MEETING THE NEEDS OF LACTATING WOMEN IN PRIMARY CARE, presented by
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Background/Significance: This Family Nurse Practitioner Program summative project addresses
the following question: Is your practice meeting the needs for society’s new “Norm”? Using
the Center for Disease Control’s Breastfeeding Report Card (Centers for Disease Control, 2012),
this work highlights how the 76.9% maternal initiation rate of breastfeeding in the United States
necessitates the Family Nurse Practitioner (FNP) to offer lactation support to all breastfeeding
dyads within his or her practice. General supply and demand principles evoke the need to
provide a service anytime a majority of your consumers request a particular service.

Purpose/Population/Setting: The purpose of this project is to define the needs of lactating
women in the primary care setting as well as provide direction for the FNP to obtain necessary
training in lactation. Method: A thorough search of the literature was conducted using the
following databases: Cochrane, ProQuest, Medline, and CINAHL. Only qualitative studies were
considered for review for this project. This project highlights the findings of many qualitative
studies regarding what lactation support is most needed and demanded by this ever growing
consumer, serving as evidence of the needs that exist within the population of lactating women.

Conceptual Framework: Using the Person-Centered Nursing Model (McCormack & McCance,
2010) as a framework, this work distinguishes how a FNP (a role that originates from a strong,
holistic, patient-centered background) must provide consistent lactation support in order to
truly satisfy the lactating woman’s needs – thereby directly increasing positive patient and
provider outcomes. Results: Many themes can be found from several qualitative studies
reviewed regarding the clear needs that exist among lactating women in the primary care
setting. Some of the themes highlighted within this work are the following: The need for hands
on support with positioning and latching; encouragement and provision of information on
normal infant behaviors related to breastfeeding; and the need for non-contradictory lactation
information from all primary care providers. Finally, this project delineates the necessary
pathways to obtaining lactation knowledge either through certified credentialing bodies,
lactation education programs, or through the pathway of the Internationally Board Certified
Lactation Examiners, how to successfully bill for the lactation services provided, and strategies
for changing the clinic environment/practices to be breastfeeding friendly. Implications: The
results of the literature review clearly show that lactating women in the primary care setting
have a significant need for primary care providers trained in lactation. This project delineates
that through the utilization of one of the many lactation training programs available,
dissemination of training to primary care office staff, as well as the implementation of a
lactation policy and guideline into the primary care setting – the identified needs of lactating
women can and must be met by all FNPs in order to truly provide person-centered care.