



Increasing Breastfeeding Support in the Workplace

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Introduction: The health and economic benefits of breastfeeding (BF) to infants, mothers, families, and their employers are well established. However employed women are less likely to start BF and BF for a shorter duration compared to unemployed women. One barrier that many BF women face is lack of accommodation at their workplace. Current literature shows that having a comprehensive, workplace BF policy can positively affect the experience of women in the workplace.

Objectives: This Quality Improvement (QI) project uses a retrospective cohort design and its purpose is twofold. (1) To create a workplace BF support policy for a health system in Wisconsin and improve employee awareness of their available BF support resources following the birth of a child. (2) To gain a better understanding of employees' knowledge of available BF support resources, perceived BF support, and length of BF.

Intervention/practice: A questionnaire will be administered to a group of female employees who returned from maternity leave while working for the health system.

Results: Questionnaire results will be collected in August 2020.

Conclusion/implications: By providing additional support in the workplace for BF mothers, the health system has the opportunity to support employee health, promote work-life balance, improve employee satisfaction, and decrease healthcare costs. In addition, increased BF support for healthcare workers may improve perinatal outcomes for women and infants in Wisconsin.