

Abstract

Introduction

Human milk is the preferred source of nutrition for infants in their first six months of life due to the numerous known health benefits. A majority of American women will initiate breastfeeding, but many will not continue due to the many challenges that arise, creating a significant gap between initiation and long-term exclusivity rate. This quality improvement project aims to increase postpartum lactation support encounters, fostering the mother's knowledge and self-efficacy with likelihood for breastfeeding success.

Methods

Program participants will receive proactive lactation support via telephone every 24-48 hours throughout the first two weeks postpartum. Breastfeeding knowledge, self-efficacy, and exclusivity pre and post-program will be assessed.

Results

Expected results are that of improved breastfeeding knowledge, self-efficacy, and 100% exclusivity at two weeks postpartum.

Conclusion

Expectation is transferrable knowledge from this quality improvement project will support sustainable improvement of post-discharge lactation support across other institutions.