does emotional distress constitute harm? 2. Can the semi-structured interview stand-alone as a method by which to ascertain participants' perspectives? 3. What are participants' perspectives of risk regarding participation in unstructured qualitative interviews?







Paper 3 Participants' Perspectives of Risk Disjunctures: Harm: prediction of risk/no participant reported harm Emergent design: lack of control risky/protective Participants: vulnerable/self-mediation of risk Emotional distress: harm/paradoxical Sensitive topics: intra-psychic cost/telling secrets in confidence is beneficial Benefit: outweighed by risk/multiple benefits

Problematic recruitment Data collection has not yet achieved saturation. Recruitment will continue.

Contributions Exclusive focus upon unstructured interviews Participants were not representative of any single researcher nor research topic I had not previously interviewed the participants

Contributions (cont'd) Identification of types of SSIs Adds to emerging literature re: participants' perspectives of risk Explicates the paradox of emotional distress Ethical implications for interviews and interview research

Sensitive research may be beneficial to participants and to society: these benefits ought be taken into account. Risk assessments are knowledge claims that should be informed by subjective epistemology; relativist definition of minimal risk should prevail in Canada. Unstructured interviews are moral unfoldings properly guided by ethics-in-process approaches.

Implications (cont'd) Research governance must take emotion into account in moral reasoning. In the absence of evidence of harm, REBs should allow participation in unstructured interview research.

Conclusions Participants experience unstructured interview research as profound upheavals of thought leading to insight and transformation. Participants' stories become knowledge that constitutes a virtuous feedback loop that may contribute to a socially just society.

Post Doctoral Research: Impact of Informal end-of-life care-giving on women's health Sex/gender/diversity analysis of care-giving at end-oflife in Canada (CIHR Operating Grant application) Situational analysis of the impact of care-giving on the health of female care-givers who provide informal end-of-life care in rural and remote Ontario (CIHR) Evaluation of the Use of a Toolkit to Enhance the Capacity of Rural Communities to Provide Palliative and End-of-Life Care (Journal of Palliative Medicine)

Future Research: Impact of Human Rights Legislation upon Breastfeeding NNEWH, Osgoode Law School, York University Tension between reproductive work and employment Health Canada: Exclusive breastfeeding to 6 months Most Canadian babies are weaned by 4 months Reason: Return to work (Bill C-204) Accommodated breastfeeding supported by International Resolutions and Human Rights Codes Is breastfeeding accommodated in the workplace? How is breastfeeding accommodated by employers? What is the impact of this upon breastfeeding? Health?