

# Breastfeeding Curricula for Pediatric Residents

IABLE Curriculum Development Day

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## Disclosures

- None

## Learning Objectives

Describe a breastfeeding medicine curriculum that can be embedded within a primary care curriculum for first year residents

Outline a pediatric resident breastfeeding elective for residents who are parents

## Breastfeeding Medicine Curriculum for Pediatric Interns

## Background

- Breast milk provides optimal nutrition for infants with lifelong health benefits for infants and lactating people, yet U.S. breastfeeding rates remain low<sup>1</sup>
- Pediatricians recognize the important role they play in supporting breastfeeding for patients, yet many lack the knowledge and skills to manage breastfeeding problems<sup>2-7</sup>
- Therefore, there is a need for a brief, required, and easy to implement breastfeeding curriculum for pediatric residency programs

## Objectives

To develop a novel breastfeeding medicine curriculum for pediatric residents and assess its teaching effectiveness



### Learning Objectives:

Summarize recommendations regarding breastfeeding	Recognize health disparities in breastfeeding rates and support	Evaluate infant latch & identify common causes of breast pain	Describe normal feeding patterns and growth	Manage frequent BF Qs related to common medical conditions
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## Curriculum Design



Developed a new breastfeeding curriculum informed by self-determination theory and utilizing Kern's six-step approach to curriculum development



Topics chosen based on input from program directors and residents, and review of the AAPs' Breastfeeding Curriculum



Implemented into the existing 3-hour block conference didactic format

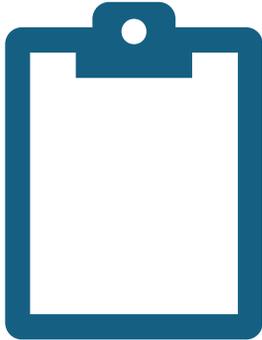
## Instructional Methods and Materials

Large group overview

- Breastfeeding 101

Small group discussions

- Achieving an Effective Latch
- Assessing Growth in Breastfeeding Infants
- Troubleshooting Breastfeeding Challenges



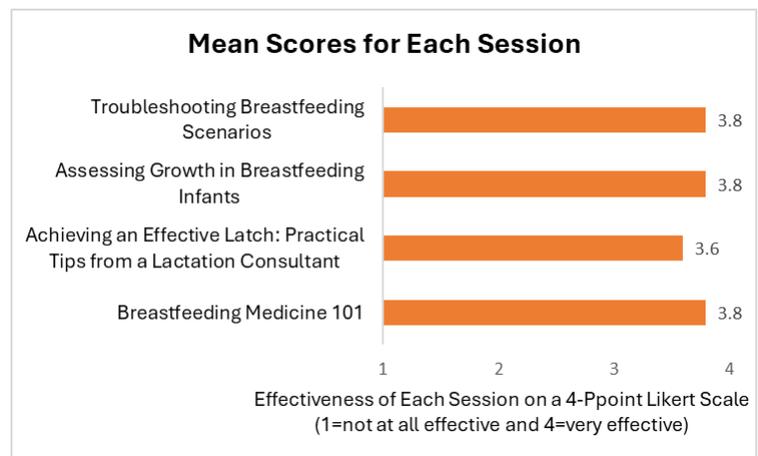
## Evaluation

- Residents completed an anonymous online evaluation aimed at assessing the efficacy of individual components and the curriculum as a whole

## Educational Outcomes

38

pediatric residents  
participated



## Educational Outcomes

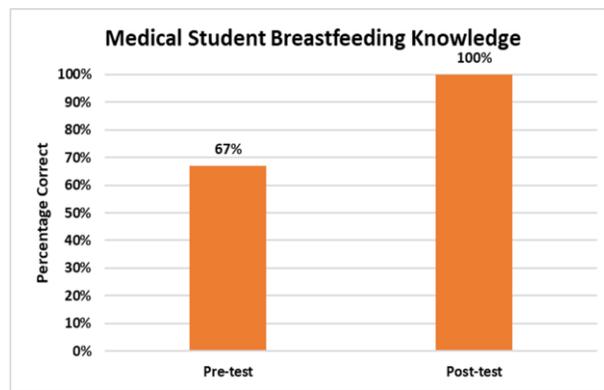
- PRs felt they would be able to provide more support to their breastfeeding patients with a mean rating of 3.4 (1=about the same, 4=a lot more)
- Free response themes included:
  1. absence of this education elsewhere in training
  2. appreciation of hands-on learning

## BONUS – Adapted for Medical Students

12 medical students  
participated

10 MSs completed the  
evaluation

83% response rate



## BONUS – Adapted for MS

### Most Common Topics MS Reported Learning



Contraindications (60%)



Cannabis use (40%)



Medications & procedures (40%)



LGBTQ+ considerations (20%)

### Most Reported Changes MS Will Make in Clinical Setting:



Recommended duration (50%)



Resources (20%)



Supporting milk expression upon return to work (20%)

### Free Response Themes:

- Supporting BF patients and families in the clinical environment
- Appreciation of the longitudinal patient case format

## Next Steps



Explore the impact of the curriculum on behavior in the clinical setting



Expand brief adapted version to all medical students

# Breastfeeding Elective for Resident Parents

## Background

- Physician parents often face early breastfeeding cessation despite high initiation rates<sup>8-9</sup>, and residents report additional barriers<sup>10-15</sup>
- Physicians play a key role in supporting breastfeeding however often lack adequate training<sup>3-7</sup>
- Those meeting personal breastfeeding goals were more likely to advocate for patients<sup>16</sup>

## Objectives

- This study evaluates a novel elective for resident parents, aiming to improve breastfeeding knowledge, attitude and skills, while enhancing personal breastfeeding and parental leave experiences

## Curriculum Design

Offered as a 1-to-4-week elective

Developed with the following components:

- AAP Breastfeeding Residency Curriculum
- Clinical time with lactation experts
- Observation of community organizations
- Reflective writing
- Relevant podcasts, documentaries and articles

## Instructional Methods and Materials



Clinical experience  
(for parents, time at  
home/newborn  
appointments)



Asynchronous, self-  
directed learning  
assignments (articles,  
videos, podcasts,  
etc.)



Morning report-style  
presentation to  
residency at end of  
elective

## Evaluation



**Coming soon!**



**Mixed-Methods Study**

Identifying how the elective impacted their  
personal breastfeeding experience and their  
professional breastfeeding skills

## Educational Outcomes



15 resident parents have taken the elective since AY 21-22



Increased parental leave length



Improved confidence in general breastfeeding knowledge, and with assisting patients/families with breastfeeding related questions and troubleshooting

## Next Steps



Complete Evaluation



Expand to other GME trainees

# Questions?



# References

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