

# Evaluation of the Supportive Needs of Adolescents during Childbirth (SNAC<sup>©</sup>) 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.

## Adolescent Support Model

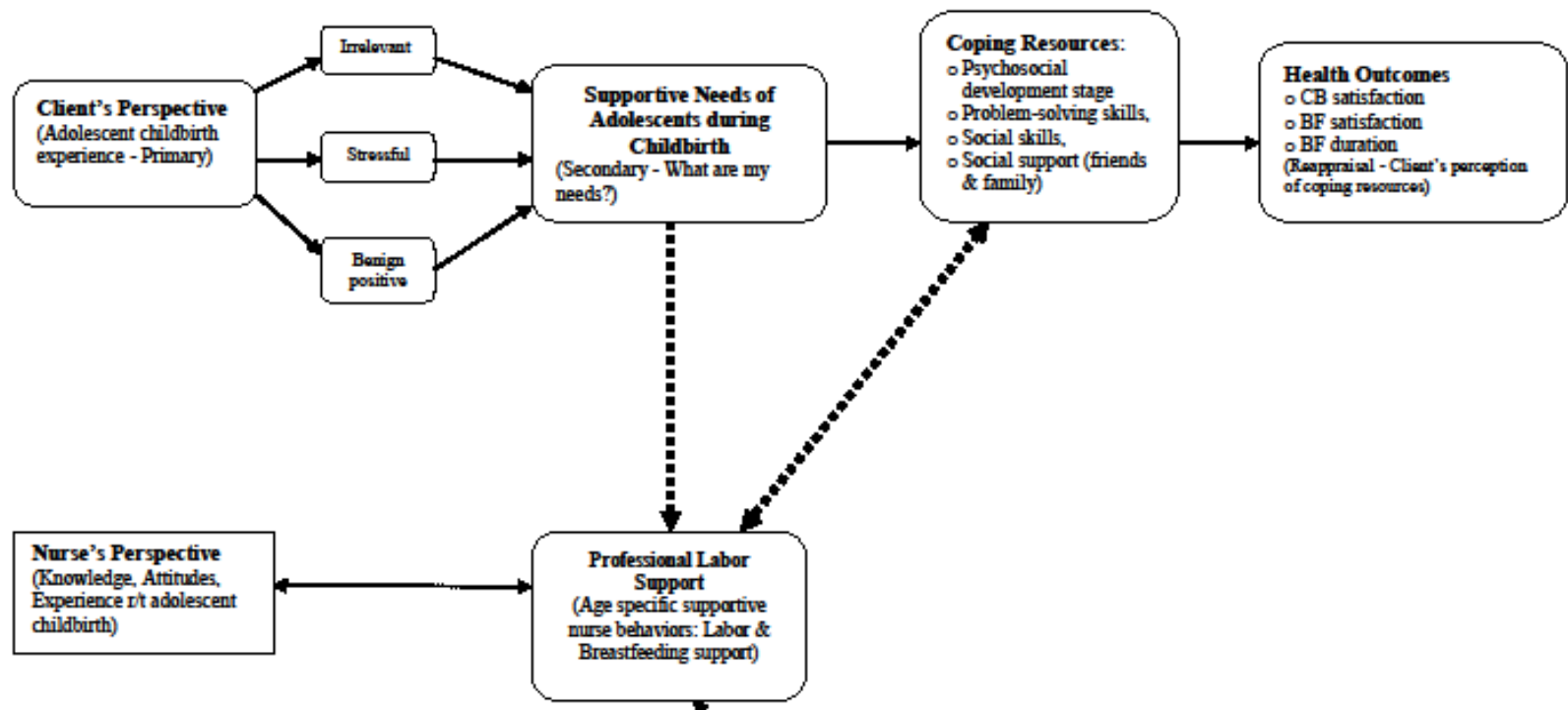


Figure 1: The client's perspective and theoretical relationships are depicted by ( → ). The nurse's perspective and theoretical relationships are depicted by ( --- ). The theoretical relationships between the client's perspective and the nurses' perspective are depicted by ( ···· ).

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# 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.

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# RESULTS

- 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?

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- Websites:
- <http://healthypeople.gov/2020/topicsobjectives2020/objectiveslist.aspx?topicid=26>

- 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