



# Targeting the Needs of Multiple Providers: Measuring the Efficacy of a Breastfeeding Educational Symposium

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## OVERVIEW

- Breastfeeding is recognized to have numerous health benefits for infants and mothers, including:
  - Lower rates of hospital admissions,
  - Reduced gastrointestinal illnesses
  - Decreased rates of breast and ovarian cancer
  - Reduced risk of diabetes (1-4)
- However, studies have found that undergraduate and graduate medical education do not adequately prepare future physicians to support breastfeeding mothers. (5,6) A collaborative effort by healthcare providers is integral in supporting a woman's decision regarding breastfeeding.

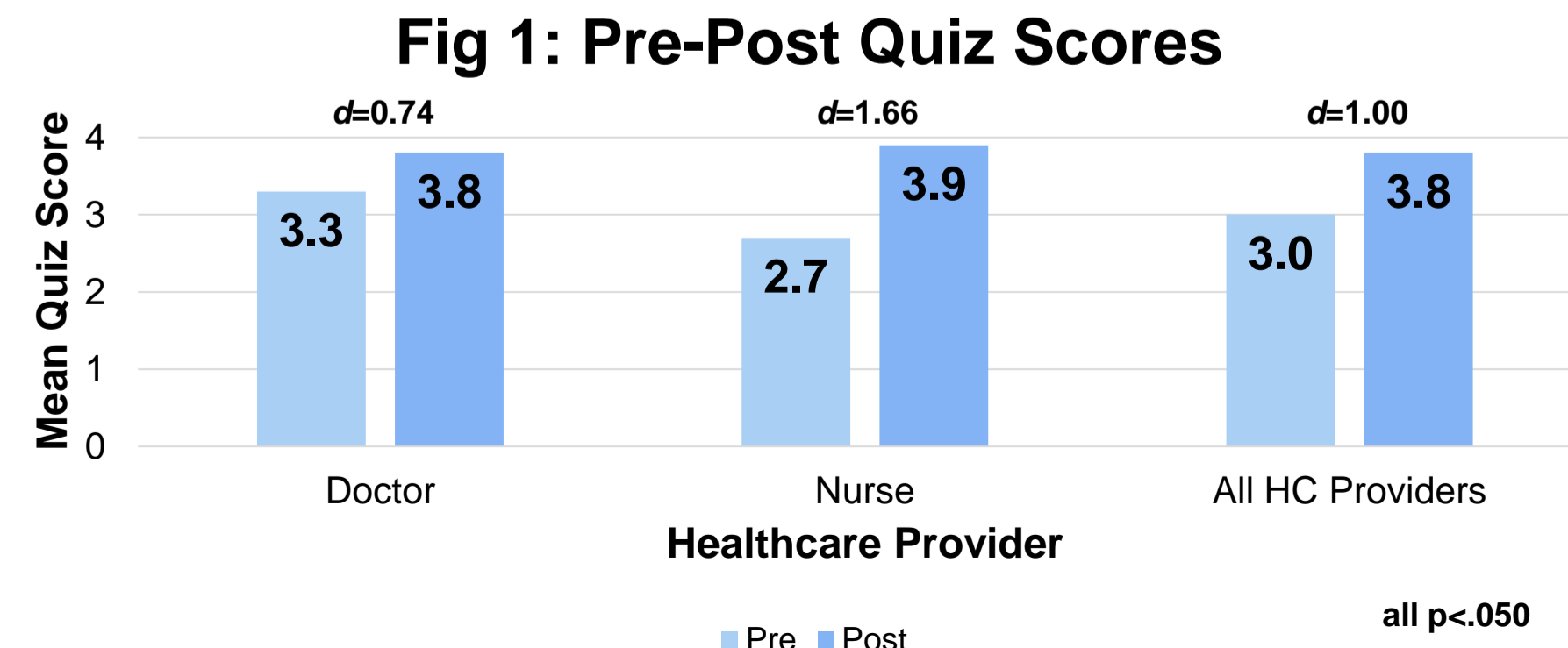
## SYMPOSIUM SPEAKERS

- **Lauren Elyse Hanley, MD, FACOG, IBCLC**  
Ob/Gyn and breastfeeding medicine specialist at the Massachusetts General Hospital in Boston, MA. She is an Assistant Professor of Ob/Gyn and Reproductive Biology at the Harvard Medical School. She serves as the Chair and a founding member of the Expert Working Group in Breastfeeding of ACOG.
- **Jenny Thomas, MD, IBCLC**  
Pediatrician and breastfeeding medicine specialist at Aurora Healthcare in Franklin, Wisconsin. Clinical Assistant Professor of Community and Family Medicine and Pediatrics at MCW.
- **Nancy Mohrbacher, IBCLC, FILCA**  
Internationally known lactation consultant, author, and breastfeeding smartphone app developer.

## METHODS

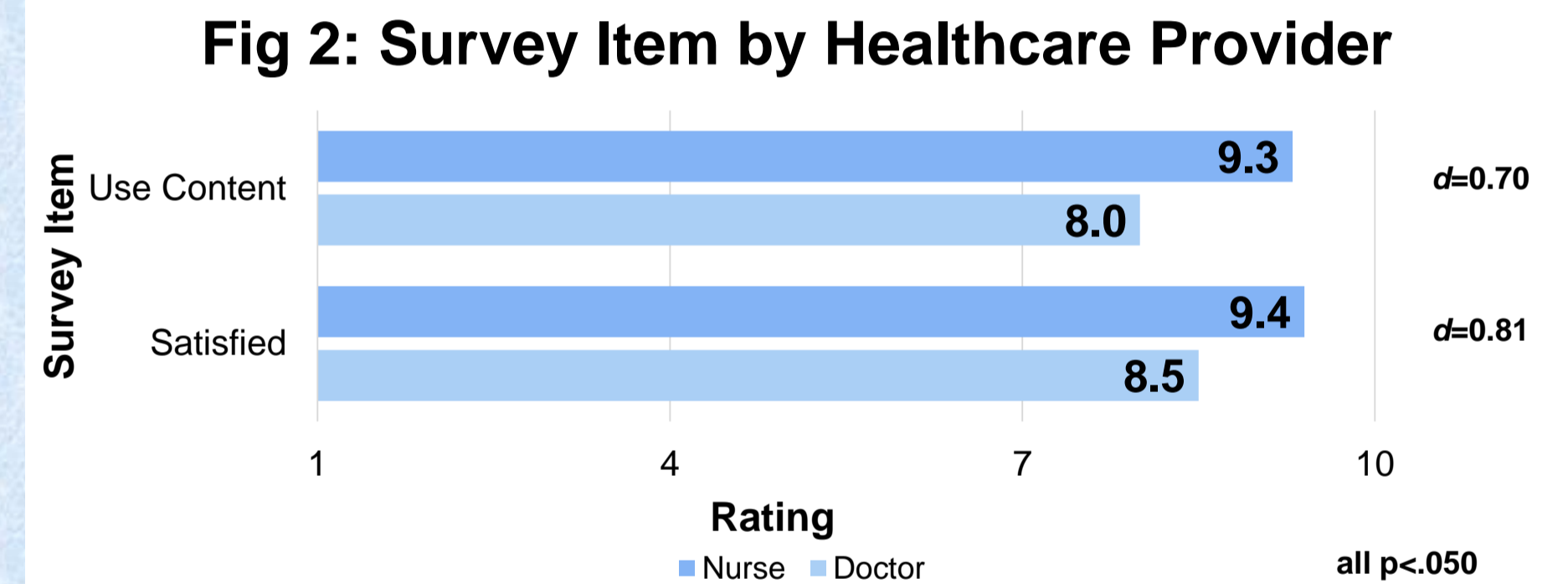
- Three nationally recognized speakers facilitated a half-day educational breastfeeding symposium for MCW obstetrician/gynecologists, pediatricians, lactation consultants, nurses, residents, and providers. Close to 100 participants attended the symposium, both face-to-face and remotely.
- Sixty-one participants completed a pre-/post-survey on breastfeeding clinical behaviors (scale: 1=never/4=always) and clinical knowledge of best practice (1=strongly disagree/5=strongly agree). At the conclusion of the symposium, participants reported their satisfaction (1=very poor/10=excellent) and intent to use the content (1=none/10=all).
- Differences in means assessed through repeated-measures ANOVA and Cohen's *d* effect sizes. Statistical analysis generated with IBM® SPSS® 24. This study was IRB approved.

## RESULTS



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- Participants reported significant increases in knowledge of local community organizations who provide lactation support (*p* < .001) and being comfortable determining which medications are safe in breastfeeding (*p* < .008). Satisfaction and intent to use are significantly correlated (*r* = 0.5, *p* < .001).



## CONCLUSIONS

- This symposium identified a knowledge gap among physicians and nurses, especially when providing consistent patient breastfeeding education. This educational experience increased knowledge for all participants. Due to the differences in knowledge utilization, it is important to be cognizant of the diverse audience participants, their experiences, needs, and in turn, how to present content to assure for the greatest professional impact.
- The symposium was effective in improving knowledge in healthcare providers who were both satisfied with the experience and indicated that they planned to use what they learned in their clinical practice.