Promoting and Supporting Breastfeeding: The Role of the Occupational Therapist

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Introduction

Introduction

- Child Rearing Co-occupation
- Benefits of Breastfeeding
- Exclusive Breastfeeding & HIV
- Mother-Child Dyad
- Mental & Physical Well-being
- Socio-Economic & Human Capital

(WHO 2014; Pitonyak 2014; Kendall-Tackett 2014; Mathews, Jamison, Lake and Smith 2014)
Introduction

- Global and National Initiative
- Four Pillars for Population-based breastfeeding

1. National & Governmental Commitments
2. Legislation & Policy
3. Public Health Sector & Health Care Workers
4. Improving Family & Community Practices

(Labbok 2008 Adapted Framework)
National & Governmental Commitments
Legislations & Policies

- UNICEF Innocenti Declaration: 2005
- Millennium Developmental Goals: 2015 (MDG)
- Tshwane Declaration: 2011
- Infant and Young Child Feeding Policy: 2013 (IYCFP)
- Sustainable Developmental Goals: 2030 (SDG)
- A Promise Renewed: 2025

Public Health Sector & Health Care Workers

• Public Health Sector serves 82% of the population

• 100 000 : 430 Health Care Workers → 2,6 OTs
• Transdisciplinary approach to population-based health
• Training on appropriate infant & child feeding practice

(GHWA and WHO 2014; Mars 2011; SAHR 2013/2014; NDOH 2013)
Rationale

• OTs scope to address breastfeeding within transdisciplinary team
• Breastfeeding as occupation not described in literature
• OTs well positioned to become role players in child-rearing co-occupation
• Clarify OTs role critical
Aim

To determine the role of the OT in addressing breastfeeding among mothers in the public health sector
Method

• Undergraduate study (UFS)

• Study Design
  Quantitative, observational, descriptive

• Delphi Technique
  Role clarification
  Seeks consensus on a topic among experts

• This study
  Consensus = 80%

*Survey Monkey™*

(Keeney, Hasson & McKenna 2011; Wilkes et. al. 2013; Bekemier et. al. 2014; Cotrell et. al 2012)
Sampling

• **Population**
  36 OTs in Public Health Sector  (Vrey 2012)

• **Sampling Method**
  13 Purposefully Selected  (Grove, Burns and Gray 2013)

• **Inclusion Criteria**
  Qualified OTs
  Female
  Experience in paediatrics
  Practiced within PHS of Bloemfontein within previous 5 years

• **Expert Panel**
  9 OT’s consented
Results: Demographics

- 8 years of paediatric experience (range 4 to 14 years)
- All levels of Public Health Care
- 4 with personal experience (range 3 to 12+ months)
- Opinions influenced by:
  - Personal experience
  - Clinical Experience
  - Relatives
  - Friends
**Measurement Instrument**

- Questionnaire developed from Domain of Occupational Therapy (OTPF 3rd Ed)
- Sent to four reviewers

<table>
<thead>
<tr>
<th>OCCUPATIONS</th>
<th>CLIENT FACTORS</th>
<th>PERFORMANCE SKILLS</th>
<th>PERFORMANCE PATTERNS</th>
<th>CONTEXTS AND ENVIRONMENTS</th>
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<tr>
<td>Activities of daily living (ADLs)*</td>
<td>Values, beliefs, and spirituality Body functions Body structures</td>
<td>Motor skills Process skills Social interaction skills</td>
<td>Habits Routines Rituals Roles</td>
<td>Cultural Personal Physical Social Temporal Virtual</td>
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<td>Instrumental activities of daily living (IADLs) Rest and sleep Education Work Play Leisure Social participation</td>
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*Also referred to as basic activities of daily living (BADLs) or personal activities of daily living (PADLs).*

(AOTA 2014)
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The Role of the Occupational Therapist in addressing Breastfeeding among Mothers in the Public Health Sector

What Role can the OT assume in addressing Breastfeeding in the following Occupational Areas?

Question 11-18 of 34

11. Activities of Daily Living (ADL)
   (Activities oriented toward taking care of one’s own body.)

- [ ] No role
- [ ] The following role(s), please motivate your answer
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Results

• 74.2% statements reached consensus (95/128)
• Agreement among OTs in PHS role in breastfeeding
• Differentiation between roles:
  - Clinician
  - Consultant
  - Educator
  - Trainer
  - Facilitator
  - Advocate

• Client-centred approach

(Creek 2003; AOTA 2014)
Discussion

- OT’s provide unique and valuable service
- Various roles is congruent with literature and global & national initiatives (AOTA 2014; Creek 2003; UNICEF 2005; RSA 2013; NDOH 2011; NDOH 2013: UNICEF 2013)

Clinician
Consultant
Educator
Trainer
Facilitator
Advocate
One who works directly with mother

- Assess and adapt sleeping environment  (Pitonyak 2014)
- Strengthen infant-parent bond  (Kendall-Tackett, Cong and Hale 2014)
- Environmental adaptations and assistive devices
One who provides expert advice

- Leisure activities
- Rest and Sleep (Kendall-Tackett, Cong and Hale 2014)
- Utilise media platforms
- Refer to team members
- Sensory profiles
- Stimulate age-appropriate play

(MAMA SA 2014)
(VP Health System 2013)
Assist in learning

- Routines and habits conducive to breastfeeding
  (NDOH 2013; Pitonyak 2014)
- Value of breastfeeding
  (NDOH 2013)
- Responsibilities of a breastfeeding mother
  (AOTA 2014; Buskens and Jaffe 2008)
Teach specific skills

- Kangaroo Mother Care (NDOH 2013)
- Infant Stress Cues (Pitonyak 2014)
- Infant Positioning
- Relaxation Techniques

Trainer

Clinician  Consultant  Educator  Facilitator  Advocate
Help a group understand common objectives

- Involve family and friends  (Pitonyak 2014)
- Create support groups  (AOTA 2014; NDOH 2013)
To plead for the cause of another

All health care personnel should promote BF:

- Extended maternity leave (NDOH 2013)
- Supportive environments (NDOH 2013)
- Involvement in awareness campaigns (WHO 2014)
- Challenge societal perceptions and norms (Pitonyak 2014)
Recommendations

Align with Global initiatives (e.g. SDG)

Implement policies (e.g. IYCFP)

Provide training Transdisciplinary

Utilize media platforms Broaden clientele

Research: Impact of OTs addressing breastfeeding for evidence based practice

(Labbok 2008 Adapted Framework)
Conclusion
References


References


VP HEALTH SYSTEM (2013).MomConnect: Improving Healthcare to Mothers and babies. Challenges and lessons in setting up and using mobile technology to address gaps in the continuum of care towards meeting the goals of EMTCT. Available at: http://www.vphealth.co.za/resources/MomConnect_Poster.pdf [Accessed August 20, 2014].

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