Disclaimer

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Introduction

- Hypertension Disorders of Pregnancy (HDP)
  - Chronic Hypertension (CH)
  - Gestational Hypertension (GH)
  - Preeclampsia/Eclampsia (PREE)
- Increases maternal and neonatal health risks
- Differences in care and outcomes between mother-baby units not well assessed
Objective

Evaluate breastfeeding intention associated with breastfeeding at hospital discharge in relation to HDP at two regionally and functionally different facilities.
Methods

Medical Chart Review – Case Control Study

Co-Investigators:
Dr. Karla Waller, Ob/Gyn
Amber Wilson, DNP

714 participants diagnosed with hypertension
Methods

HDP Diagnosis
CH: <20 weeks
GH: >20 weeks
PREE: HDP + end organ damage

Breastfeeding
Intention upon admission
Rates at discharge
Joint commission: BF is milk ONLY

Hospital Facilities
Data collected over 12 months
Military: Virginia
Private: East Texas
Results

Age
- Range: 16-43 years of age
- Average: 24.6 years of age

Weight Gain
- Range: 0-36 kilograms
- Average: 12.25 kilograms

Days Gestation
- Range: 202-288 days
- Average: 268 (38 weeks)
## Results

<table>
<thead>
<tr>
<th>Diagnosis</th>
<th>Intend to BF</th>
<th>BF on Discharge</th>
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<tbody>
<tr>
<td></td>
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<td>Yes</td>
</tr>
<tr>
<td>Chronic Hypertension</td>
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<td>82%</td>
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<tr>
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<td>81%</td>
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<tr>
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<td>Total</td>
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<td>81%</td>
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<tr>
<td>Preeclampsia/eclampsia</td>
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<tr>
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<tr>
<td>Military</td>
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<td>84%</td>
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<tr>
<td>Total</td>
<td>17%</td>
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</table>
**Private Hospital - Intention to Breastfeed**
- GH: 63%
- CH: 3%
- PREE: 17%
- Not BF: 17%

**Military Hospital - Intention to Breastfeed**
- GH: 37%
- CH: 19%
- PREE: 28%
- Not BF: 16%

**Private Hospital - Breastfeeding at Discharge**
- GH: 41%
- Not BF: 44%
- CH: 17%
- PREE: 14%

**Military Hospital - Breastfeeding at Discharge**
- GH: 27%
- Not BF: 36%
- CH: 16%
- PREE: 21%
Discussion

Intention to breastfeed was not different between the facilities

8% more women from military hospital breastfeeding -> more successful at supporting intention despite adversity

Supporting breastfeeding can improve outcomes
Debriefing

How can you implement change?

We can not cure risk factors but we can optimize outcomes.

- Military hospitals are showing better breastfeeding outcomes
- What more can be done?
  - Lactation care
  - Expertise vs Referral
  - Follow up care
  - Prenatal counseling/classes/referrals
When you are born in SAMMC

THANK YOU