

A close-up photograph of a woman with long, light brown hair, wearing a bright yellow button-down shirt. She is looking down with a focused expression at a document or book she is holding. The background is softly blurred, showing what appears to be a window with light coming through. The overall tone is professional and calm.

ENHANCING NEONATAL WELLNESS WITH HOME VISITATION

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According to the American Academy of Pediatrics (AAP), there's sufficient evidence that breastfeeding provides the best nutrition for newborns (AAP, 2012). In addition to nutrition value, there are numerous health benefits for mothers and newborns associated with breastfeeding (AAP). According to AAP guidelines, breastfeeding is associated with reductions in obesity, sudden infant death syndrome (SIDS), diabetes, asthma, respiratory tract infections, otitis media, celiac disease, inflammatory bowel disease (IBD) and leukemia. For women, not breastfeeding is associated with higher rates of both breast and ovarian cancer (Ip et al., 2007). Based on the most current evidence, the AAP issued its latest guidelines for breastfeeding in 2012 (AAP), in which it recommends exclusive breastfeeding for the first 6 months followed by continued breastfeeding during the first year or more, as other nutritional sources are introduced (AAP).

Abstract: We planned and implemented an evidence-based program to screen for jaundice and to try to increase the proportion of women breastfeeding for 6 months. The program involved home visitation by a registered nurse to provide education on and support of breastfeeding, and to perform physical assessment of both mothers and newborns, including screening for neonatal jaundice. Quantitative data showed increased breastfeeding rates at 6 months. In addition, readmission rates for jaundice were higher when compared to regional benchmarks. However, the average length of stay for treatment of jaundice was shorter than regional benchmarks. Qualitative data indicated that the program was effective at achieving its goals and was valued by participants. DOI: 10.1111/1751-486X.12174

Keywords: breastfeeding | hospital readmission | home visitation | neonatal jaundice

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