

***** 2005 PROJECT POSTER WINNER *****

**Methods And Impact Of Accessing Grant Money For Lactation Support:
Breaking The Barriers In An NICU**

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BACKGROUND: A significant number of women who intended to pump milk for their hospitalized infants stop shortly after their own discharge. More change their mind over the course of their infant's stay.

OBJECTIVE: To identify and address the barriers mother's perceived as contributors.

METHODS: A focus group of seven mothers was gathered. Barriers identified included lack of deposit money, and/or insurance coverage for an electric breast pump, privacy when nursing/kangarooing, transportation to the hospital, and motivation based on understanding how this contribution was especially valuable.

AIM: To identify the step by step process used in this project to access \$28K in grant money, to delineate how the monies have been used thus far, and to identify the clinical impact.

OUTCOMES: 125 mothers who would have previously fallen into the category, "No follow-through post discharge", continued to provide breast milk through all or most of their infants' hospital stay. Twenty-five cab vouchers and 145 bus tokens were provided to enhance maternal participation. New (and more optimally private) screens have been purchased. And finally, 140 (moms and some female relatives) attended Lunch & Learns covering the following topics: benefits, kangaroo care, best pumping techniques, maternal self-care, stress-relaxation and milk output, personal stories, hindmilk, low milk supply, early breastfeeding, and post discharge breastfeeding.

CONCLUSIONS: The steps identified in this poster reflect a transferrable model of identifying barriers, identifying grant sources, and addressing maternal concerns that can be utilized by other lactation consultants and organizations to positively impact breastfeeding outcomes for this population of families.

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