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Grace Peterson Nursing Research Colloquium

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## **An Examination of Certified Nurse-Midwives' Attitudes and Beliefs Surrounding Breastsleeping: Implications for Advanced Nursing Practice and Education**

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## Abstract

**Introduction:** Breastsleeping, defined as cosleeping while breastfeeding, is a practice commonly employed in breastfeeding families. However, literature examining this concept, its prevalence, and related education for safe breastsleeping is scant. Provider's attitudes surrounding breastsleeping play an essential role in practice and outcomes when caring for breastfeeding patients and families. The purpose of the study was to examine Certified Nurse-Midwives' attitudes and beliefs surrounding breastsleeping.

**Methods:** An adapted 18-item Nurse Attitudes and Beliefs Questionnaire-Revised (NABQ-R) online-survey measured the breastsleeping attitudes and beliefs of Certified Nurse-Midwives was administered via an online survey platform (Qualtrics). Quantitative analysis utilized SPSS 25 software.

**Results:** Survey respondents included 754 Certified Nurse-Midwives throughout the US. Overall, attitudes of Certified Nurse-Midwives were favorable toward breastsleeping, yielding several statistically significant relationships between respondents and certain demographics, namely age, years in practice, place of practice, and region of practice.

**Discussion:** Certified Nurse-Midwives' attitudes around breastsleeping were overwhelmingly positive, although age, years in practice, place of practice, and region of practice impacted Certified Nurse-Midwives' attitudes, leading to implications for patient education on safe cosleeping practices. Future studies should examine other provider groups' perspectives on breastsleeping, such as obstetricians and pediatricians, and consider surveying breastfeeding mothers about their breastsleeping behaviors. Improved understanding of this emerging public health concept is essential to support breastfeeding families, encourage open communication between providers and patient populations, and improve safe cosleeping in families with infants.

**MeSH Keywords:** Breast feeding, sleep, attitude, nursing, infant, nurse midwives, SIDS, postpartum



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