

# Nursing Pillows Play a Role In Increased Breastfeeding Success Rates Hospital Sees Steady Improvement During Two-Year Period

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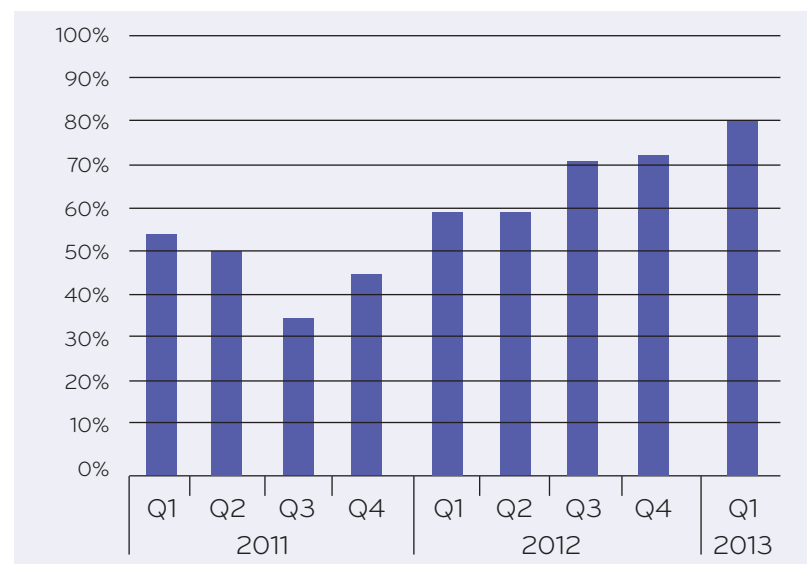
## Introduction

Long-term breastfeeding success is best achieved with proper instruction, intervention and tools in the first critical days postpartum.<sup>1</sup> Hospitals are at the front line of efforts to increase breastfeeding rates in an effort to meet World Health Organization (WHO)<sup>2</sup>, Centers for Disease Control and Prevention (CDC)<sup>3</sup> and The Joint Commission (TJC)<sup>4</sup> goals.

In 2011, Presbyterian/St. Luke's Medical Center of Denver established a multi-disciplinary breastfeeding committee with the goal of improving breastfeeding rates. Within two years, the hospital had met these important milestones<sup>5</sup>.

## Methods

- Staff education
- Parent education
- Product trials  
(Boppy® Pillows, breast milk warmers, etc.)
- Skin-to-skin contact
- Breastfeeding within the first hour
- Free breastfeeding classes
- Use of donor breast milk vs. formula
- No pacifiers in the hospital



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## Results

- In the two-year span in which data was collected, Presbyterian/St. Luke's Medical Center improved breastfeeding rates from 34.1% in 2011 to 80% in 2013.
- The use of Boppy® nursing pillows improved mother/baby positioning, making breastfeeding more comfortable and setting the foundation for breastfeeding success.

## Awards

- Colorado Can Do 5 Best Practice Award (2012)<sup>6</sup>
- International Board Certified Lactation Consultant (IBCLC) Hospital Care Award (2012)<sup>7</sup>

## Discussion

Nurses tracked three unit outcomes—Breastfeeding Core Measure, Skin-to-Skin Contact and Documentation—for each shift for a full year. This enabled the team to track demonstrable evidence of ongoing breastfeeding education and incremental gains in breastfeeding success rates.

## References

- <sup>1</sup> [http://www.cdc.gov/breastfeeding/pdf/BF\\_guide\\_1.pdf](http://www.cdc.gov/breastfeeding/pdf/BF_guide_1.pdf) p.2
- <sup>2</sup> <http://www.who.int/topics/breastfeeding/en/>
- <sup>3</sup> <http://www.cdc.gov/breastfeeding/promotion/calltoaction.htm>
- <sup>4</sup> [http://www.jointcommission.org/perinatal\\_care/](http://www.jointcommission.org/perinatal_care/)
- <sup>5</sup> hospital data
- <sup>6</sup> Colorado Can Do 5 <http://www.cobfc.org/co-can-do-5>
- <sup>7</sup> IBCLC <http://www.ibclccare.org/>