Video Demonstration Improves Staff Knowledge of Hand Expression of Breastmilk

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Abstract: Breastmilk is the best form of nutrition for infants. Combining hand expression with electric pumping increases milk production in mothers of preterm infants. Education of healthcare staff via a video demonstration is cost effective and time efficient.

The aim was to determine the effectiveness of a video demonstration in educating and improving staff knowledge of hand expression of breastmilk.

Healthcare staff of Cork University Maternity Hospital completed a pre-intervention questionnaire (UNICEF UK Baby Friendly Initiative Audit Tool for Maternity Services with appropriate amendments). Then then watched a six minute educational video and their knowledge was then reassessed with an identical questionnaire immediately afterwards. The video used has been recorded by CUMH staff and edited by me.

50 participants were recruited. (N=50) The participants were student nurses (n=9), SHO's (n=9), registrars (n=4), consultants (n=1), neonatal nurses (n=12), and midwives (n=15). There was a significant increase in test scores after the intervention. (Mean score=44.6%-72.8%) ($p<0.001$) There was also an increase in staff confidence levels in teaching hand expression post intervention. (Mean confidence level=5.8/10–7.5/10) ($p<0.001$) Half of the study participants had prior breastfeeding education. These participants scored higher in the pre-intervention test and had considerable higher pre-intervention confidence levels. Midwives and neonatal nurses were more likely to have had previous training, compared with doctors. 31 participants said they would watch the video again for educational purposes. 49 participants considered the video beneficial for parents.

Video demonstration improves staff knowledge of and confidence in teaching hand expression. This video could be made part of an e-learning module in conjunction with the questionnaire to demonstrate learning.