

Providing Physician Assistant Students with Clinical Skills to Support Breastfeeding

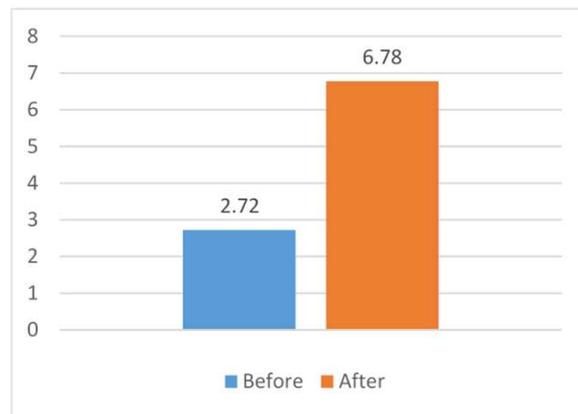
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Background: Despite findings that as many as 80% of new mothers require competent breastfeeding support care in the first month postpartum, Physician Assistants (PA) often find themselves unprepared to offer even rudimentary assistance. The purpose of this study was to evaluate the feasibility of a one-day clinical skills workshop for PA students, designed to promote self-efficacy at providing breastfeeding supportive care

Methods. The students took part in a one-day clinical skills workshop that integrated both flipped classroom and didactic lecture with a clinical skills experience during which the students interacted with a variety of volunteer breastfeeding mothers. A retrospective pretest-posttest modification of the Australian Breastfeeding Knowledge and Attitude Questionnaire (mABKAQ) was used to measure changes in the students’ knowledge attitude and self-efficacy at providing clinical breastfeeding support.



Figure 2. Self-Efficacy



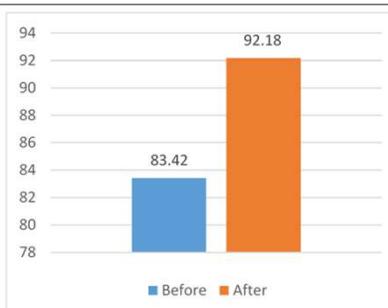
Change in mean self-efficacy score.

Results. Significant increase in knowledge, attitudes, and self-efficacy was detected. The greatest increase occurred in the self-efficacy scale increasing from 2.72 to 6.78 ($p < .0001$).

Discussion. A one-day workshop emphasizing clinical breastfeeding support and incorporating volunteer breastfeeding mothers from the community is effective at improving the knowledge, attitude, and self-efficacy at providing clinical breastfeeding support among PA students early in their graduate education process.

	Frequency	Percentage
Gender	Male	10 30.30%
	Female	23 69.70%
Age (years)	20-24	14 42.42%
	25-29	14 42.42%
	>30	5 18.18%
US Born	Yes	31 93.94%
	No	2 6.06%
Breastfed as a child	Yes	17 51.52%
	No	11 33.33%
	Don't know	5 15.15%
Have Children	Yes	4 12.12%
	No	29 87.88%
Breastfed Children	Yes	4 100%
	No	0 0%
Total length of BF experience (weeks)	2-12	2 50%
	27-52	1 25%
	>52	1 25%
Positive experience	Yes	3 75%
	No	1 25%

Figure 3. Attitude



Change in mean attitude score.