

Poster number: F19

Creating a Patient Decision Aid to Guide Treatment for Parents of Babies with Ankyloglossia: An Evidence-Based Practice Project

Objectives: To develop a Tongue-Tie decision aid (TTDA) to guide parent decision-making about ankyloglossia (limited tongue mobility) treatment options and to evaluate parents' readiness for decision-making after utilizing the TTDA.

Study Design: The John Hopkins Evidence-Based Practice Model was used to appraise and translate current evidence into practice. A TTDA was developed using the Ottawa Patient Decision Aid Development Process. The Decisional Conflict Scale (DCS) was given post TTDA administration to measure readiness for decision making.

Results: Twelve participants completed the TTDA. Seven participants underwent ankyloglossia release procedure, and 5 participants declined a procedure. All participants who underwent a procedure had a DCS indicating readiness for decision making. Two participants who declined procedure had scores reflecting decision delay.

Conclusion: An "Ankyloglossia TTDA" may clarify risks, benefits and patient preference to enhance informed decision making. As health care is advancing toward family centered care and shared decision making, a TTDA may complement counseling from a health care provider.

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This evidence-based practice project was deemed not human subjects research by the organization's Institutional Review Board.

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