

# EVALUATION OF A BREASTMILK HAND EXPRESSION TOOLKIT: THE MILK SURVEY STUDY



## WHY

Breastmilk hand expression (BMHE) is recommended to promote lactation, relieve breast engorgement, and collect milk for future infant feedings. Resources to teach this skill are limited and infrequently developed in partnership with the obstetrical population.



## OBJECTIVE

To evaluate the readability, clarity of content, layout, and informational value of a toolkit designed to support BMHE



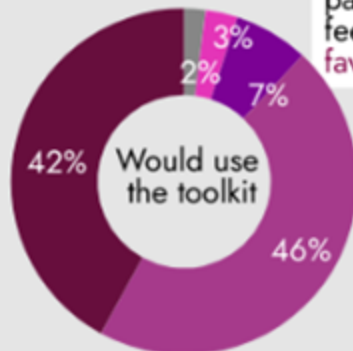
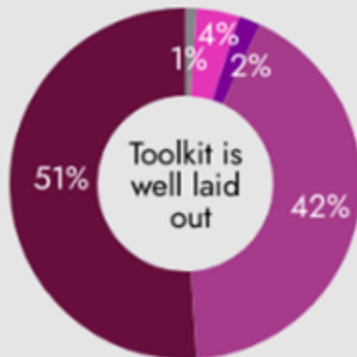
## POPULATION & SETTING

Location(s): All geographies  
Date(s): Nov. 2020 - Feb. 2021

N = 123 participants who intended/were/had recently breastfed



## RESULTS



■ Strongly Disagree ■ Disagree ■ Neutral ■ Agree ■ Strongly Agree



## STUDY DESIGN

Survey



## SUMMARY

The toolkit was well received by participants and the feedback was **favorable** overall



## NEXT STEPS

Identifying and implementing strategies to **optimize** the use of the toolkit and its **effectiveness** as an **educational resource**

**58.5 %**

Participants had preference for online resources