

Neonatal Abstinence Syndrome

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The issue of neonatal abstinence syndrome is a significant health problem that affects children. Those newborns whose mothers were using or abusing opioid drugs such as heroin and methadone during pregnancy are more likely to develop this health problem. Evidence shows that breastfeeding of neonates can help address the health problem by delaying the onset of the withdrawal symptoms and reduce its severity. Also, they are rich in nutrients and antibodies that help boost their immunity by fighting bacteria and viruses, hence decreasing the need for pharmacological treatment (World Health Organization, 2017). To implement this intervention, a healthy facility needs to ensure there are reliable hospital policies, enough resources, and competent nursing staff (Bradford et al., 2017).

Question 1: Describe the setting and access to potential subjects

The implementation of a breastfeeding program in healthcare will involve various procedures. One of them includes interviewing of the hospital management to determine the readiness of the healthcare organization to regard to the implementation of the proposed intervention. Secondly, healthcare workers and mothers will be assessed to determine their knowledge and skills. Thus, to access these potential subjects, the project team will be required to seek consent from the participants by providing them with a consent form to sign. For a healthcare organization to implement the proposed intervention successfully, it should have the following resources.

Question 2: Resources

Resource	Description

Assessment of the hospital current policies (interviewing of hospital management and healthcare workers)	7 Days
Creating a breastfeeding policy and training of healthcare	3 Days
Training mothers breastfeeding techniques and feeding cues	4 Days

Question 2: Resources used in the implementation of the intervention

For a healthcare organization to implement the proposed intervention successfully, it should have the following resources. First, a healthcare organization should have a competent healthcare staff that can support breastfeeding. Thus, the hospital management team needs to train their healthcare professionals to ensure they have the necessary skills and knowledge to implement the proposed intervention (Folker-Maglaya et al., 2018). Secondly, the hospital should have enough rooms and beds to support the nursing in practice. Thirdly, the healthcare

organization will be required to have enough supplies and hygiene measures such as water, water taps, and washrooms to support hand and body hygiene among mothers with infants. Fourthly, the breastfeeding program needs funds to cover the running costs involved in the training of healthcare professionals and providing various tools and supplies for breastfeeding such as breast milk. Lastly, the healthcare organization should have a breastfeeding policy to support the intervention.

Question 4: Methods and Instruments used for monitoring the implementation of the proposed solution

One of the tools that will be used to assess the effectiveness of the breastfeeding program after its implementation will include questionnaires. For instance, the questionnaires will be issued to healthcare staff and mothers to determine the knowledge and skills. This data will be applied in establishing effective training programs that will be designed to improve staff competency and the skills of the mothers to support breastfeeding. Secondly, the project team will use the observation method to determine whether the hospital has enough resources to support the implementation of the intervention and maintain it.

Question 4 Explain the process for following the (intervention) solution and indicate if any training will be needed.

A hospital can implement the proposed intervention through the following steps. First, the hospital needs to have a written breastfeeding policy, and then the management team should inform all healthcare professionals on the policy and ensure it effectively. The second step will involve staff competency assessment and establish training programs to ensure the staff has sufficient knowledge, competence, and skills to support breastfeeding (Center for Disease Control and Prevention 2019). After that, the health care staff will provide general breastfeeding education to all pregnant women visiting the health facility. This will help them understand the importance and management of breastfeeding in regard to preventing neonatal abstinence syndrome. In the fourth step, the health care staff will teach the mothers about breastfeeding techniques and expect mothers to initiate, maintain the techniques, and even handle common challenges (Center for Disease Control and Prevention 2019). In step six, the healthcare staff will inform and help mothers where are breast milk bank. They will ensure the mothers get only medically qualified bank. In step seven, the hospital will ensure there are enough resources to provide nursing in. This will enable mothers and infants to stay together five days after birth

while the health care staff informs them how to recognize and respond to their babies' indications of feeding (Centers for Disease Control and Prevention 2019). In the sixth step, the healthcare staff will inform the mothers on how to use feeding bottles, teats, and pacifiers and ensure they limit the use of these feeding tools. Lastly, breastfeeding mothers will be discharged. However, before discharging them, the hospital will establish breastfeeding support groups to ensure the mothers and babies have timely access to ongoing support and care (Centers for Disease Control and Prevention 2019).

Question & Data collection plan

The project team will be required to collect data necessary for the implementation of the breastfeeding program in the hospital. Various data collection tools will be used in the project. One of them is questionnaire. The project team will have questionnaire to healthcare workers during competency assessment to collect data about their knowledge and skill needs necessary to support breastfeeding. Secondly, the project will use the observation method to determine whether the hospital has enough resources to support the implementation of breastfeeding in the hospital. Lastly, interviews will be used in the project. The hospital management team will be interviewed to determine whether the hospital is ready to support the breastfeeding program.

Also, breastfeeding mothers will be interviewed to determine their knowledge and skills necessary to support breastfeeding.

Question 7: The strategies to deal with the management of any barriers, facilitators, and challenges

Effective implementation of breastfeeding in a hospital is likely to be affected by various factors. One of the barriers includes incompetent knowledge and skills among the healthcare staff (Heidari, Keshvari, & Kohan, 2016). The hospital management can overcome this issue by conducting staff competency assessments to determine their skills and knowledge gaps and establish training programs to improve their competence and skills to support breastfeeding. Secondly, the lack of suitable hospital policies undermines the implementation of the proposed intervention in a hospital (Heidari, Keshvari, & Kohan, 2016). Thus, healthcare management can address this issue by creating a written infant feeding policy that comprises guidelines to support breastfeeding. Also, the hospital management should communicate it frequently to the staff and monitor to enhance compliance. The other barrier is the lack of sufficient resources, such as water and hand sanitizer to improve hand hygiene among mothers. Poor toilet or hand hygiene among breastfeeding mothers can lead to infections among infants. Thus, to avoid this challenge,

healthcare management should ensure there are enough resources such as water and hand sanitizers. Lastly, non-compliance to the breastfeeding guidelines after the mother and the infant get discharged from the hospital is another challenge (Heidari, Keshvari, & Kohan, 2016). To address this issue, the management should establish training programs and breastfeeding support groups to educate the mothers and ensure they have timely access to ongoing support and care.

Question 8: Feasibility of the implementation plan

A healthcare organization will incur various costs when implementing the proposed intervention. One of them includes the regular training costs that will be incurred in training healthcare workers about breastfeeding techniques to support mothers with infants. Secondly, the healthcare organization will be required to purchase breastfeeding supplies such as a breastfeeding pillow to support breastfeeding.

Question 9: Plans to maintain, extend, scale, and disseminate a proposed solution after implementation

Various measures will be taken to maintain, extend, and support the proposed intervention after implementation. First, the hospital will be required to establish regular staff

training programs to improve their knowledge and skills to support breastfeeding (Folker-Maglaya et al., 2018). The overall strategy will include the establishment of breastfeeding support teams that will be responsible for ensuring mothers get the necessary education and care they require after they are discharged from the hospital. Thirdly, the health care organization will extend the intervention to the community by establishing community training programs to educate and help mothers who are not able to access the hospital to start and keep breastfeeding.

References

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