

ENHANCING BREASTFEEDING PRACTICES: INTERVENTIONAL STUDY IN THE HISPANIC POPULATION OF PUERTO RICO

Liana Cortes, MD¹, Jeyka Marin, MD¹, Jose Martin, MD, FACOG¹
Department of Obstetric and Gynecology, San Juan City Hospital¹



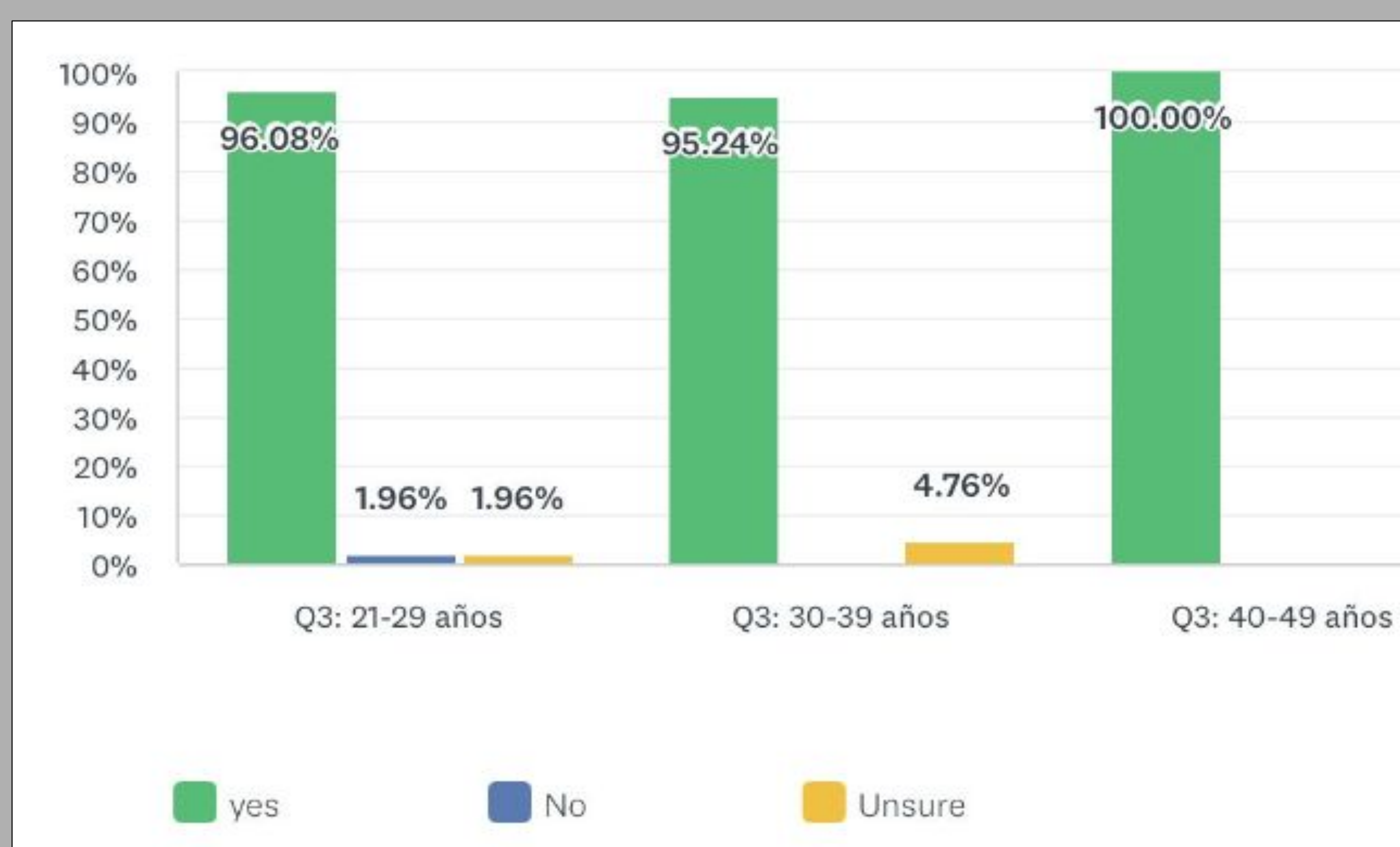
Introduction

While initiating breastfeeding rates rise, recent data highlights a notable decline after the initial 6 months, with 84% of Caucasian mothers initiating breastfeeding, but only 25% sustaining it for 6 months. In Puerto Rico, 51% of infants were exclusively breastfed up to three months, yet only 31% reached the 6-month mark. Our aim is to enhance breastfeeding rates in Puerto Rico through the distribution of educational materials and the identification of barriers impeding breastfeeding.

Methods

Educational video was shown, then a self-administered questionnaire about desire, knowledge, and barriers of breastfeeding was given to patients

Graphic 1: Desire of Breastfeeding



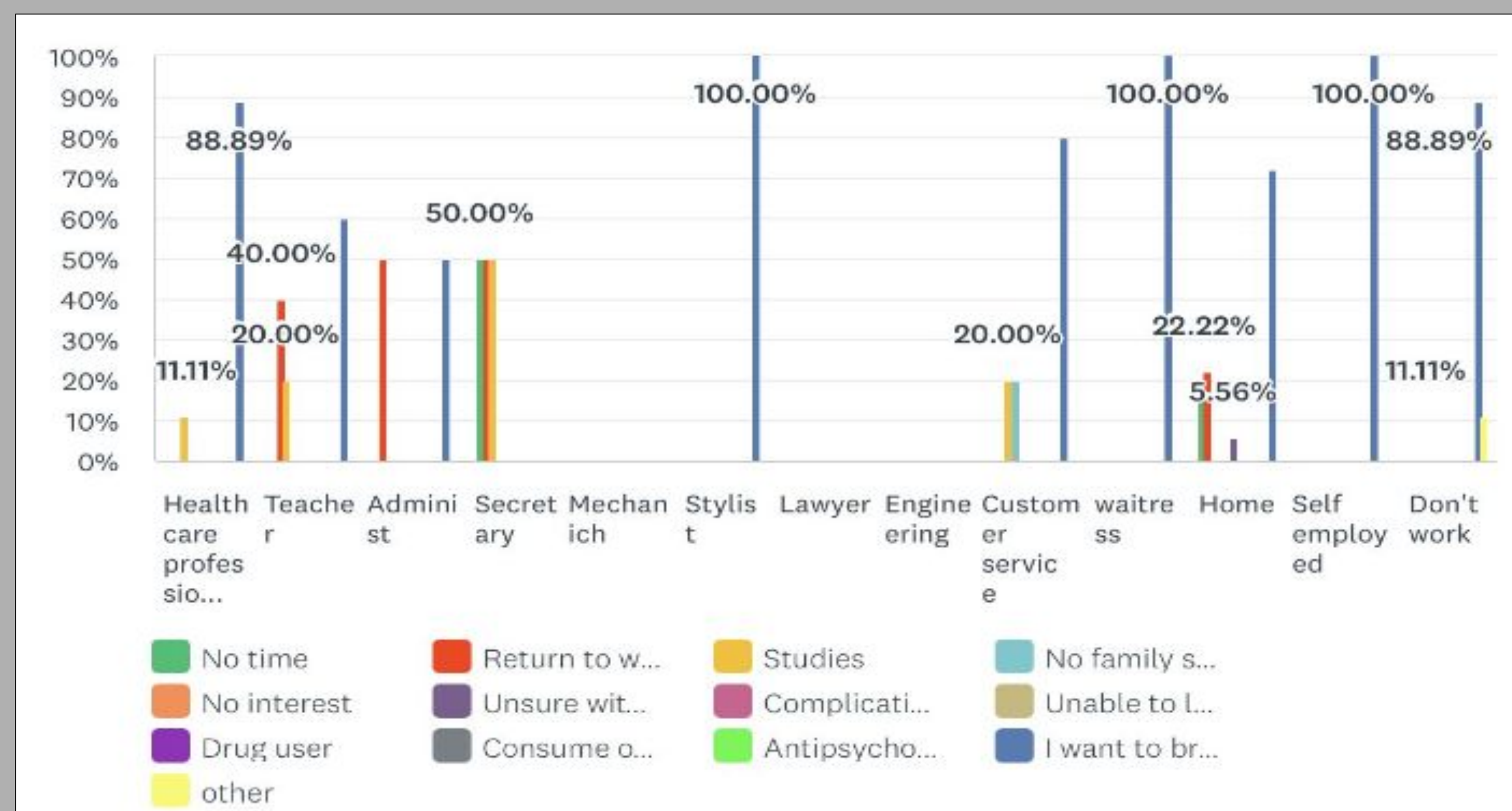
Graphic 2: "How long desire to Brested"



Graphic 3: How oriented women felt after watching the video



Graphic 4: Unable to breastfeed based on employe status



Results

N = 108 patients responded to the questionnaire. Educational video and explanations were provided only 22.2% of women felt totally oriented and 33.92% felt regularly oriented. Common barrier identified was "short maternity leave" with 13.43%. 32% of the women do not know that the hospital provided education by a certified nurse specializing in breastfeeding, 60% of the women indicate getting information from the internet and 23% received information by an OBGYN and 32% in the hospital.

Conclusion

Recognizing prevalent obstacles allows us to play a role in elevating the breastfeeding rate within the Hispanic community, promoting extended breastfeeding duration. Particularly worrisome is the fact that only a small proportion of women received guidance from their Obstetrician-Gynecologist. To address these challenges, it is crucial to reinforce the importance of doctors and medical staff being advocates for and possessing basic knowledge about breastfeeding. Our discoveries underscore the necessity of incorporating additional counseling during hospital admission and prenatal care.

IRB APPROVAL: 00002788