Evaluation of the Supportive Needs of Adolescents during Childbirth (SNAC©) Intervention

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• Background
• Theoretical framework
  – Adolescent Support Model ©
• SNAC© intervention
• Study
• Conclusions & Recommendations
• Questions
• HP 2020
  – Increasing the number of infants who are breastfed has become a national health priority.
  – Healthy People 2020 objectives
    • Maternal, Infant, and Child Health (21, 21.1-21.6)
• Breastfeeding rates
  – Initiation
    • 43% - adolescents
    • 65% - age 20 to 29
    • 75% - over 30 years of age
  – 6 months
    • 15%,
    • 32%,
    • 46%, respectively.
• Childbirth and Breastfeeding link
  – Labor support, an important aspect of intrapartum nursing care, has been linked to satisfaction with childbirth and breastfeeding duration.
Our question was “How can we best support adolescents during childbirth and initiation of breastfeeding in order to provide them a positive beginning?”
• Theory-driven interventions
• Adolescent Support Model©
• Supportive Needs of Adolescent during Childbirth (SNAC)© intervention.
Figure 1: The client’s perspective and theoretical relationships are depicted by (→). The nurse’s perspective and theoretical relationships are depicted by (←). The theoretical relationships between the client’s perspective and the nurses’ perspective are depicted by (→←).
SNAC INTERVENTION
– Age-specific professional labor support
– Age-specific breastfeeding support
– Immediate skin-to-skin contact between mother and newborn after birth
– Initiating breastfeeding in the first hour after birth
THE STUDY
• **Objective**: To evaluate the effect of the Supportive Needs of Adolescents during Childbirth (SNAC©) intrapartum nursing intervention on adolescents’ childbirth satisfaction and breastfeeding duration rates.

• **Design**: Separate sample posttest quasi-experimental.

• **Setting**: A tertiary hospital intrapartum unit.

• **Methods**: Study was conducted in 2 phases.
• Phase 1 (the control phase)
  – hospital’s current standard of care.
• Childbirth satisfaction measured at discharge.
• Breastfeeding duration rates
  – hospital discharge, 6 weeks, and 3 months.
• Phase 2, (the experimental phase), SNAC intervention.
• Childbirth satisfaction and breastfeeding duration rates were measured using the same time frames.
• Sample
  – N=106.
  – M age = 18 (SD = 1.38 years, range 13-20 years).
  – Ethnicity - White (27.4%), Hispanic (52.8%),
    African-American (18.9 %) and other (.9%).
  – 80%- primagravida, 20% -multigravida.
  – 14% attended childbirth classes
  – 5.7% attended breastfeeding classes.
• Adolescents in the intervention group will report higher childbirth satisfaction than those in the control group.

• There was a significant difference in the scores for the control group (M=151.78, SD=15.91) and the intervention group (M=158.52, SD=13.62); t(106)=-2.36, p = 0.02.

• The effect size was .45.
• Adolescents in the intervention group will report a higher level of exclusive breastfeeding at 3 months than those in the control group.

  – There was not a significant relationship between the experimental and control group on exclusive breastfeeding at 3 months ($\chi^2 (1) = .978$, $p = .32$).
  – In the experimental group 15.2% of the adolescents’ were exclusively breastfeeding while only 8.1% of adolescents’ in the control were exclusively breastfeeding.
  – The effect size was .11.
• Adolescents in the intervention group will more likely breastfeed within the first hour after birth than those in the control group.
  – adolescents in the intervention group were more likely to breastfeeding within the first hour after birth ($\chi^2 (1) = 8.15, p = .004$).
  – Effect size was .30.
Breastfeeding duration rates will be higher in the intervention group than in the control group at hospital discharge, 6 weeks and 3 months.

- There was not a significant difference between the intervention and control groups on rate of breastfeeding at
  - hospital discharge \( \chi^2 (2) = .24, p = .88, ES = .05 \),
  - at 6 weeks \( \chi^2 (2) = 2.07, p = .35, ES = .16 \); and at
  - 3 months \( \chi^2 (2) = 1.76, p = .41, ES = .15 \).
– Although not statistically significant, a larger percentage of participants in the intervention group were exclusively breastfeeding when compared with the control group:
  • at 6 weeks (14% vs. 9.3%) and,
  • 3 months (8.4% vs. 3.6%).

– The effect size was .11.
Conclusions & Recommendations

- These results suggest that parturient adolescents who receive the SNAC intervention experience increased childbirth satisfaction, breastfeeding within the first hour, and exclusive breastfeeding.
• Conclusions & Recommendations

  – Specifically, our results suggest that providing nurses with information and training specific to the labor support and breastfeeding needs of adolescents could result in improved patient care for this population.

• Further testing of the intervention is warranted.
Questions?
• Contact information

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• Selected references


• Websites:

• Age Specific Support during Labor
  – Respectful nurse caring
    • During your interaction with the adolescent be kind, friendly, and help her feel welcome.
    • Include the adolescent in decision-making, inform the adolescent of her options, and give her choices.
  – Assistance with pain control
    • Help the adolescent with managing labor pain by explaining her options.
• Age Specific Support during Labor
  • Support of the adolescent’s support person
    – Be aware of the adolescent’s support person(s)’ physical and emotional needs.
    – Include the support person in discussions and support the adolescent and her support person as they work together.
  
• Childbirth guidance
  – Educate and guide the adolescent through the childbirth process by:
    – Orienting the adolescent and her support person(s) to the hospital setting.
    – Explaining to the adolescent what is happening to her throughout the labor process.
  – Answer the adolescent’s questions truthfully in a language that she can understand.
Age Specific Breastfeeding Support:

- Asking the adolescent what she knows about breastfeeding
- Including support persons in breastfeeding discussions
- Teaching importance of skin-to-skin contact & initiating immediately after birth
- Helping initiate breastfeeding in the first hour
- Providing for the adolescent’s privacy and comfort