

Results of the pilot project of a new inter-institutional program aimed at improving accessibility to breast pumps for mothers of premature babies



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For Premies

CONTEXT

- Access to a hospital-grade breast pump can have a significant impact on the feeding of a premature newborn, and so reduce the risks of complications and illness.
- A hospital-grade breast pump is expensive and difficult to obtain. Mothers who give birth prematurely often do not have the time to make such preparations.
- A new inter-institutional collaborative program for free breast pumps loan was piloted by Préma-Québec and the MSSS in three neonatal units in Quebec, from April 2021 to June 2022.

OBJECTIVE

- To assess the suitability and feasibility of the free breast pump loan program, as well as the satisfaction of participating mothers.

METHODS

- Creation of a database from the program's registration forms and administrative data
- Structured phone interviews with participating mothers
- Mixed methods analysis : descriptive statistics and thematic inventory of textual data

PRELIMINARY RESULTS

Participation rate :

- N = 204 program participants
- N = 124 study participants
- Study participation rate : **61%**

Figure 1: Impact on breastfeeding according to study participants

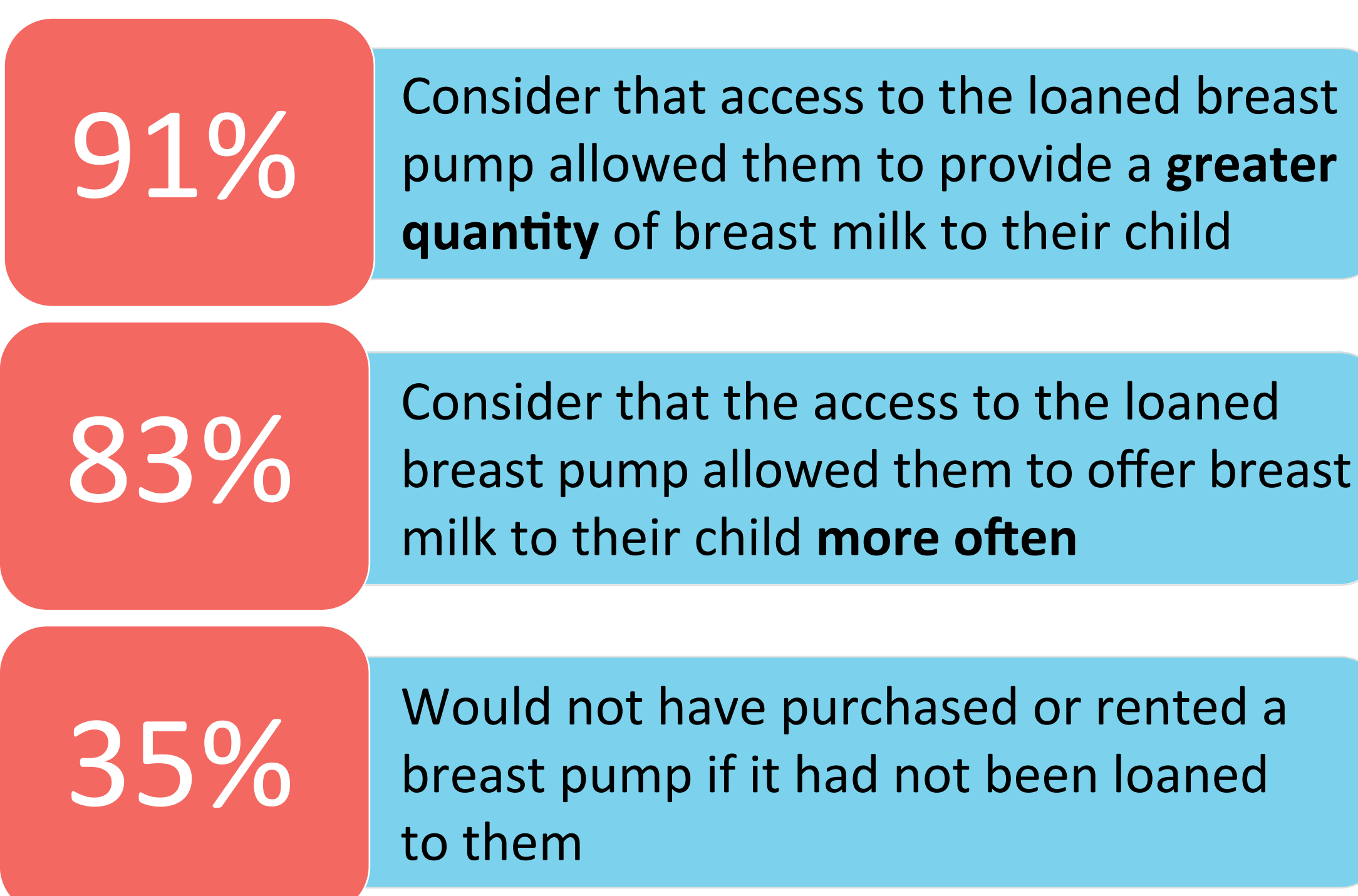
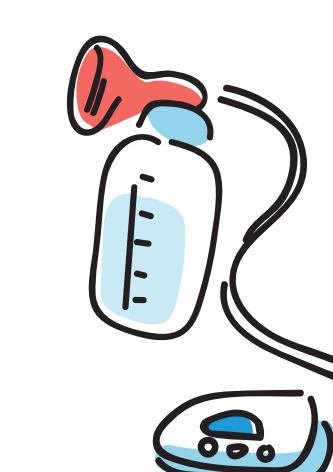


Table 1 : Strengths and desired improvements, according to participants

| Program strengths | Suggested improvements |
|---|---|
| • Simplified access to a breast pump in the stressful context of an unplanned childbirth | • Training on equipment and its use |
| • Availability and quality of provided equipment | • Logistical adaptation for special cases (transfer, re-hospitalization) |
| • Effectiveness of the distribution and recovery system | • Training of hospital staff |

Average satisfaction of study participants: **9,5/10**

Testimony of a participating mother



“ When my husband arrived in the recovery room with [the breast pump], I realized that someone had thought of us before I even knew that it would happen to me, to give birth prematurely ! ”

- Camille, mother of Thomas, born at 29 week

CONCLUSION

- Results confirm the relevance of this project and the necessity of expanding and enhancing the program.
- Expansion of the program territory with the integration of the Sherbrooke University Hospital (January 2023) and other institutions (summer 2025)
- Aim for sustainability
- Next step will be to evaluate the impact of the program on breastfeeding quantitatively and qualitatively

