



NURSING SCIENCE

with Dr Jill Demirci

Talking points

KNOWLEDGE

1. In which populations has antenatal milk expression (AME) been studied?
2. In which week(s) of pregnancy is AME traditionally started?

COMPREHENSION

3. Why does Jill think AME is becoming more popular in the US?
4. Why might women or birthing people who have excess weight or obesity before pregnancy be more likely to experience breastfeeding problems?
5. Why might some women be worried about expressing milk before they give birth?

APPLICATION

6. Try to put yourself in the shoes of someone who has agreed to participate in Jill's study. What questions do you think you would have for her and the rest of the study team? To what extent do you think AME sounds like a good idea?

ANALYSIS

7. Why were some participants in the study disappointed with AME? How could Jill reduce the chances of disappointment for future participants?
8. How does Jill control her study. How does she ensure that any differences between the two groups will be due to the AME content and not anything else?

EVALUATION

9. "Community-driven research is more likely to create actionable and sustainable solutions, rather than research that is conducted exclusively by academics," says Jill. What do you think about this statement? Do you think research that is community-based might provide more sustainable solutions than academic research? Why, or why not?

Activity

Jill's AME sessions and attention control group sessions are all conducted over video calls on Zoom. "We would like to explore whether remote or in-person teaching is most useful for AME education," says Jill.

Create a list of the reasons that both online sessions and in-person sessions might have either positive or negative effects on the results. You might want to consider:

- Would it be easier for mothers/postpartum people to attend online sessions? Why, or why not?
- Do you think mothers/postpartum people might be more comfortable with online sessions or in-person sessions?
- Which method do you think would help participants learn more about AME?
- What other options for delivering AME education could be studied?

Once you have created your list, ask your fellow classmates for their own experiences of online learning. Compile the pros and cons you hear about and see how they match up to your ideas of Jill's online teaching.

Afterwards, spend some time thinking about how the biggest disadvantages of both remote and in-person teaching methods could be reduced as much as possible. How could these reflections be applied to Jill's work to help more women get the most out of the online AME sessions?

More resources

- Nursefocus.org has an interesting blog with articles about nursing: nursefocus.org/blog
- The American Nurses Association publishes a weekly 'CareerBrief', which provides articles and summaries topics that matter to nurses: www.nursingworld.org/education-events/career-center