

The Impact of the Covid-19 Pandemic on Women's Breastfeeding Experience Within the Irish Healthcare System

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Introduction

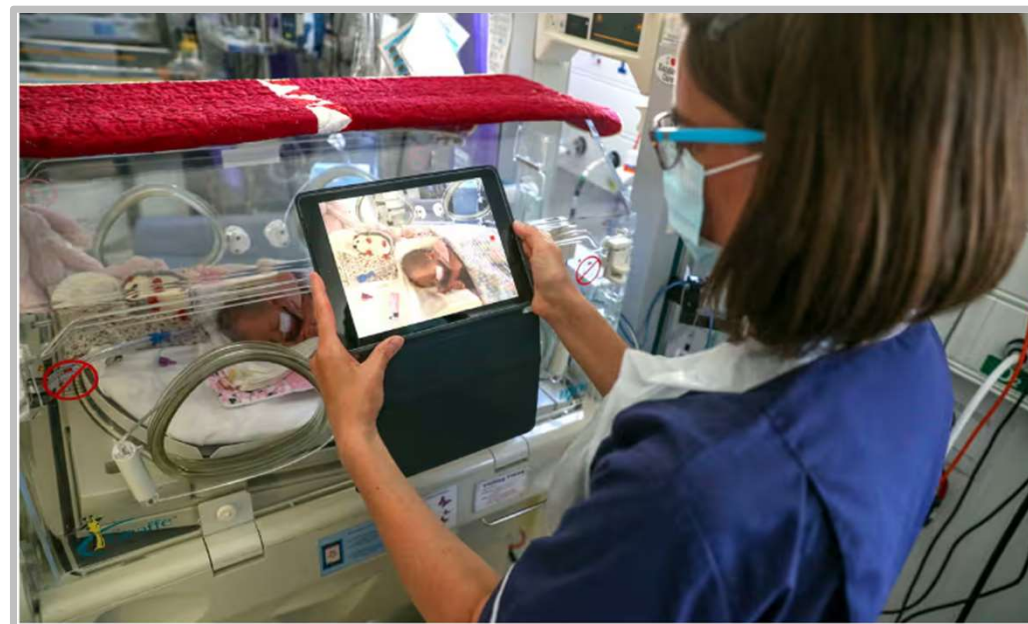


World Health
Organization



Recommendations

Impact of
Covid-19



Methodology

Experiences of breastfeeding supports within the Irish health system

Infant feeding and COVID-19

Do you feel that COVID-19 pandemic impacted your access to breastfeeding support?

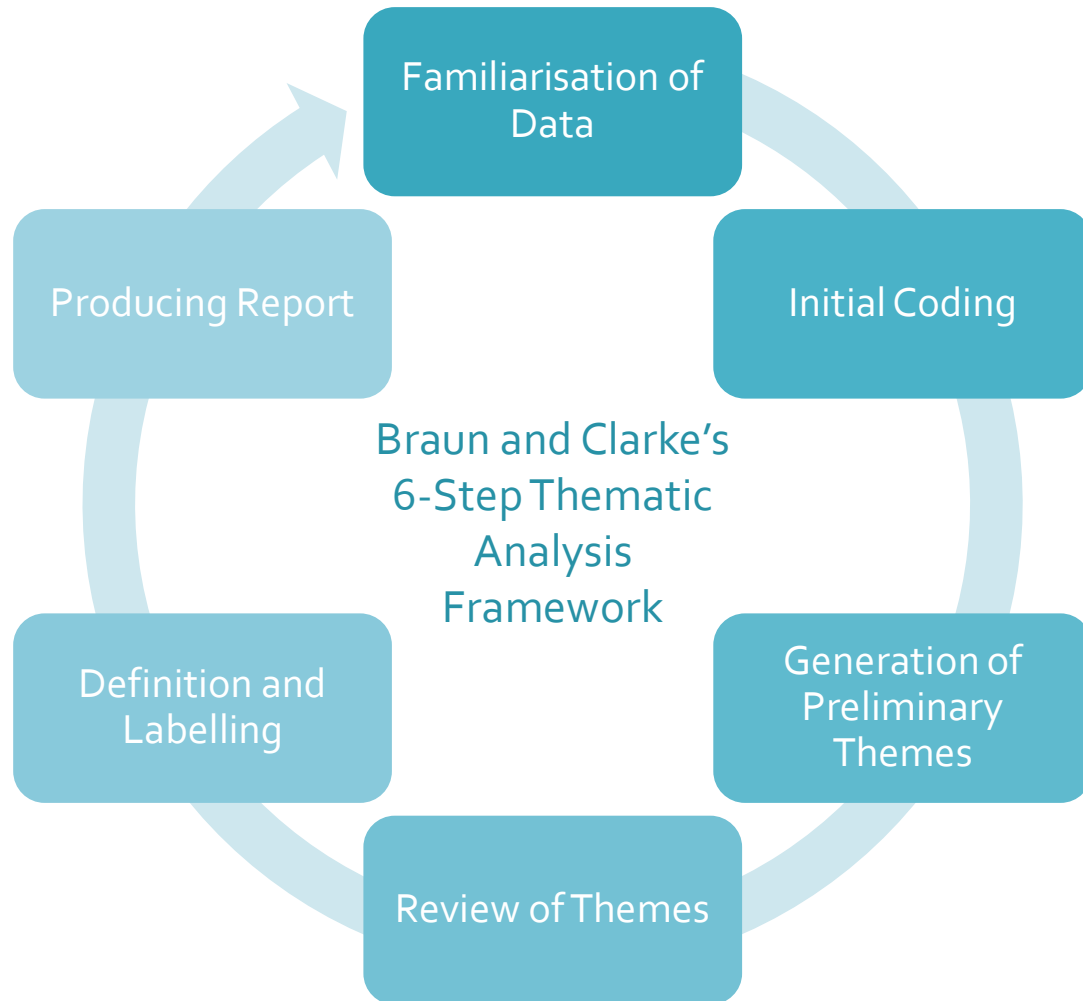
- No, I finished breastfeeding before the pandemic began
- No, I continued breastfeeding during the pandemic but no longer looked for breastfeeding support
- No, I was able to access the support I needed
- Yes, I was unable to access the in-person support I needed
- Yes, I was unable to access medical support I needed
- Other (please specify)


Do you feel that COVID-19 pandemic impacted your breastfeeding experience in general?

- Yes - positively
- Yes - negatively
- No
- Unsure

Please comment about the impact of COVID-19 pandemic on your breastfeeding experience or the support you received.







*'...Exclusively breastfed as **didn't have to be anywhere** and was able to work from home...'*

*'Established breastfeeding much easier with this baby- **no visitors**. Not many callers to house after either'*

*'...With my first baby - **I was very nervous about feeding in public** but because we weren't going anywhere during the pandemic- **this issue didn't arise.**'*

Covid's Effect on Participant's Time and Privacy While Breastfeeding

More time with baby

Didn't have to breastfeed in public

Comfortable at home



Covid's Effect on Social Support While Breastfeeding

Couldn't receive support from friends and family

Couldn't meet other breastfeeding mothers

*'...If the pandemic hadn't had been going on- we would likely **have had more help from family**, and it **might have been less stressful** as we could focus on the feeding issues better.'*

*'It was my second baby to breastfeed, so I **had previous experience** and in knowledge to go by.'*

'...I felt incredibly alone in it and like I was failing my baby.'

■ Accessibility/Quality
of Medical Support
Varied

'Staff shortages as a result of covid meant my experience was that I felt I didn't have the same midwife support. On my first child born in nov 2019- I found breastfeeding hard but they were great at supporting me.'

'While it definitely impacted- I believe that it is by no means the reason. The problem is both societal and systematic...'

'I think having the supports online is a great resource for people in isolated/rural areas and means they don't need to travel long distances to seek help..'

Medical staff too busy to assist with latch

Could access medical support vs. No access to medical support



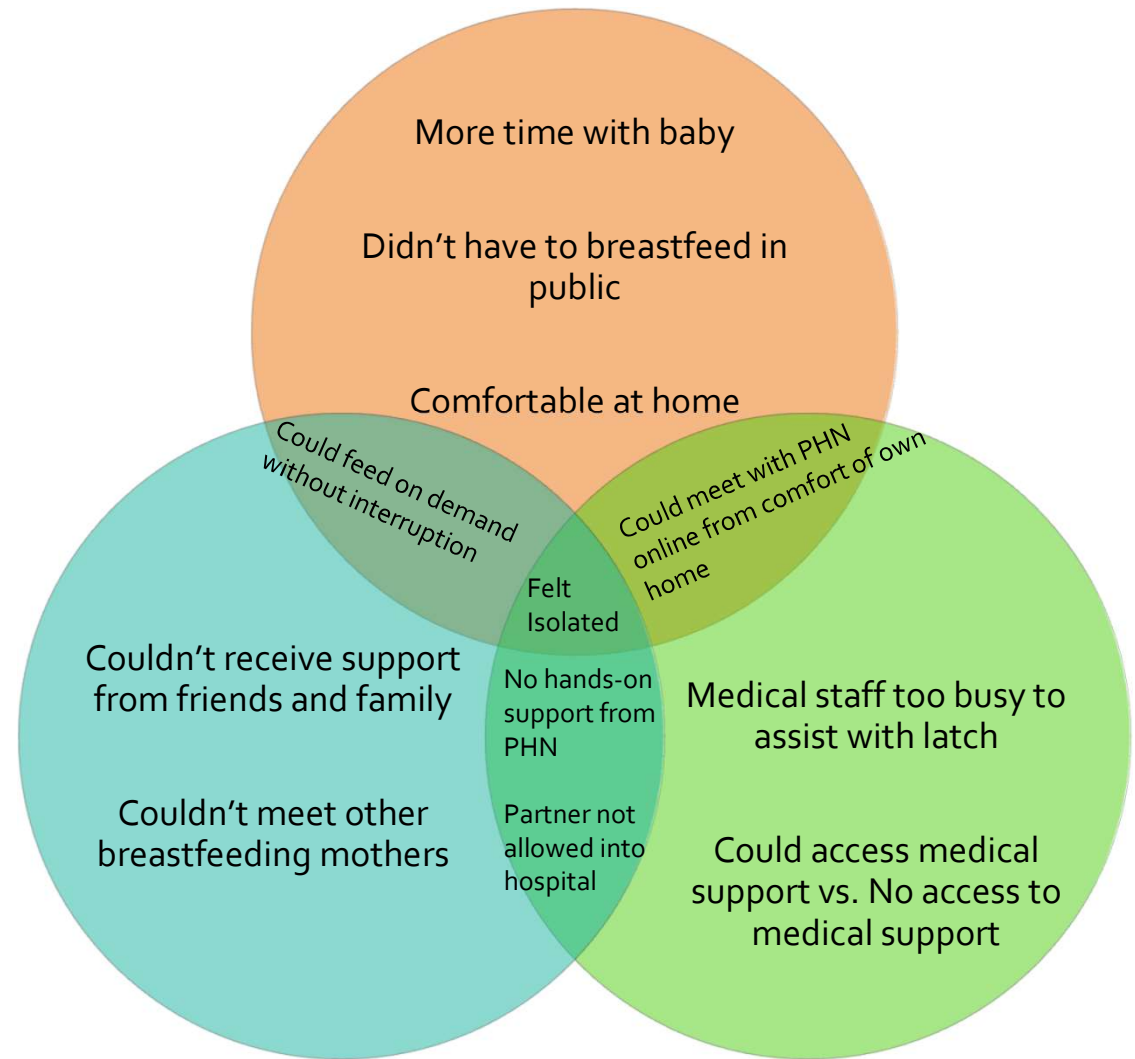
Covid's Effect on Participant's Time and Privacy While Breastfeeding



Covid's Effect on Social Support While Breastfeeding



Accessibility/Quality of Medical Support Varied

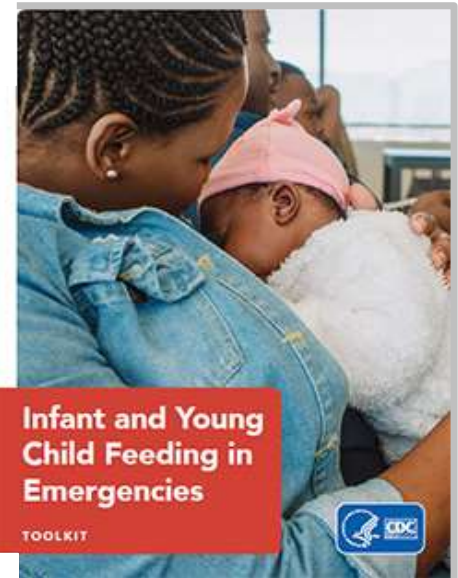


Discussion



What do we do with this knowledge?

What do we do going forward?





How to Complete an Awesome Final Year Project

Time Management and Communication

1. Develop a plan and set a schedule.
2. Share your plan -> have someone to hold you accountable.
3. Consistent communication with your supervisor -> feedback is valuable, use it.
4. Set a date to review and adjust accordingly.

Thank you for
listening!

Any Questions?



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