

## Poster Presentations

### **P01**

#### **Breastfeeding on Campus – Conducting an Environmental Scan to Determine Supports for Breastfeeding Students**

**Authors:** *Amanda Hodgins, BHSc; Jennifer Abbass-Dick, PhD; Manon Lemonde, PhD*

**Purpose:** The purpose of this presentation is to describe a research project which included an environmental scan undertaken at an Ontario University to determine the supports available to breastfeeding women who are completing post-secondary education.

#### **Learning Objectives:**

- Illustrate the human rights protection for breastfeeding mothers.
- Discuss a project undertaken at an Ontario University to determine supports in place for breastfeeding students.
- Highlight the recommendations resulting from the environmental scan on where supports for breastfeeding students can be improved to comply with the Ontario Human Rights Commission protections.

**Presenter:** Jennifer Abbass-Dick, University of Ontario Institute of Technology, Oshawa ON

### **P02**

#### **Prenatal Mindfulness Resource Development to Support Maternal Mental Health and the Transition to Parenthood**

**Authors:** *Jennifer Abbass Dick RN, BNSc, MN, PhD, IBCLC; Wendy Stanyon, RN, BN, MAEd, EdD; Winnie Sun, PhD; Cindy-Lee Dennis, PhD*

**Purpose:** The purpose of this presentation is to describe a research study which will design, create and evaluate a prenatal mindfulness resource for mothers in a region of Ontario to support maternal mental health and a positive transition to parenthood. The benefits of mindfulness training for this population will be described.

#### **Learning Objectives:**

- Illustrate the components of a prenatal mindfulness resource for pregnant women.
- Discuss the process involved in creating a mindfulness resource for prenatal women.
- Communicate the effectiveness of mindfulness in supporting perinatal mental health and its integration into prenatal education.

**Presenter:** Jennifer Abbass Dick, University of Ontario Institute of Technology, Oshawa ON

### **P03**

#### **The Breastfeeding Coparenting Framework – A New Framework to Improve Breastfeeding Outcomes**

**Authors:** *Jennifer Abbass-Dick, RN, BNSc, MN, PhD, IBCLC; Cindy-Lee Dennis, PhD*

**Purpose:** The purpose of this presentation is to describe the five components of the breastfeeding coparenting framework and the qualitative and quantitative research which informed its development. This framework is designed to assist breastfeeding women and their coparents in working as a team towards meeting their breastfeeding goals.

#### **Learning Objectives:**

- Illustrate the five components of the Breastfeeding Coparenting Framework.
- Discuss the main findings from the qualitative and quantitative research on fathers and breastfeeding which informed the development of the framework.
- Discuss potential application of the Breastfeeding Coparenting Framework into breastfeeding services and programs to increase parents ability to work together to meet their breastfeeding goals.

**Presenter:** Jennifer Abbass-Dick, University of Ontario Institute of Technology, Oshawa ON

### **P04**

**Prenatal Mindfulness Education for Adolescent Mothers: Building Resiliency Skills to Overcome Not Only the Stress of Childbirth, But Also the Challenges Faced by Young Parents**

**Authors:** *Kymerly Crawford, BHSc, MHSc (student), CD(DONA); Jennifer Abbass-Dick, PhD*

**Purpose:** To identify if mindfulness training during the prenatal period for adolescent mothers may be an ideal skill to build resilience to assist young mothers through labour and childbirth, in addition to building the skills and capacity to withstand the stresses experienced with meeting the Social Determinants of Health (SDOH) for them and their child.

**Learning Objectives:**

- Identify the effects of mindfulness-based interventions in healthy adolescents.
- Recognize the effects of mindfulness training as supplementary prenatal childbirth education in adults and how the practice is transferable to expectant adolescents.
- Describe the potential effects of mindfulness on the social determinants of health among adolescents, particularly during parenthood.

**Presenter:** Jennifer Abbass-Dick, University of Ontario Institute of Technology, Oshawa ON

**P05**

**Making Room: Exploring the Complexities, Challenges and Triumphs of Establishing and Implementing Public Breastfeeding Spaces**

**Authors:** *Jacqueline van Wijlen, MN, RN-NP; Sionnach Lukeman, MScN, RN; Erin Austen, PhD; Nicola Aquino, BSc; Ellen Lukeman, RN; Zoe Fielding, BEd*

**Purpose:** The purpose of our presentation is to discuss the complexities, challenges and triumphs of establishing and implementing public spaces for breastfeeding in the community.

**Learning Objectives:**

- Be informed on current, best-available literature surrounding the establishment of public breastfeeding spaces.
- Have an understanding of evidence-informed strategies that may support the implementation of public breastfeeding spaces.
- Gauge the challenges that remain in establishing, implementing, and sustaining a public space for breastfeeding.

**Presenters:** Jacqueline van Wijlen and Sionnach Lukeman, Rankin School of Nursing, St Francis Xavier University, Antigonish NS

**P06**

**Breastfeeding Outcomes of Infants on Day of Discharge from Canadian Neonatal Intensive Care Units**

**Authors:** *Jo Watson, PhD, RN(EC), IBCLC; Alex Kiss, PhD; Elizabeth Asztalos, MD, MSc, FRCPC*

**Purpose:** This study reports maternal and neonatal factors associated with breastfeeding status on day of discharge from Canadian NICUs as reported through the Canadian Neonatal Network database, and includes the largest cohort of very low and extremely low birth weights ever reported in the literature.

**Learning Objectives:**

- Understand national variation in exclusive breastfeeding on day of discharge from Canadian NICUs.
- Understand maternal and neonatal factors associated with exclusive breastfeeding on day of discharge.
- Consider strategies to increase breastfeeding exclusivity in the NICU.

**Presenter:** Jo Watson, Sunnybrook Health Sciences Centre, Toronto ON

**P07**

**Exclusive Breastfeeding Village Support Group Initiative in Rural Tanzania**

**Author:** *Keisha Jefferies, RN, MN, PhD (student)*

**Purpose:** To share the preliminary ideas of a pilot project for improving the rates of exclusive breastfeeding in rural Tanzania.

**Learning Objectives:**

- Understand the factors influencing infant feeding practices in rural Tanzania.
- Recognize the importance of a community-based support group, which emphasizes exclusive breastfeeding, in rural Tanzania.
- Evaluate the feasibility of an exclusive breastfeeding support group in rural Tanzania.

**Presenter:** Keisha Jefferies, Dalhousie University School of Nursing, Halifax NS

**P08****Women's Experience of Perinatal Loss: Preliminary Findings**

**Authors:** *Carla Ransom, MN, BN, RN; Angela Bowen, PhD, RN; Gerri Lasiuk, PhD, RPN, RN, CMHPN(C); Susan Fowler-Kelly, PhD, RN; Wendi Stumborg, BScN, RN*

**Purpose:** To collaborate with women to describe their experience of perinatal infant loss and develop a learning resource to help nurses effectively support bereavement.

**Learning Objectives:**

- Describe the types and rates of perinatal loss.
- Define and differentiate perinatal bereavement and perinatal palliative care.
- Discuss five practices nurses can implement to provide sensitive perinatal bereavement support.

**Presenters:** Carla Ransom and Angela Bowen, University of Saskatchewan College of Nursing, Saskatoon SK

**P09****Keeping Mom and Baby Healthy – An Immunization Pilot Project**

**Authors:** *Kelly Foster, BSc(Pharm), ACPR; Melanie MacInnis, BSc(Pharm), PharmD; Jennifer Isenor, BSc(Pharm), PharmD; Susan Bowles, BScPhm, PharmD, MSc(CHE); Sylvia Yazbeck, BSc(Pharm); Carla Mengual-Fanning, BSc(Pharm); Nancy Cashen, RN, MN; Susan Cahill, RN, Kathryn Slayter, BSc(Pharm), PharmD, FCSHP; Lynne McLeod, MD, FRCSC*

**Purpose:** To increase immunization rates of pregnant patients at the IWK Perinatal Centre.

**Learning Objectives:**

- Describe the recommendations for vaccinations in pregnancy.
- Understand the process of implementing an immunization pilot project in an outpatient perinatal centre.
- Discuss the implications and conclusions of the pilot project.

**Presenter:** Kelly Foster, IWK Health Centre, Halifax NS

**P10****Introducing a Practice Change to Treat Neonatal Hypoglycemia with Dextrose 40% Oral Gel**

**Authors:** *Sue Hermann, MN, RN, IBCLC, PNC(C), CTD; Wendy Mouldsdale, MN, RN(EC), NP-Paediatrics, NNP-BC; Julie Choudhury, Pharm.D; Jo Watson, RN(EC), PhD, IBCLC, PNC(C); Meghan Donohue, RNC-NIC, BNSc; Gillian Ballantyne, BScN, RN, PNC(C)*

**Purpose:** This poster describes an innovative process, led by an interprofessional team to develop and implement an algorithm for dextrose 40% oral gel to treat neonatal hypoglycemia during the first 48 hours of life. By using this collaborative approach, existing clinical guidelines and neonatal expertise, this algorithm translates evidence into practice.

**Learning Objectives:**

- Describe how an algorithm for dextrose 40% oral gel is used to treat neonatal hypoglycemia along with breastfeeding and skin-to-skin.
- Describe the process for implementing dextrose 40% oral gel in newborns.
- Outline the benefits and challenges of using an interprofessional team approach.
- Summarize trends in length of stay for hospitals in Eastern Ontario as compared to the province.

**Presenter:** Sue Hermann, Sunnybrook Health Sciences Centre, Toronto ON

### **P11**

#### **Understanding Nurses Experiences During Handover Between Labour & Delivery and Post Partum care**

**Authors:** Timothy Harnish, RN, BScN; Elizabeth Greene, RN, BScN; Erna Snelgrove-Clarke, RN, PhD; Megan Aston, RN, PhD; Sheri Price, RN, PhD

**Purpose:** The purpose of this research study is to explore and seek to understand the experiences of nurses in handover in the labour and delivery and post partum care units at the IWK Health Centre.

#### **Learning Objectives:**

- Begin to understand the barriers that exist around handover in the labour and delivery and post partum settings.
- To define handover, its implications and best practices.
- Start to improve communication in handover between labour and delivery and post partum settings.

**Presenters:** Timothy Harnish and Elizabeth Greene, IWK Health Centre, Halifax NS

### **P12**

#### **Women's Experiences of Prenatal Education and Support in Nova Scotia – A Feminist Poststructuralist Perspective**

**Authors:** Victoria Little, RN, BScN, MScN (student); Megan Aston, PhD, RN; Sheri Price, PhD, RN; Andrea Chircop, PhD, RN; Debbie Sheppard-LeMoine, PhD, RN

**Purpose:** The purpose of this poster presentation will be to share initial findings of an in-progress Master's research project that explores first-time mothers' experiences of prenatal education and support in Halifax Regional Municipality. The proposed research study is timely, as it will provide valuable insights into how new mothers experience prenatal education and support since the recent change in the delivery method of universally provided prenatal information. The initial results of the study will not only be useful to nurses and healthcare providers working in public health and primary health care, but also to community agencies, such as family resource centres, who work diligently in their practice to best support mothers and families in the perinatal period by providing accessible and effective care.

#### **Learning Objectives**

- Understand how first-time mothers in Halifax Regional Municipality (HRM), Nova Scotia experience and access prenatal information and support through various online and offline formats.
- Identify where first-time mothers go for prenatal information and support in HRM, Nova Scotia.
- Understand how prenatal supports and services in HRM, Nova Scotia are socially and institutionally constructed through relations of power.

**Presenter:** Victoria Little, Dalhousie University School of Nursing, Halifax NS

### **P13**

#### **Breastfeeding Support: Better Assisting Those Negatively Impacted by the Determinants of Health**

**Authors:** Cyndee MacPhee, MN, BScN, RN; Kim Shebib, MEd, BScN, RN, IBCLC; Shelley Keefe, MEd, BN, RN, IBCLC; Melissa Dakai, MEd, BN, RN, IBCLC; Jessica Waye, MN, BScN, RN, IBCLC

**Purpose:** The overall purpose of our project was to provide data required to contribute to the Cape Breton District Health Authority (CBDHA) strategic plan to become BFI certified to protect, promote and support breastfeeding and to develop strategies based on findings to improve the initiation and duration of exclusive breastfeeding in this district.

#### **Learning Objectives:**

- Discuss factors that impact the breastfeeding experience.
- Understand the need for action related to earlier and specific interventions to help increase breastfeeding initiation and duration rates, specifically for neonates/ infants born into less equitable settings.
- Identify potential early interventions that may have an impact on breastfeeding initiation and duration rates for mothers who are negatively impacted by the determinants of health.

**Presenters:** Cyndee MacPhee, Cape Breton University, Sydney NS; and Shelley Keefe, Cape Breton Regional Hospital, Sydney NS

#### **P14**

##### **Sharing Postnatal Length of Stay Data to Enhance the Transition to Home Following Birth**

**Authors:** Lauren Rivard, RN, MSc; Christina Cantin, RN, MScN, PNC(C); Marie-Josée Trépanier, RN, BScN, MEd, PNC(C)

**Purpose:** This presentation aims to highlight the value of exploring data on postnatal length of stay in assisting a regional program to guide system planning and drive quality improvement projects.

##### **Learning Objectives:**

- Discuss the importance of length of stay as it relates to transition to home following birth.
- Demonstrate an understanding for the importance of length of stay data when considering community level supports for new parents.
- Summarize trends in length of stay for hospitals in Eastern Ontario as compared to the province.

**Presenter:** Lauren Rivard, Champlain Maternal Newborn Regional Program, Kingston ON

#### **P15**

##### **Tale of Two Women in an Early Pregnancy Clinic**

**Authors:** Joan Iginua-Osoyibo, RN, BScN, MScN, PNC; Karen Carr, RN; Prema Vaidyanathan, MBBS, FRCSC; Nyla Chattergoon, MBA

**Purpose:** The purpose of this quality improvement initiative was to improve the overall patient experience and satisfaction at the Early Pregnancy Clinic.

##### **Learning Objectives:**

- Learn how to improve care of patients experiencing early pregnancy loss, through collaborative relationships.
- Demonstrate using patients' stories to impact change ideas in enhancing practices and care of women and their families.
- Learn how to engage hospital stakeholders to invest in an area of care with less interest.

**Presenter:** Joan Iginua-Osoyibo, William Osler Health System, Brampton ON

#### **P16**

##### **Neonatal Abstinence Syndrome: A Review of the Literature**

**Authors:** Karen McQueen, RN, PhD; Jodie Murphy-Oikonen, MSW, PhD

**Purpose:** The purpose of the literature review was to summarize the current literature on Neonatal Abstinence Syndrome (NAS), including clinical characteristics, prevention, identification, and treatment.

##### **Learning Objectives:**

- Describe the current evidence to support treatment of infants with NAS.
- Appreciate the importance of the infant-mother dyad in the care of infants with NAS.
- Discuss the gaps in knowledge and areas for future research for NAS.

**Presenters:** Karen McQueen and Jodie Murphy-Oikonen, Lakehead University, Thunder Bay ON

#### **P17**

##### **Are We Achieving Excellence? Cost Analysis for Methods of Screening and Preventing Newborn Jaundice**

**Authors:** Stephanie McClean, RD, CDE, MPH (student); Krista Baerg, MD, FRCPC; Julie Smith-Fehr, RN, BScN, MN; Michael Szafron, PhD

**Purpose:** To assess the cost of transcutaneous bilirubin (TcB) method versus total serum bilirubin (TSB) method for newborn jaundice screening in hospital, urban and rural settings within a tertiary care centre and community follow-up program.

##### **Learning Objectives:**

- Compare the cost of TSB versus TcB screening method for newborn jaundice.
- Describe variables utilized in cost minimization analysis.
- Use research to inform evidence-based practice.

**Presenter:** Julie Smith-Fehr, Saskatoon Health Region, Saskatoon SK