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46th Biennial Convention (6-10 November 2021)

HUG your baby: An innovative approach for lactation education for nurse practitioner students

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Background: Research confirms that misunderstanding normal behavior in infants and babies inhibits parental-child attachment, reduces parental confidence, and shortens breastfeeding duration. Based on child development, pediatric and lactation literature, the two-hour digital HUG Your Baby program uses family-friendly language, inspiring video of parents and babies, engaging handouts, and instructive case studies to help nurses better understand babies' behavior and to enhance parent teaching. Peer-reviewed studies demonstrate it benefits childbirth and doula education, community maternal outreach, and lactation specialists' services at WIC. A similar study with undergraduate nursing students concluded that taking a two-hour HUG Your Baby digital course increased those students' knowledge of infant behavior and strengthened their confidence to teach parents. Applying this to nurse practitioner education for those who will care for women and babies during lactation seemed reasonable and a strong addition to their program.

Methods: Two cohorts of second year nurse practitioner students (28 Women's Health and 37 Pediatric Primary Care) completed the virtual HUG Your Baby educational program, including pre and post completion assessments. The HUG Your Baby program assessment is an online assessment comprised of 12 knowledge questions (multiple choice and true/false) and 10 confidence rating questions (scale of 1-5) for a total of 22 questions. The knowledge questions are each worth one point for a correct answer and the confidence questions have a point value equivalent to the number on the rating scale (a rating of 4 = 4 points), for a total of 12 points in knowledge questions, 50 points in confidence questions, and 62 points possible overall.

Results: The Women's Health NP cohort of 28 students showed a 17 point (27%) increase in the average total score from pre-test to post-test, a 3.6 point (30%) increase

in the average total knowledge score, and a 13.4 point (27%) increase in the average total confidence score. The Pediatric Primary Care NP cohort of 37 students showed a 17.6 point (28%) increase in the average total score from pre-test to post-test, a 3.6 point (30%) increase in the average total knowledge score, and a 14 point (28%) increase in the average total confidence score. Combining both student cohorts of a total of 65 students, revealed a 17.4 point (28%) increase in the average total score from pre-test to post-test, a 3.6 point (30%) increase in the average total knowledge score, and a 13.8 point (27.6%) increase in the average total confidence score.

Conclusion: The virtual HUG Your Baby program provides an effective, affordable and valuable learning opportunity to NP students who care for mothers and infants. The program provides a user-friendly strategy that effectively improves the knowledge of maternal-child care, but also increases confidence in nurse practitioner learners who will provide anticipatory guidance for new parents. This study demonstrates support for the use of HUG Your Baby resources in nurse practitioner education for those caring for mothers and infants.

Title:

HUG your baby: An innovative approach for lactation education for nurse practitioner students

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Abstract Summary:

The virtual HUG Your Baby program provides an effective, affordable and valuable learning opportunity to NP students who care for mothers and infants. The program effectively improves their knowledge of maternal-child

care, and also increases confidence in nurse practitioner learners who will provide anticipatory guidance for new parents.

References:

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Topic Selection:

Advances in Education

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Author Summary: Dr. Trotter is a nurse midwife and family nurse practitioner who leads the Women's Health nurse practitioner major at Duke University. She remains in active clinical practice for over 30 years, with special interest in group care models, especially the Centering Healthcare model She and her colleagues, Dr Teague and

Dr Derouin of the pediatric primary care nurse practitioner major have worked together to improve education on lactation support for mothers and babies.

Any relevant financial relationships? No

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