

Registered Nurses' Association of Ontario:
Breastfeeding - Promoting and Supporting the Initiation, Exclusivity, and Continuation of Breastfeeding for Newborns, Infants, and Young Children Best Practice Guideline
July/2018

Systematic Review Search Strategy

Literature searches for the systematic reviews were conducted by a health sciences librarian.

Databases Searched: Medline, E-Pub, Cochrane Register for Controlled Trials, Cochrane Database of Systematic Reviews, CINAHL, EMBASE, and ERIC [for research question 3 only].

Inclusion Criteria:

The following criteria were used to guide the literature search:

- A primary focus on sustaining breastfeeding duration and exclusivity
- Published between January 2012 and March 2017
- Published in English
- Accessible for retrieval
- Applicable across health settings/sectors where nurses provide direct clinical care to pregnant and postpartum persons
- Primary focus on Nurses (RN, RPN, NP, CNS)
- Secondary focus on other health-care providers (whose scope of practice overlaps with nursing)
- Peer-reviewed
- For research question 1, study methodology included primary research studies of any study design
- For research questions 2-4, study methodology limited to meta-analyses, systematic reviews, integrative reviews, literature reviews, and reviews of qualitative, quantitative or mixed methods studies
- Studies within the context of developing countries
- Studies quality appraised to be of high or moderate quality, unless more information was required

Exclusion Criteria:

The following criteria were used to exclude literature from the search:

- Topic not related to sustaining breastfeeding duration and exclusivity
- Dissertations, commentaries, narrative, discussion papers
- Non-English studies
- Unpublished (grey literature)
- Laboratory studies in any type of animal
- Articles conducted within developing countries

- Articles published prior to 2011
- Articles focused primarily on breastfeeding initiation
- Articles related to building or validating assessment/screening tools
- Articles with a specific focus on effectiveness of certain pharmacologic interventions
- Articles with a specific focus on effectiveness of particular clinical diagnostic tests
- Contraception interventions
- Infant populations: Jaundice, tongue tied, preterm/late preterm, twins and multiple births, NICU-admitted infants
- Mother populations: Obese mothers; adolescent mothers; mothers with HIV

Search Terms

Below are condensed search strategies and search terms used for each research question in MEDLINE. Comparable terms were used in all other databases searched.

Question 1: What are effective tools, processes, and strategies used by nurses, the interprofessional team, and peers for assessing pregnant and postpartum families to increase initial, exclusive, and continued breastfeeding?

Breastfeeding	Assessment	Duration	Limits
<ul style="list-style-type: none"> • Breast feeding • Breast milk expression • Lactation • Milk banks • Breastfeed • Breast pumping • Milk donation • Milk donor • Milk share • Milk transfer • Chestfeeding 	<ul style="list-style-type: none"> • Assess • Outcome and process assessment (health care) • Nursing assessment • Needs assessment • Patient outcome assessment • Personality assessment • Risk assessment • Risk factors • Mass screening • Surveys and questionnaires • Data collection • Evaluation studies • Decision making • Perception • Cultural characteristics • Cultural diversity • Cultural competency • Social support • Ethnic groups • Socioeconomic factors • Health behavior 	<ul style="list-style-type: none"> • Sustain • Continue • Prolong • Promote • Advocate • Debrief • Duration • Exclusivity • Extend • Preserve • Initiation • Follow-up • Consult • Refer 	<ul style="list-style-type: none"> • Human studies • Not clinical conferences, comments, consensus, editorials, lectures, letters, newspaper articles, or personal narratives • 2011 – 2017 • English language

	<ul style="list-style-type: none"> • Sucking behavior • Maternal health services • Maternal health • Parental leave • Patient preference • Health knowledge, attitudes, practice • Self efficacy • Aptitude • Screen • Question or survey • Data collection • Decision making • Barrier • Latch • Output • Experience • Environment • Evaluate 		
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Question 2: What are effective interventions or programs used by nurses, the interprofessional team, and peers to increase initial, exclusive, and continued breastfeeding?

Breastfeeding	Intervention	Duration	Limits
<ul style="list-style-type: none"> • Breast feeding • Breast milk expression • Lactation • Milk banks • Breastfeed • Breast pumping • Milk donation • Milk donor • Milk share • Milk transfer • Chestfeeding 	<ul style="list-style-type: none"> • Patient care • Nursing care • Patient care team • Health services accessibility • Nursing services • Home care services • Women’s health services • Community health services • Urban health services • Suburban health services • Rural health services • Early medical intervention • Prenatal education • Professional-patient relations • Professional-family relations • Nurse-patient relations 	<ul style="list-style-type: none"> • Sustain • Continue • Prolong • Promote • Advocate • Debrief • Duration • Exclusivity • Extend • Preserve • Initiation • Follow-up • Consult • Refer 	<ul style="list-style-type: none"> • Human studies • Not clinical conferences, comments, consensus, editorials, lectures, letters, newspaper articles, or personal narratives • 2011 – 2017 • English language

	<ul style="list-style-type: none"> • Health promotion • Social support • Peer group • Communication • Prenatal care • Postnatal care • Galactogogues • Kangaroo mother care • Pamphlets • Self efficacy • Contraception • Infant formula • Telemedicine • eHealth • Mobile applications • Social media • Blog • Internet • Web based • Protective devices • Program evaluation • Goals • Care • Service • Intervention • Plan • Manage • Clinical judgment • Behaviour change • Diary • Goal • Incentive • Program • Project • Protective device • Supplement • Tracking • Baby • Infant • Evaluate • Anticipate • Guidance 		
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Question 3: What education or training is required for nurses, the interprofessional team, and peers to support initial, exclusive, and continued breastfeeding?

Breastfeeding	Education	Health Worker	Limits
• Breast feeding	• Education	• Attitude, health	• Human studies

<ul style="list-style-type: none"> Breast milk expression Lactation Milk banks Breastfeed Breast pumping Milk donation Milk donor Milk share Milk transfer Chestfeeding 	<ul style="list-style-type: none"> Continuing education Distance education Educational model Hospital education department Teaching hospital Clerkship Inservice training Staff development Preceptorship Teaching Curriculum Licensure Certification Credentialing Simulation training Videoconferencing Learning Professional competence Health knowledge, attitudes, practice Preceptorship Module Workshop Seminar Orientation Coaching Mentor Competency Practicum 	<ul style="list-style-type: none"> personnel Health personnel Health occupation Professional role Patient care team Social work Consultant Counseling Research personnel Leadership Volunteer Nurse role Nurse Nursing staff, hospital Nursing Health educator Students Consumer advocacy Faculty School teacher Health provider Health staff Health employee Health practitioner Professional Nursing care Continuity of care Interprofessional Interdisciplinary Multidisciplinary Lay professional Peer Nonprofessional 	<ul style="list-style-type: none"> Not clinical conferences, comments, consensus, editorials, lectures, letters, newspaper articles, or personal narratives 2011 – 2017 English language
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Question 4: What are optimal practices, programs, and policies for health-care organizations and the broader community to support initial, exclusive, and continued breastfeeding?

Breastfeeding	Organizational and Community Interventions	Duration	Limits
<ul style="list-style-type: none"> Breast feeding Breast milk expression Lactation Milk banks Breastfeed Breast pumping 	<ul style="list-style-type: none"> Public policy Organizational policy Health policy Legislation Jurisprudence Government Regulation 	<ul style="list-style-type: none"> Sustain Continue Prolong Promote Advocate Debrief Duration 	<ul style="list-style-type: none"> Not clinical conferences, comments, consensus, editorials, lectures, letters, newspaper

<ul style="list-style-type: none"> • Milk donation • Milk donor • Milk share • Milk transfer • Chestfeeding 	<ul style="list-style-type: none"> • Program • Delivery of health care • Health planning • Organizational innovation • Organizational models • Decision making • Quality improvement • Quality management • Standard of care • Training support • Interdisciplinary communication • Media • Public opinion • Leadership • Economics • Financial support • Poverty • Community health services • Prison • Jail • Corrections • Divorce • Child custody • Women’s rights • Human rights • Cross sectoral • Institution • Low income • Breastfeeding break • Breastfeeding room • Public space • Family room • BFHI or BFI • Formula company • Community service 	<ul style="list-style-type: none"> • Exclusivity • Extend • Preserve • Initiation • Follow-up • Consult • Refer 	<ul style="list-style-type: none"> articles, or personal narratives • 2011 – 2017 • English language
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Hand Search

Panel members were asked to review personal libraries to identify key articles not found through the above search strategies. Forty-three articles were submitted. Articles identified by panel members were included in the search results if two nursing research associates independently determined: 1) the articles had not been identified by the literature search; and 2) the articles met the systematic review inclusion criteria.